



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!



February 2012

Monday

Tuesday

Wednesday

Thursday

Friday

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| | | <u>1</u> Metastatic Breast Cancer Support Group meets (pre-registration required – call 473-8177). | <u>2</u> Breast Cancer Support Group (open support group) 5:30 – 7:00pm | <u>3</u> Brown Bag Friday Lunch! (come join us at Noon! Open support group) |
| <u>6</u> Gentle Yoga * | <u>7</u> Voices and Vision ** Writing Workshop Breast Cancer Support Group (open support group) 5:30 – 7:00pm | <u>8</u> | <u>9</u> Metastatic Breast Cancer Support Group meets 9:30am – 11am – no registration required Friends & Family Support Group (open support group for caregivers of those with BC) 5:30 – 7:00pm | <u>10</u> Brown Bag Friday Lunch! (come join us at Noon! Open support group) |
| <u>13</u> Gentle Yoga * | <u>14</u> | <u>15</u> Metastatic Breast Cancer Support Group meets (pre-registration required – call 473-8177). | <u>16</u> Breast Cancer Support Group (open support group) 5:30 – 7:00pm | <u>17</u> Brown Bag Friday Lunch! (Come join us at Noon! Open support group) |
| <u>20</u> BCCR Closed | <u>21</u> | <u>22</u> Evening Seminar: <i>Topic to be Determined.</i> 7-9pm. FREE | <u>23</u> Metastatic Breast Cancer Support Group meets 9:30am – 11am – no registration required Book Club: 6-8pm, call for info; 473-8177 Registration Required | <u>24</u> Brown Bag Friday Lunch! (come join us at Noon! Open support group) |
| <u>27</u> Gentle Yoga * | <u>28</u> Voices and Vision ** Writing Workshop Breast Cancer Support Group (open support group) 5:30 – 7:00pm | <u>29</u> | | |

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!