



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!



March 2012

Monday

Tuesday

Wednesday

Thursday

Friday

			<u>1</u> Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<u>2</u> Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<u>5</u> Gentle Yoga *	<u>6</u> Voices and Vision ** Writing Workshop	<u>7</u> Metastatic Breast Cancer Support Group meets 10am – 11:30am no registration required	<u>8</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>9</u> Brown Bag Friday Lunch! (come join us at Noon! Open support group) Young Survivor Soiree 6-8pm If you're a Young Survivor, plan to come & network with others! RSVP – 473-8177
<u>12</u> Gentle Yoga *	<u>13</u> Voices and Vision ** Writing Workshop	<u>14</u>	<u>15</u> Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<u>16</u> Brown Bag Friday Lunch! (Come join us at Noon! Open support group)
<u>19</u> Gentle Yoga *	<u>20</u> Breast Cancer Support Group (open support group) 5:30 – 7:00pm Voices and Vision ** Writing Workshop	<u>21</u> Metastatic Breast Cancer Support Group meets 10am – 11:30am no registration required	<u>22</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>23</u> Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<u>26</u> Gentle Yoga *	<u>27</u> Voices and Vision ** Writing Workshop	<u>28</u> Evening Seminar: <i>Updates in Hormonal Therapy: Aromatase Inhibitors and Tamoxifen</i> <i>Tarek Sousou, MD & Alex Solky, MD</i> 7-9pm. FREE	<u>29</u>	<u>30</u> Brown Bag Friday Lunch! (come join us at Noon! Open support group) Advanced Breast Cancer Seminar @ the Memorial Art Gallery (1pm – 5pm) RSPV @ 473-8177. Community Welcome!

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!