

OCTOBER 2017



MAGNOLIA HOUSE
PATIENT SUPPORT

FREE support programs for cancer patients and survivors.
To register call (310)299-8473 or email Aidee@towercancer.org

Mon	Tues	Wed	Thu	Fri
<p>2</p> <p>Hatha Yoga II 9:30 - 10:30am</p> <p>Fitness Rehab 11:00 - 5:30pm</p>	<p>3</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Oncology Massage 11:00 - 3:30pm</p> <p>GRACE 5:30 - 7:30pm</p>	<p>4</p> <p>Belly Dancing 10:30 - 11:30am</p> <p>Meridian Tapping 12:00 - 1:45pm</p> <p>Fitness Rehab 12:00 - 5:30pm</p>	<p>5</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Reiki Group Circle 1:00 - 3:00pm</p>	<p>6</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>Fitness Rehab 12:00 - 5:30pm</p>
<p>9</p> <p>Fitness Rehab 11:00 - 5:30pm</p>	<p>10</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>All Bodies Dance 1:00 - 2:30pm</p> <p>GRACE 5:30 - 7:30pm</p>	<p>11</p> <p>Hatha Yoga I 10:00 - 11:00am</p> <p>Fitness Rehab 12:00 - 5:30pm</p>	<p>12</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Individual Reiki 10:30 - 2:45pm</p> <p>Dream Circle 1:00 - 3:00pm</p> <p>Tibetan Bowl Sound Meditation 3:00 - 4:30pm</p>	<p>13</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>Anti-Inflammatory Nutrition 11:00 - 1:00pm</p> <p>Fitness Rehab 12:00 - 5:30pm</p>
<p>16</p> <p>Fitness Rehab 11:00 - 5:30pm</p>	<p>17</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Oncology Massage 11:00 - 3:30pm</p>	<p>18</p> <p>Hatha Yoga II 10:00 - 11:00am</p> <p>Fitness Rehab 12:00 - 5:30pm</p>	<p>19</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Individual Hypnotherapy 10:30 - 2:45pm</p> <p>Belly Dancing 11:30 - 12:30pm</p>	<p>20</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>Nutritional Shopping Tour (Virtual) 11:00 - 1:00pm</p> <p>Yoga Chat: Discover Your Journey 1:30pm - 3:00pm</p> <p>Fitness Rehab 12:00 - 5:30pm</p>
<p>23</p> <p>Fitness Rehab 11:00 - 5:30pm</p>	<p>24</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Move to Improve 12:00 - 1:15pm</p>	<p>25</p> <p>Crystal Bowl Sound Yoga 10:00 - 11:00am</p> <p>Fitness Rehab 12:00 - 5:30pm</p> <p>Mindfulness: Acceptance & Gratitude 2:00 - 3:30pm</p>	<p>26</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Individual Reiki 10:30 - 2:45pm</p> <p>BLUSH PANEL</p> <p>Cannabis & Cancer 6:00 - 8:00pm</p>	<p>27</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>Healthy Eating & the Microbiome 11:00 - 1:00pm</p> <p>Fitness Rehab 12:00 - 5:30pm</p>
<p>30</p> <p>Fitness Rehab 11:00 - 5:30pm</p>	<p>31</p> <p>Mat Pilates 10:30 - 11:15am</p>			

Tower Cancer Research Foundation
8767 Wilshire Blvd. Suite 401, Beverly Hills CA 90211
2-Hour Parking Validation Provided If Needed

www.towercancer.org

