

# Calendar of Events **WESTLAKE VILLAGE** – January 2019

## Free EDUCATIONAL WORKSHOPS & SPECIAL EVENTS

Our events are OPEN to the PUBLIC unless indicated “for people with cancer only”. Please RSVP 805.379.4777 or info@cancersupportvwsb.org or www.Cancersupportvwsb.org unless indicated otherwise.

### *Merv’s Comedy Night with Jason Love & Special Guests*

**Monday, January 14<sup>th</sup>, 7:00pm-8:00pm**

Laugh the night away as professional stand-up comedians entertain you and your friends.

### *Nutrition Talk & Healthy Cooking Demonstration with Karol Scherr*

**3 Thursdays, January 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, 12:00pm-1:30pm**

Please join us as Karol Scherr, an organic, vegan, vegetarian chef with over 20 years of experience prepares delicious foods. Samples will be served. Karol Scherr received her BA in Art Social Science and Psychology at Michigan State University. Today she helps individuals make healthy choices while still eating organic, vegan, vegetarian meals like lasagna, pasta, pizza and tacos. RSVP is required.

### *Prostate Cancer in Making Treatment Decisions with Dr. Mark Scholz*

**Saturday, January 19<sup>th</sup>, 10:30am-12:30pm**

Join us as highly regarded oncologist, Dr. Mark Scholz, discusses how he conceptualizes risk assessment with prostate cancer. Dr. Scholz is one of the leading oncologists in the field of prostate cancer treatment. He is the Medical Director of Prostate Cancer Specialists, Inc., a nationally recognized center for comprehensive prostate cancer care.

### *Learning about Lymphedema with Dr. Jennifer Vonarb*

**Tuesday, January 22<sup>nd</sup>, 6:00pm-7:30pm**

Lymphedema is one of the most common side effects of cancer treatments. Many people are affected by mild to severe lymphedema, and it can occur long after treatment. Our guest speaker, Jennifer Vonarb, MPT, CLPT will explain symptoms, diagnosis, and treatments for lymphedema. Please RSVP.

### *Dinner & Learn: Advances in Modern Radiation Treatment - Approaches and applications of stereotactic radiotherapy with Dr. Steven Lau*

**Tuesday, January 29<sup>th</sup>, 6:00pm-7:30pm**

Stereotactic radiotherapy is now used for many cancers including brain, lung, liver, and prostate. Recent advances also suggest its important role in metastatic cancer treatment. Please come and learn about the latest information about stereotactic radiotherapy.

Dinner will be provided. Please RSVP.

JANUARY 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CLOSED Happy New Year!	2	3	4	5
6	7	8	9	10	11	12
13	14 Merv’s Comedy Club 7:00pm-8:00pm	15	16	17 Nutrition Talk & Demo Pt.1 12:00pm-1:30pm	18	19 Prostate Cancer Group with Mark Scholz, MD 10:30am-12:30pm
20	21	22 Leaning about Lymphedema 6:00pm-7:30pm	23	24 Nutrition Talk & Demo Pt.2 12:00pm-1:30pm	25	26
27	28	29 Dinner & Learn Stereotactic Radiotherapy 6:00pm-7:30pm	30	31 Nutrition Talk & Demo Pt.3 12:00pm-1:30pm		

# Cancer Support Community Valley Ventura Santa Barbara

530 Hampshire Rd. Westlake Village, CA 91361 | 805.379.4777



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### Orientation Meetings Tuesdays 7:00pm & Fridays 10:00am

First step for utilizing CSC's programs. No RSVP is necessary. Just come!

### Support Groups for People with Cancer

An orientation attendance & a brief interview are required prior to starting a support group EXCEPT for drop-in Group.

Please call 805.379.4777 to schedule an interview.

### Support Groups for Family/Friends

An orientation attendance & a brief interview are required prior to starting a support group EXCEPT for drop-in Group.

Please call 805.379.4777 to schedule an interview.

### Networking Groups for People with Cancer & Family/Friends

For people with cancer AND families & friends. Orientation attendance is encouraged. No interview is necessary.

### Mind/Body Classes

Please first REGISTER before attending classes. Orientation attendance is encouraged. No interview is necessary.

### Kids & Family Program

Please call 805.379.4777 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Networking Group</u> HEREDITARY BREAST, OVARIAN and RELATED CANCERS SUPPORT MEETING for Survivors and Previvors (4 Sundays/year) 10:30am-2:00pm</p> <p>Next meeting on 2/24 For details, contact Amy Yoffe 818.439.4560 amy@facingourrisk.org</p>	<p><u>Support Group for People w/ Cancer</u> BREAST CANCER* STAGES III-IV 11:30am-1:00pm</p> <p>BREAST CANCER* STAGES 0-II 5:00pm-6:30pm</p> <p><u>Mind/Body WALKING</u> 9:30am-10:30am Call Jodi 818.917.7547</p> <p>GENTLE YOGA 9:45am-11:00am</p> <p>ZUMBA 11:15am-12:15pm No Class on 1/14</p>	<p><u>Orientation Meeting</u> 7:00pm-8:00pm</p> <p><u>Support Group for People w/ Cancer</u> ALL CANCER* 10:00am-11:30am</p> <p>ALL CANCER* 6:30pm-8:00pm</p> <p><u>Support Group for Family/Friends</u> FAMILY/FRIENDS* 6:30pm-8:00pm</p> <p><u>Mind/Body Class</u> GENTLE YOGA 10:00am-11:00am</p> <p>EXPLORE PERSONAL PEACE 12:00pm-1:30pm</p> <p>WATERCOLOR (2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday) 1:00pm-3:00pm</p> <p>"KNOTTY KNITTERS" 1:30pm-3:30pm</p> <p>QIGONG (1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesday) 6:30pm-7:30pm First, call 805.379.4777 to register</p> <p><u>Kids &amp; Family</u> KIDS &amp; TEENS CIRCLE 4:00pm-5:30pm</p>	<p><u>Support Group for People w/ Cancer</u> ALL CANCER* 6:30pm-8:00pm</p> <p>PROSTATE CANCER (2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday) 6:30pm-8:00pm</p> <p><u>Support Group for Family/Friends</u> FAMILY/FRIENDS* 6:30pm-8:00pm NEW!</p> <p><u>Mind/Body Class</u> WALKING 9:00am-10:00am Call Jodi 818.917.7547</p> <p>ZUMBA 10:30am-11:15am</p> <p>GENTLE YOGA 4:30pm-5:30pm</p>	<p><u>Support Group for People w/ Cancer</u> ALL CANCER* 10:00am-11:30am</p> <p>YOUNG ADULT* (2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday) 7:00pm-8:30pm</p> <p><u>Support Group for Family/Friends</u> DROP-IN FAMILY/FRIENDS 10:00am-11:30am</p> <p>BEREAVEMENT 6:30pm-8:00pm</p> <p><u>Networking Groups</u> BRAIN CANCER (1<sup>st</sup> Thursday) 6:30pm-8:30pm</p> <p>AFTER BREAST CANCER (2<sup>nd</sup> Thursday) 7:00pm-9:00pm For details, call Sue 805.750.4655</p> <p><u>Mind/Body Class</u> REIKI (2<sup>nd</sup> Thursday) 12:00pm-3:00pm</p> <p>GENTLE YOGA 4:30pm-5:30pm</p> <p>GENTLE YOGA (Except 1<sup>st</sup> Thursday) 6:00pm-7:00pm</p>	<p><u>Orientation Meeting</u> 10:00am-11:00am</p> <p><u>Networking Group</u> GYNECOLOGICAL CANCER (1<sup>st</sup> &amp; 3<sup>rd</sup> Friday) 11:00am-12:00pm First, call 805.379.4777 to register</p> <p><u>Mind/Body Class</u> GENTLE YOGA 10:30am-11:30am</p> <p>GUIDED IMAGERY 12:00pm-1:00pm</p>	<p><u>Networking Group</u> MULTIPLE MYELOMA (2<sup>nd</sup> Saturday) 11:00am-1:00pm For details, westlakemyeloma@yahoo.com</p> <p>PROSTATE CANCER (3<sup>rd</sup> Saturday) 10:30am-12:30pm</p>
<div style="border: 1px solid black; padding: 10px;"> <p><b>Support Groups</b> An orientation meeting and a brief interview are required prior to attending a support group with *.</p> </div>						