



breast cancer resource center
 providing education, information and support

eliminating racism
 empowering women
ywca
 princeton

september 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breast Cancer Helpline: 609-497-2126 Office: 609-497-2100 ext 346/349 Fax: 609-497-1211 Email: bcrc@ywcaprinceton.org Website: www.ywcaprinceton.org			1	2	3	4
5	 YWCA Closed	7	8		10	11 Curémonos Latina Breast Cancer Support Group
12	13 Healing Meditation and Yoga **** Strengthen & Stretch	14 Intermediate Yoga **** Zumba	15 Tai Chi	16 Positively Pink Pilates **** Gentle Yoga	17 Water Wellness	18 
19	20 Healing Meditation **** Strengthen & Stretch **** Beyond BC Group **** Advanced BC Group	21 Intermediate Yoga **** Zumba	22 Tai Chi	23 Positively Pink Pilates **** Gentle Yoga	24 Water Wellness	25
26	27 Healing Meditation and Yoga **** Strengthen & Stretch **** Reiki	28 Intermediate Yoga **** Zumba **** Eat Better, Live Better	29 Tai Chi	30 Positively Pink Pilates **** Gentle Yoga	Breast Cancer Resource Center YWCA Princeton 59 Paul Robeson Place Princeton NJ 08540  Turn over for program details	

support groups

- **Coping With Breast Cancer Support Group**
6-week program to support women who are in active treatment or less than one year from their diagnosis. Licensed clinical social worker Elsje Reiss facilitates. **REGISTRATION REQUIRED. CONTACT BCRC.**
Dates to be determined 5:30-7pm
- **Beyond Breast Cancer Support Group**
An ongoing support group to help survivors cope with the medium and long term effects of breast cancer and its treatment, focusing on practical ways to move beyond cancer and return to wellness. Licensed clinical social worker Elsje Reiss facilitates. **REGISTRATION REQUIRED. CONTACT BCRC.**
9/20/10 5-6:30pm
- **Advanced Breast Cancer Support Group**
Support for women living with metastatic breast cancer. Share experiences, solutions, triumphs and concerns. Licensed clinical social worker Elsje Reiss facilitates. Meets 1st and 3rd Mondays, Bramwell House Living Rm.
9/20/10 7:30-9pm
*No meeting on Labor Day, 9/6.
- **Curémonos**
Support for Latina women who have lived or are living with breast cancer. One support group and one workshop each month. **All activities will be conducted in Spanish.** Meets 2nd Saturday, St. Francis Medical Center.
9/11/10 10-11:30am



wellness program

- **Healing Meditation & Yoga**
9/13 - 12/13 Mondays, 10-11:30am
- **Wellness Workout: Strengthen & Stretch**
9/13 - 12/13 Mondays, 12-1pm
- **Reiki - by appointment only**
(Ongoing) 4th Monday, 6, 7 or 8pm
- **Intermediate Yoga**
9/14 - 12/14 Tuesdays, 8:30-9:30am
- **Zumba®**
9/14 - 12/14 Tuesdays, 10-11am
- **Eat Better, Live Better**
9/28 Tuesday, 6:30-8:15pm
- **Tai Chi**
9/15 - 12/15 Wednesdays, 6:45-8pm
- **Positively Pink Pilates**
9/16-12/16 Thursdays, 11am - 12pm
- **Gentle Yoga**
9/16- 12/16 Thursdays, 7-8:30pm
- **Water Wellness**
9/17 - 12/17 Fridays, 1:30-2:20pm
- **Oncology Massage - by appointment only**
(Ongoing) Varies