



**FREE Programs for Breast Cancer Survivors!**

The Breast Cancer Coalition of Rochester is located at 840 University Avenue - plenty of free parking!

Our programs include: gentle yoga, writing workshops, educational seminars, support groups, Breast Cancer 101, peer mentorship, book club & more!



**August 2010**

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

<u><b>2</b></u> Gentle Yoga *	<u><b>3</b></u> Voices and Vision ** Writing Workshop	<u><b>4</b></u> Metastatic Breast Cancer Support Group meets (pre-registration required – call 473-8177).	<u><b>5</b></u> Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<u><b>6</b></u> Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<u><b>9</b></u> Gentle Yoga *	<u><b>10</b></u> Voices and Vision ** Writing Workshop Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<u><b>11</b></u>	<u><b>12</b></u> Legislative Reception 5:00pm – 7:00pm Call to RSVP – 473-8177	<u><b>13</b></u> Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<u><b>16</b></u> No Gentle Yoga*	<u><b>17</b></u> Voices and Vision ** Writing Workshop	<u><b>18</b></u> Metastatic Breast Cancer Support Group meets (pre-registration required – call 473-8177).	<u><b>19</b></u> Young Survivors Networking Group (open support group) 12:00- 1:00pm Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<u><b>20</b></u> Brown Bag Friday Lunch! (Come join us at Noon! Open support group)
<u><b>23</b></u> Gentle Yoga *	<u><b>24</b></u> Voices and Vision ** Writing Workshop	<u><b>25</b></u> Evening Seminar: Aromatase Inhibitors w/ Alex Solky, MD & Jennifer Griggs, MD 7-9pm Free to the community	<u><b>26</b></u> Book Club: 6-8pm, call for info; 473-8177 Registration Required	<u><b>27</b></u> Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<u><b>30</b></u> Gentle Yoga *	<u><b>31</b></u> Voices and Vision ** Writing Workshop Breast Cancer Support Group (open support group) 5:30 – 7:00pm			

*Monday – Friday Calendar*

If you have any questions about our BCCR programs, please do not hesitate to call us at 585-473-8177!

\* The **BCCR** hosts **Gentle Yoga** on Mondays – **registration is required** as spaces are limited. Call 585-473-8177 for more info.

\*\* The **Voices & Vision Writing Workshop** is held on Tuesdays – **registration is required**. Call us at 585-473-8177 to learn MORE about this exciting workshop!