

AUGUST 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
	1 Mat Pilates 10:30 - 11:15am Oncology Massage 11:00 - 3:30pm	2 Belly Dancing 10:30 - 11:30am Meridian Tapping 12:00 - 1:45pm	3 Mat Pilates 10:30 - 11:15am	4 Food for Life: Cancer Project 10:30 - 12:30pm Step Aerobics 10:00 - 11:00am
7 Hatha Yoga II 9:30 - 10:30am Fitness Rehab 11:00 - 5:30pm	8 Mat Pilates 10:30 - 11:15am All Bodies Dance 1:00 - 2:30pm Tibetan Bowl Sound Meditation 3:00 - 4:30pm	9 Hatha Yoga I 10:00 - 11:00am Fitness Rehab 12:00 - 5:30pm	10 Mat Pilates 10:30 - 11:15am Individual Reiki 10:30 - 2:45pm Dream Circle 1:00 - 3:00pm	11 Food for Life: Cancer Project 10:30 - 12:30pm Step Aerobics 10:00 - 11:00am Fitness Rehab 12:00 - 5:30pm Yoga Chat: Yoga Sutras 1:30 - 3:00pm
14 Fitness Rehab 11:00 - 5:30pm Expressions of Hope & Healing: Finding the New Normal 1:00 - 3:00pm	15 Mat Pilates 10:30 - 11:15am Oncology Massage 11:00 - 3:30pm Belly Dancing 11:30 - 12:30pm	16 Hatha Yoga II 10:00 - 11:00am Fitness Rehab 12:00 - 5:30pm	17 Mat Pilates 10:30 - 11:15am Individual Hypnotherapy 10:30 - 2:45pm	18 Fitness Rehab 12:00 - 5:30pm
21 DAY OF BEAUTY FOR CANCER FIGHTERS	22 Mat Pilates 10:30 - 11:15am Move to Improve 12:00 - 1:15pm	23 Crystal Bowl Sound Yoga 10:00 - 11:00am Fitness Rehab 11:00 - 5:30pm Mindfulness: Loving Kindness 2:00 - 3:30pm	24 Mat Pilates 10:30 - 11:15am Individual Reiki 10:30 - 2:45pm	25 Fitness Rehab 12:00 - 5:30pm
28 Fitness Rehab 11:00 - 5:30pm	29 Mat Pilates 10:30 - 11:15am	30 Fitness Rehab 12:00 - 5:30pm	31 Mat Pilates 10:30 - 11:15am Affirmation Workshop 1:00 - 3:00pm	

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

