

# MARCH 2018



**FREE** support programs for cancer patients and survivors.

For more information: (310)299-8473 or email [Aidee@towercancer.org](mailto:Aidee@towercancer.org)

MAGNOLIA HOUSE  
PATIENT SUPPORT

Mon	Tues	Wed	Thu	Fri
			<p><b>1</b></p> <p><b>Yoga for Strength</b> (Alison Crowley) 9:00am - 10:00am</p> <p><b>Mat Pilates</b> 10:30 - 11:15am</p> <p><b>Belly Dancing</b> 11:30 - 12:30pm</p> <p><b>Reiki Circle</b> 1:00 - 3:00pm</p>	<p><b>2</b></p> <p><b>Restorative Yoga</b> (Kathleen Ross-Allee) 8:30am - 9:30am</p> <p><b>Step Aerobics</b> 10:00 - 11:00am</p> <p><b>SURJGE Fitness Program</b> 12:00 - 5:30pm</p>
<p><b>5</b></p> <p><b>Step Aerobics</b> 8:00 - 9:00am</p> <p><b>Yoga for Strength</b> (Kathleen Ross-Allee) 9:30am - 10:30am</p> <p><b>SURJGE Fitness Program</b> 11:00 - 5:30pm</p>	<p><b>6</b></p> <p><b>Yoga for Vitality</b> (Alison Crowley) 9:00am - 10:00am</p> <p><b>Oncology Massage</b> 10:00 - 3:30pm</p> <p><b>Mat Pilates</b> 10:30 - 11:15am</p> <p><b>Move to Improve</b> 12:00 - 1:15pm</p>	<p><b>7</b></p> <p><b>Crystal Sound Yoga</b> (Alison Crowley) 10:00 - 11:00am</p> <p><b>SURJGE Fitness Program</b> 12:00 - 5:30pm</p>	<p><b>8</b></p> <p><b>Yoga for Strength</b> (Alison Crowley) 9:00am - 10:00am</p> <p><b>Mat Pilates</b> 10:30 - 11:15am</p> <p><b>Individual Hypnotherapy/ Reiki</b> 10:30 - 2:45pm</p> <p><b>Belly Dancing</b> 11:30 - 12:30pm</p> <p><b>Dream Circle</b> 1:00 - 3:00pm</p>	<p><b>9</b></p> <p><b>Restorative Yoga</b> (Karin Hoffman) 8:30am - 9:30am</p> <p><b>SURJGE Fitness Program</b> 12:00 - 5:30pm</p> <p><b>EFT Tapping</b> 12:00 - 1:45pm</p> <p><i>**No Step Aerobics Today. Make up class on March 5<sup>th</sup></i></p>
<p><b>12</b></p> <p><b>Yoga for Strength</b> (Karin Hoffman) 9:30am - 10:30am</p> <p><b>SURJGE Fitness Program</b> 11:00 - 5:30pm</p>	<p><b>13</b></p> <p><b>Yoga for Vitality</b> (Alison Crowley) 9:00am - 10:00am</p> <p><b>Mat Pilates</b> 10:30 - 11:15am</p> <p><b>Sound Healing Meditation</b> 3:00 - 4:30pm</p> <p><b>New!</b></p>	<p><b>14</b></p> <p><b>Restorative Yoga</b> (Alison Crowley) 10:00am - 11:00am</p> <p><b>SURJGE Fitness Program</b> 12:00 - 5:30pm</p>	<p><b>15</b></p> <p><b>Yoga for Strength</b> (Alison Crowley) 9:00am - 10:00am</p> <p><b>Mat Pilates</b> 10:30 - 11:15am</p> <p><b>Individual Hypnotherapy/ Reiki</b> 10:30 - 2:45pm</p> <p><b>Belly Dancing</b> 11:30 - 12:30pm</p>	<p><b>16</b></p> <p><b>Restorative Yoga</b> (Julie Rowland) 8:30am - 9:30am</p> <p><b>SURJGE Fitness Program</b> 12:00 - 5:30pm</p> <p><i>**No Step Aerobics Today. Make up class on March 26<sup>th</sup></i></p>
<p><b>19</b></p> <p><b>Yoga for Strength</b> (Karin Hoffman) 9:30am - 10:30am</p> <p><b>SURJGE Fitness Program</b> 11:00 - 5:30pm</p>	<p><b>20</b></p> <p><b>Yoga for Vitality</b> (Alison Crowley) 9:00am - 10:00am</p> <p><b>Oncology Massage</b> 10:00 - 3:30pm</p> <p><b>Mat Pilates</b> 10:30 - 11:15am</p> <p><b>Move to Improve</b> 12:00 - 1:15pm</p>	<p><b>21</b></p> <p><b>Crystal Sound Yoga</b> (Alison Crowley) 10:00 - 11:00am</p> <p><b>SURJGE Fitness Program</b> 12:00 - 5:30pm</p>	<p><b>22</b></p> <p><b>Yoga for Strength</b> (Alison Crowley) 9:00am - 10:00am</p> <p><b>Mat Pilates</b> 10:30 - 11:15am</p> <p><b>Belly Dancing</b> 11:30 - 12:30pm</p>	<p><b>23</b></p> <p><b>Restorative Yoga</b> (Kathleen Ross-Allee) 8:30am - 9:30am</p> <p><b>Step Aerobics</b> 10:00 - 11:00am</p> <p><b>Yoga Chat: Yogi Self Care</b> 1:30pm - 3:00pm</p> <p><b>SURJGE Fitness Program</b> 12:00 - 5:30pm</p>
<p><b>26</b></p> <p><b>Step Aerobics</b> 8:00 - 9:00am</p> <p><b>Yoga for Strength</b> (Kathleen Ross-Allee) 9:30am - 10:30am</p> <p><b>SURJGE Fitness Program</b> 11:00 - 5:30pm</p> <p><b>Mindfulness: Equanimity</b> 2:30 - 4:00pm</p>	<p><b>27</b></p> <p><b>Yoga for Vitality</b> (Alison Crowley) 9:00am - 10:00am</p> <p><b>Mat Pilates</b> 10:30 - 11:15am</p>	<p><b>28</b></p> <p><b>Restorative Yoga</b> (Alison Crowley) 10:00am - 11:00am</p> <p><b>SURJGE Fitness Program</b> 11:00 - 5:30pm</p>	<p><b>29</b></p> <p><b>Yoga for Strength</b> (Alison Crowley) 9:00am - 10:00am</p> <p><b>Mat Pilates</b> 10:30 - 11:15am</p> <p><b>Individual Hypnotherapy/ Reiki</b> 10:30 - 2:45pm</p> <p><b>Belly Dancing</b> 11:30 - 12:30pm</p>	<p><b>30</b></p> <p><b>Restorative Yoga</b> (Kathleen Ross-Allee) 8:30am - 9:30am</p> <p><b>Step Aerobics</b> 10:00 - 11:00am</p> <p><b>SURJGE Fitness Program</b> 12:00 - 5:30pm</p>



**\*Register for Classes at:** <https://www.towercancer.org/magnolia-house-calendar/>

**Tower Cancer Research Foundation**

**8767 Wilshire Blvd. Suite 401, Beverly Hills CA 90211**

*2-Hour Parking Validation Provided If Needed*

*\*\*Yoga Classes Generously Sponsored by Tower Hematology Oncology Medical Group, Cedars-Sinai\*\**

# MAGNOLIA HOUSE PROGRAM POLICIES

## ELIGIBILITY:

- All classes are offered at **NO COST** to cancer patients, and survivors no matter where treatment was received.
- **Due to limited class size, we are no longer able to accommodate caregivers. Should your caregiver be your transportation, they are more than welcome to wait in our kitchen while you participate in class. Caregivers are welcome to attend select evening lectures, that are held every other month, when open to the community.**

## REGISTRATION:

- All participants are required to fill out the *online intake and liability waiver* prior to registering for any classes.
- **Registration is required for all classes:** Participants are able to register for classes on a MONTHLY BASIS. **Beginning five business days before the end of each month**, you are welcome to sign-up for the upcoming month either through our website or by downloading the MINDBODY app on your android, iphone, or ipad devices. If a class you have requested is full, you will be automatically placed on a "wait list".
- To sign up for classes on our website: <https://www.towercancer.org/magnolia-house-calendar/>

## CANCELATION:

- **If you miss more than two classes without canceling 24 hours or more in advance during a one-month period, you will automatically be waitlisted for all classes during the following month.** This policy will help to ensure all participants have the opportunity to benefit from our services.

## WAIT LIST:

- Students on the wait list will be **notified via email only** if there is an opening/cancellation. If you are not confirmed for the class, we ask that you not "drop in" to see if there is space in the classroom, out of respect to the other attendees.

## CLASS ARRIVAL TIME:

- Please arrive **10 minutes early** to class to ensure that class may start on time. Classes will begin on time and end on time in respect of everyone in attendance. **After a 5-minute grace period, no one will be admitted into the class.** If the "class is in session" sign is on the door, please do not enter the room late, so as not to disturb the ongoing class.
- If you arrive early to class please feel free to wait in our kitchen. Participants are allowed to enter the class room as early as 10 mins prior to class start time. Please use the outer hallway entrance to access the kitchen.

## LATE ARRIVAL POLICY:

- **5 late arrivals** in a one-month period will result in being waitlisted for all classes during the next month
- Anyone who enters class after the 5-minute grace period will be directed by the instructor to the front desk.

## CLASS ETTIQUETTE:

- We ask all participants to turn off or silence their phones during class.
- Please take a moment to **wipe down the equipment** you have used during class. Disinfecting wipes have been made available for your convenience.

## YOGA REGISTRATION:

- **Yoga for Vitality and Yoga for Strength Pre-Requisite** - Class Instructor Approval AND attendance in at least one restorative yoga class
- Class space is limited. We ask that you register for no more than 2 yoga classes per week

## REIKI/HYPNOTHERAPY:

- A total of two Reiki and/or Hypnotherapy sessions may be taken per month.

## PERFUME/SCENTS:

- While participating in our classes we ask that you please refrain from wearing perfumes, colognes, scented oils or lotions.

## COLD/FLU:

- While participating in our classes we ask that you please not attend until you are at least 24 hours' symptom or fever free.

## PARKING:

- If you can pay for your parking, we greatly appreciate it as it helps us continue to offer our classes free of charge. *We ask participants to help us cut our program cost by parking in the free neighborhood parking*, which is available on Clifton Way, Arnaz Dr., Hamel Dr., and Charleville. Meter parking is available on Robertson Blvd. and Wilshire Blvd. See map below.
- Tower Cancer Research Foundation will offer participants validated parking for a maximum of 2 hours per day (after that there is a \$4 flat rate).