

DECEMBER 2017



FREE support programs for cancer patients and survivors.

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

MAGNOLIA HOUSE
PATIENT SUPPORT

Mon	Tues	Wed	Thu	Fri
				1 Step Aerobics 10:00 - 11:00am Fitness Rehab 12:00 - 5:30pm
4 Hatha Yoga II 9:30 - 10:30am	5 Mat Pilates 10:30 - 11:15am Oncology Massage 10:00 - 3:30pm Tibetan Bowl Sound Meditation 3:00 - 4:30pm GRACE 5:30 - 7:30pm	6 Belly Dancing 10:30 - 11:30am Meridian Tapping 12:00 - 1:45pm Fitness Rehab 12:00 - 5:30pm	7 Mat Pilates 10:30 - 11:15am Reiki Group Circle 1:00 - 3:00pm GRACE Reunion 5:30 - 7:30pm	8 Step Aerobics 10:00 - 11:00am Fitness Rehab 12:00 - 5:30pm
11 Fitness Rehab 11:00 - 5:30pm	12 Mat Pilates 10:30 - 11:15am All Bodies Dance 1:00 - 2:30pm GRACE 5:30 - 7:30pm	13 Hatha Yoga I 10:00 - 11:00am Fitness Rehab 12:00 - 5:30pm	14 Mat Pilates 10:30 - 11:15am Individual Hypnotherapy 10:30 - 2:45pm Dream Circle 1:00 - 3:00pm	15 Step Aerobics 10:00 - 11:00am Yoga Chat: Setting Your Intention 1:30pm - 3:00pm Fitness Rehab 12:00 - 5:30pm
18 Fitness Rehab 11:00 - 5:30pm	19 Mat Pilates 10:30 - 11:15am Oncology Massage 10:00 - 3:30pm Move to Improve 12:00 - 1:15pm	20 Hatha Yoga II 10:00 - 11:00am Fitness Rehab 12:00 - 5:30pm	21 Mat Pilates 10:30 - 11:15am Individual Reiki 10:30 - 2:45pm Belly Dancing 11:30 - 12:30pm  12:30 - 2:00pm	22 Step Aerobics 10:00 - 11:00am
25 OFFICE CLOSED 	26	27 Crystal Bowl Sound Yoga 10:00 - 11:00am Mindfulness: Happiness & Joy 2:00 - 3:30pm	28 Individual Hypnotherapy 10:30 - 2:45pm	29 Step Aerobics 10:00 - 11:00am



*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