



**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!



**September 2010**

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		<b><u>1</u></b> Metastatic Breast Cancer Support Group meets (pre-registration required – call 473-8177).	<b><u>2</u></b> Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<b><u>3</u></b> Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<b><u>6</u></b> Labor Day <i>BCCR Closed!</i>	<b><u>7</u></b>	<b><u>8</u></b>	<b><u>9</u></b>	<b><u>10</u></b> Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<b><u>13</u></b> Gentle Yoga*	<b><u>14</u></b> Voices and Vision ** Writing Workshop	<b><u>15</u></b> Metastatic Breast Cancer Support Group meets (pre-registration required – call 473-8177).	<b><u>16</u></b> Young Survivors Networking Group (open support group) 12:00- 1:00pm Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<b><u>17</u></b> Brown Bag Friday Lunch! (Come join us at Noon! Open support group)
<b><u>20</u></b> Gentle Yoga *	<b><u>21</u></b> Voices and Vision ** Writing Workshop Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<b><u>22</u></b> Evening Seminar: Dealing with Depression After Breast Cancer w/ Sharon Hyland, NP & Peg DeBaise, LMFT 7-9pm Free to the community	<b><u>23</u></b> Book Club: 6-8pm, call for info; 473-8177 Registration Required	<b><u>24</u></b> Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<b><u>27</u></b> Gentle Yoga *	<b><u>28</u></b> Voices and Vision ** Writing Workshop	<b><u>29</u></b>	<b><u>30</u></b>	
<b><i>Monday – Friday Calendar</i></b>				
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!