


DECEMBER 2018



FREE support programs for cancer patients and survivors.

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

MAGNOLIA HOUSE
PATIENT SUPPORT

Mon	Tues	Wed	Thu	Fri
<p>3</p> <p>OFFICE CLOSED</p>  <p><i>No classes available today, staff will be at our Annual Golf Classic fundraiser!</i></p>	<p>4</p> <p>Yoga for Vitality 9:00am - 10:00am</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Oncology Massage 10:00 - 3:30pm</p> <p>Yoga: Balance & Flow 2:00pm - 3:00pm</p>	<p>5</p> <p>Crystal Sound Yoga 10:00 - 11:00am</p> <p>Individual Therapy 11:30 - 4:00pm</p> <p>SURjGE Fitness 1:30 - 5:30pm</p>	<p>6</p> <p>Yoga: Stamina & Stability 9:00am - 10:00am</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Belly Dancing 11:30 - 12:30pm</p> <p>Holiday Party 12:30 - 3:00pm</p> 	<p>7</p> <p>Restorative Yoga 8:30am - 9:30am</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>SURjGE Fitness 1:30 - 5:30pm</p>
<p>10</p> <p>Yoga: Balance & Flow 9:30am - 10:30am</p> <p>Oncology Skincare Treatment 10:00 - 2:00pm</p> <p>SURjGE 2.0 (session 1) 11:00 - 11:50am</p> <p>SURjGE 2.0 (session 2) 12:00 - 12:50pm</p> <p>SURjGE Fitness 1:30 - 5:30pm</p>	<p>11</p> <p>Yoga for Vitality 9:00am - 10:00am</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Yoga Sculpt 2:00pm - 3:00pm</p>	<p>12</p> <p>Self-Hypnosis 9:00 - 10:00am</p> <p>Restorative Yoga 10:00 - 11:00am</p> <p>Individual Therapy 11:30 - 4:00pm</p> <p>SURjGE Fitness 1:30 - 5:30pm</p>	<p>13</p> <p>Yoga: Stamina & Stability 9:00am - 10:00am</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Individual Hypno/ Reiki 10:30 - 2:45pm</p> <p>Individual Therapy 3:00 - 4:00pm</p> <p>Belly Dancing 11:30 - 12:30pm</p> <p>Dream Circle 1:00 - 3:00pm</p> <p>Nidra Meditation 1:30 - 3:00pm</p>	<p>14</p> <p>Restorative Yoga 8:30am - 9:30am</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>EFT Tapping 12:00 - 1:45pm</p> <p>SURjGE Fitness 1:30 - 5:30pm</p>
<p>17</p> <p>Yoga: Balance & Flow 9:30am - 10:30am</p> <p>Oncology Skincare Treatment 10:00 - 2:00pm</p> <p>SURjGE 2.0 (session 1) 11:00 - 11:50am</p> <p>SURjGE 2.0 (session 2) 12:00 - 12:50pm</p> <p>SURjGE Fitness 1:30 - 5:30pm</p> <p>Mindfulness Meditation 2:30 - 4:00pm</p>	<p>18</p> <p>Yoga for Vitality 9:00am - 10:00am</p> <p>Oncology Massage 10:00 - 3:30pm</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Move to Improve 12:00 - 1:15pm</p> <p>Sound Healing Meditation 3:00pm - 4:30pm</p>	<p>19</p> <p>Crystal Sound Yoga 10:00 - 11:00am</p> <p>Individual Therapy 11:30 - 4:00pm</p> <p>SURjGE Fitness 1:30 - 5:30pm</p>	<p>20</p> <p>Yoga: Stamina & Stability 9:00am - 10:00am</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Individual Hypno/ Reiki 10:30 - 2:45pm</p> <p>Individual Therapy 3:00 - 4:00pm</p> <p>Belly Dancing 11:30 - 12:30pm</p>	<p>21</p> <p>Restorative Yoga 8:30am - 9:30am</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>SURjGE Fitness 1:30 - 5:30pm</p>
<p>24</p> <p>OFFICE CLOSED</p> 	<p>25</p>	<p>26</p> <p>Restorative Yoga 10:00 - 11:00am</p> <p>Individual Therapy 11:30 - 4:00pm</p>	<p>27</p> <p>Yoga: Stamina & Stability 9:00am - 10:00am</p> <p>Mat Pilates 10:30 - 11:15am</p> <p>Individual Therapy 3:00 - 4:00pm</p> <p>Belly Dancing 11:30 - 12:30pm</p> <p>Yoga Sculpt 2:00pm - 3:00pm</p>	<p>28</p> <p>Restorative Yoga 8:30am - 9:30am</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>Yoga: Balance & Flow 11:30am - 12:30pm</p>
<p>31</p> 	<p>1</p>			

Sign up for Classes at: www.towercancer.org/magnolia-house/
or by downloading the *Mindbody: Fitness* app on your smartphone or tablet!
8767 Wilshire Blvd. Suite 401, Beverly Hills CA 90211

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



MAGNOLIA HOUSE PROGRAM POLICIES

ELIGIBILITY:

- All classes are FREE to cancer patients, and survivors no matter where treatment was received.
- **Due to limited class size, we are only able to accommodate cancer survivors. Should your caregiver be your transportation, they are more than welcome to wait in our kitchen or patio 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 create an account and sign a liability waiver prior to participating in any classes.
- **Registration is required for all classes:** Participants can register for all classes offered within one month. **Registration for each upcoming month opens at 8:00 AM on the 25th of the month. Registration closes at 11:55 PM every night and reopens at 8:00 AM every day.** If a class you have requested is full, you can register to be on the "wait list".
- To sign up for classes, visit www.towercancer.org/magnolia-house/ or download the *Mindbody Fitness* app on your smartphone or tablet!

CANCELATION:

- We ask all members to please cancel at least 24 hours before their scheduled class/appointment through our website, the *Mindbody* app, or by contacting us.

WAITLIST:

- Participants on the waitlist 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. If you are enrolled into class from the waitlist we expect you to attend class. If you plan to no longer attend, please cancel your place in the waitlist.

CLASS ARRIVAL POLICY:

- 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 you arrive earlier than 10 minutes prior to class, feel free to wait in our kitchen or lobby. Participants are allowed to enter the class room as early as 10 mins prior to class start time.
- 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. Anyone who enters class after the 5-minute grace period will be directed out of class by the instructor.

CLASS ETIQUETTE:

- 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 POLICY:

- Class space is limited. **We ask that you register for no more than 2 yoga classes per week. Participants who exceed the 2 yoga classes per week limit will have their 3rd, 4th, or any additional yoga class automatically canceled by our system.**
- **New participants are required to take Restorative Yoga and Crystal Sound Yoga before participating in Yoga for Vitality, Yoga for Stamina and Stability, and Yoga: Balance and Flow, which** require instructor approval. Note that *Yoga with Weights*, and *Crystal Sound Yoga* are open to all levels, but do fall within the 2 yoga classes max per week policy.

PRIVATE SESSIONS:

- **Participants are allowed one private session per month from the following categories** *Reiki, Hypnotherapy, Oncology Massage, Oncology Skincare Treatments*. *Does not apply for Individual Therapy sessions.*
- **When requesting an appointment via the website or the *Mindbody* app it is only a request. If accepted, you will receive a confirmation email.**

NO PERFUME/SCENTS ALLOWED

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

COLD/FLU/SICK:

- While participating in our classes we ask that you please not attend until you are at least 24 hours' symptom or fever free. You may be asked to leave class if the instructor suspects you are sick.

PARKING:

- Tower Cancer Research Foundation (8767 Wilshire) will offer participants **validated parking for a maximum of 2 hours per day** (after that there is a \$4 flat rate). No parking validation is provided for classes located at Breastlink Tarzana (18133 Ventura).