



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!



January 2012

Monday

Tuesday

Wednesday

Thursday

Friday

<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
		Metastatic Breast Cancer Support Group meets (pre-registration required – call 473-8177).	Breast Cancer Support Group (open support group) 5:30 – 7:00pm	Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<u>9</u> Gentle Yoga *	<u>10</u> Voices and Vision ** Writing Workshop	<u>11</u>	<u>12</u> Metastatic Breast Cancer Support Group meets 9:30am – 11 am – no registration required Friends & Family Support Group (open support group for caregivers of those with BC) 5:30 – 7:00pm	<u>13</u> Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<u>16</u> Gentle Yoga * BCCR Closed	<u>17</u> Voices and Vision ** Writing Workshop Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<u>18</u> Metastatic Breast Cancer Support Group meets (pre-registration required – call 473-8177).	<u>19</u> Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<u>20</u> Brown Bag Friday Lunch! (Come join us at Noon! Open support group)
<u>23</u> Gentle Yoga *	<u>24</u> Voices and Vision ** Writing Workshop	<u>25</u> Evening Seminar: <i>Sonam Targee will present on Aruveydic Therapy. Community Welcome. 7-9pm. FREE</i>	<u>26</u> Metastatic Breast Cancer Support Group meets 9:30am – 11 am – no registration required Book Club: 6-8pm, call for info; 473-8177 Registration Required	<u>27</u> Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<u>30</u> Gentle Yoga *	<u>31</u> Voices and Vision ** Writing Workshop			
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!