



**CIRCLE
OF HOPE**
CANCER SUPPORT CENTER

Circle of Hope's Wellness Center Calendar of Events October 2024

- Tuesday October 1** Tai Chi and Meditation with Sarah Lowman
- Tuesday October 1** Support Group 7:00 PM
**In person and Zoom option available*
- Wednesday October 1** Manual Lymphatic Drainage with Arlene 10:00 AM – 1:30
**by appointment only*
- Wednesday October 2** Back Care & Restorative Yoga with Dani Ibarra from Yoga Yoga at Circle of Hope 10:30 AM
- Monday October 7** Healing through Creative Writing with Mary Petersen 4:30 PM
**In person and Zoom option available*
- Tuesday October 8** Essential Oil Touch with Leigh Ann at TBD
- Thursday October 10** Gentle Yoga with Terry 10:30 AM
- Thursday October 10** QiGong for Relaxation and Healing with Clare 4:00 PM
- Friday October 11** Swedish Massage with Arlene 10:00 AM – 12:15 PM
**by appointment only*
- Monday October 14** Healing through Creative Writing with Mary at 4:30 PM
**In person and Zoom option available*
- Tuesday October 15** Tai Chi and Meditation with Sarah Lowman
- Tuesday October 15** Support Group 7:00 PM
**In person and Zoom option available*
- Wednesday October 16** Manual Lymphatic Drainage with Arlene 2:00 PM – 5:30
**by appointment only*
- Wednesday October 16** Healing Touch Therapy with Karen 1:00 PM – 3:00 PM
by appointment only
- Wednesday October 16** Talking with our Bodies through Gentle Dance with Ingrid Blanco of D'Wilfri DanceArt and Entertainment 5:00 PM
- Monday October 21** Healing through Creative Writing with Mary Petersen 4:30 PM

**In person and Zoom option available*

Monday October 21 Book Club with Pam & Trisha at 6:00 PM

**In person and Zoom option available*

Tuesday October 22 QiGong for Relaxation and Healing with Clare 1:00 PM

Tuesday October 22 Creative Healing - Crafting with Colleen & Maria 4:00 PM

Tuesday October 22 Essential Oil Touch with Leigh Ann at 5:00 PM - 6:00 PM

Wednesday October 23 Swedish Massage with Arlene 2:00 PM – 5:15 PM

**by appointment only*

Wednesday October 23 Back Care & Restorative Yoga with Dani Ibarra from Yoga Yoga at Circle of Hope 10:30 AM

Wednesday October 23 Healing Touch Therapy with Karen 1:00 PM – 3:00 PM

by appointment only

Tuesday October 24 Gentle Yoga with Terry 10:30 AM

Thursday, October 24 Relaxing Sound Bath with Tia

Thursday October 24 The Art of Flower Arranging with Colleen Shaffer 4:00 PM

Monday October 14 Healing through Creative Writing with Mary at 4:30 PM

**In person and Zoom option available*

Monday October 28 The Meditative Art of Jewelry MakingStep with Holly Feneht 5:30 PM

Tuesday October 29 Tai Chi and Meditation with Sarah Lowman

Tuesday October 29 Support Group 7:00 PM

**In person and Zoom option available*

Medical Massage Chair

Available Monday - Thursday 10 AM - 4 PM

call 661- 254- 5218 to book your appointment today!