

March

Hope & Healing Classes & Activities

2020

March is Multiple Myeloma Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Healing Yoga 1:30-2:30 pm Patient reflexology massages 8:30- 4 pm in Treatment Room	3 Patient reflexology massages 8:30-4 pm in Treatment Room	4 Patient reflexology massages 8:30- 4 pm	5 Stress Mnmgt & Mindfulness Practices NOON – 1:30 pm Patient reflexology massages 1:00-4 pm in Treatment Room	6	7
8	9 Healing Yoga 1:30-2:30 pm; Patient reflexology massages 8:30- 4 pm in Treatment Room	10 Patient reflexology massages 8:30- 4 pm in Treatment Room	11 Treatment Nutrition class 10-11 am; Patient reflexology massages 8:30- 4 pm in Treatment Room	12 Art/Painting class 3:00-5:00 pm Patient reflexology massages 1:00-4 pm in Treatment Room	13	14
15	16 Healing Yoga 1:30-2:30 pm; Patient reflexology massages 8:30- 4 pm in Treatment Room	17 Patient reflexology massages 8:30- 4 pm in Treatment Room	18 Patient reflexology massages 8:30- 4 pm in Treatment Room	19 Anna's Belles GYN cancer support group NOON – 1:30 pm; Patient reflexology massages 1:00-4 pm in Treatment Room	20	21
22	23 Men's Cancer support group 11:30 pm Healing Yoga 1:30-2:30; Patient reflexology massages 8:30- 4 pm in Treatment Room	24 Patient reflexology massages 8:30- 4 pm in Treatment Room	25 Treatment Nutrition class 10-11 am; Caregivers support group by phone 10 am; TWTD – NOON; Patient reflexology massages 8:30- 4 pm in Treatment Room	26 Patient reflexology massages 1:00-4 pm in Treatment Room; P31 Breast Cancer support group 6:30 pm 1:00-4 pm in Treatment Room;	27	28
29	30 Healing Yoga 1:30-2:30 pm Patient reflexology massages 8:30- 4 pm in Treatment Room;	31 Patient reflexology massages 8:30- 4 pm in Treatment Room				

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