



ALL EVENTS ARE FREE OF CHARGE. EVENTS ARE SUBJECT TO CHANGE & REQUIRE RSVP.

## HOPE FOR WOMEN

Surround yourself with others who understand what you're going through, share resources and discuss topics related to cancer treatment and survivorship. Open to all cancers: the newly diagnosed, those in remission and all stages.

**MON 10/7** **CANCER SURVIVOR'S PAINT AND SIP**  
5:00 PM - 8:00 PM  
The Pink Ribbon Place  
4275 Lemon St • 92501

**MON 11/4** **THERAPY THROUGH ART**  
6:00 PM - 8:00 PM  
The Pink Ribbon Place  
4275 Lemon St • 92501

**MON 12/2** **FAMILY HOLIDAY GATHERING**  
6:00 PM - 8:00 PM  
The Pink Ribbon Place  
4275 Lemon St • 92501



## INDIVIDUAL & FAMILY COUNSELING

For more information about counseling services, please call 951-823-0261.

## BRA, WIG, CAMISOLE AND PROSTHESIS BANKS

To schedule an appointment, please call 951-823-0261.



## METASTATIC SUPPORT GROUP

This support group is tailored specifically for those diagnosed with Stage IV Metastatic Cancer. Connect with others who understand what you're going through, share resources, and support.

**WED 10/16** 1:00 PM - 3:00 PM  
The Pink Ribbon Place  
4275 Lemon St • 92501

**WED 11/20** 1:00 PM - 3:00 PM  
The Pink Ribbon Place  
4275 Lemon St • 92501

**WED 12/18** 1:00 PM - 3:00 PM  
The Pink Ribbon Place  
4275 Lemon St • 92501

## OASIS OVARIAN CANCER SUPPORT GROUP

Surround yourself with others who understand what you're going through, share resources and discuss topics related to ovarian cancer treatment and survivorship.

**MON 10/14** 5:30 PM - 7:30 PM  
The Pink Ribbon Place  
4275 Lemon St • 92501

**MON 11/4** 5:30 PM - 7:30 PM  
The Pink Ribbon Place  
4275 Lemon St • 92501

**MON 12/9** 5:30 PM - 7:30 PM  
The Pink Ribbon Place  
4275 Lemon St • 92501

VISIT OUR WEBSITE  
VISITE NUESTRO SITIO  
DE INTERNET

**PINK.RCHF.ORG**

## IYENGAR YOGA

This form of yoga incorporates all the components of physical fitness with a focus on structural alignment of the body, as well as mental relaxation. This class, taught by certified yoga instructor and cancer survivor, Kathy Taylor is catered to those undergoing or recovering from cancer treatment and in remission. **Sign up to be notified about upcoming sessions by calling 951-823-0261.**

## LOOK GOOD FEEL BETTER

Look Good Feel Better is a non-medical, brand-neutral public service program that teaches beauty techniques to people with cancer to help them manage the appearance-related side effects of cancer treatment. The program includes lessons on skin and nail care, cosmetics, wigs and turbans, accessories and styling, helping people with cancer to find some normalcy in a life that is by no means normal. **For more information about this program please call 951-823-0261.**

**TUES 10/8** 10:00 AM - 12:00 PM  
The Pink Ribbon Place  
4275 Lemon St • 92501

**TUES 11/12** 10:00 AM - 12:00 PM  
The Pink Ribbon Place  
4275 Lemon St • 92501



## CANCER RECOVERY AQUAMOTION

Rebuild your strength, reduce pain and increase your overall sense of well-being in this exciting, innovative water aerobics class taught by Linda Hicks and her team from Aquamation Ability Foundation. **Space is limited. Please call 951-823-0261 to RSVP.**

**EVERY MON** 12:30pm - 1:15pm  
Canyon Crest Athletic Club  
5225 Canyon Crest Dr #18 • 92501

**EVERY WED** 12:30pm - 1:15pm  
Canyon Crest Athletic Club  
5225 Canyon Crest Dr #18 • 92501