






breast cancer resource center
 providing education, information and support

eliminating racism
 empowering women
ywca
 princeton

january 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breast Cancer Helpline: 609-497-2126 Office: 609-497-2100 ext 346/349 Fax: 609-497-1211 Email: bcrc@ywcaprinceton.org Website: www.ywcaprinceton.org					1  YWCA Closed	2
 Turn over for program details			Breast Cancer Resource Center YWCA Princeton 59 Paul Robeson Place Princeton NJ 08540			
3	4 Healing Meditation **** Strengthen & Stretch **** Reiki **** Adv. Support Group	5 Zumba **** Intermediate Yoga **** Oncology Massage **** Tai Chi	6	7 Positively Pink Pilates **** Gentle Yoga	8 Water Wellness	9 Curémonos Latina Support Group
10	11 Healing Meditation **** Strengthen & Stretch **** Reiki	12 Zumba **** Intermediate Yoga **** Networking Night **** Tai Chi	13 Coping with Breast Cancer Group	14 Positively Pink Pilates **** Gentle Yoga	15 Water Wellness	16
17	18 Advanced Support Group (at Elsje's) MLK Day YWCA Closed	19 Zumba **** Intermediate Yoga **** Tai Chi **** Beyond Breast Cancer Group	20 Coping with Breast Cancer Group	21 Positively Pink Pilates **** Gentle Yoga	22 Water Wellness BCRC New Year's Celebration	23
24	25 Healing Meditation **** Strengthen & Stretch **** Reiki	26 Zumba **** Intermediate Yoga **** Tai Chi	27 Curémonos Latina Support Group **** Coping with Breast Cancer Group	28 Positively Pink Pilates **** Gentle Yoga	29 Water Wellness	30  Pink Zone Basketball Game

support groups

- Advanced Breast Cancer Support Group**
 Support for women living with metastatic breast cancer. Clinical Social Worker Elsje Reiss facilitates.
 Meets 1st and 3rd Mondays, Bramwell House Living Rm. **1/4/10 & 1/18/10** **7:30-9pm**
 *Meets at Elsje's house 1/18 only
- Curémonos Latina Support Group**
 Support for Latina women who have lived or are living with breast cancer. **All activities will be conducted in Spanish.** Survivors Dora Arias and Maria Spillman facilitate.
 Meets 2nd Saturday, BCRC Multipurpose Rm. **10-11:30am**
 and 4th Wednesday, Bramwell House Living Rm. **12:30-2pm**
1/9/10 & 1/27/10
- Coping With Breast Cancer Support Group**
 6-week program to support women who are in active treatment or less than one year from their diagnosis. Clinical Social Worker Elsje Reiss facilitates.
REGISTRATION REQUIRED. CONTACT BCRC.
New Group beginning 1/13/10 **Wednesdays, 5-6:30pm**
 *10 participants required before group can begin
- Beyond Breast Cancer Support Group**
 Support for survivors, focusing on practical ways to move beyond breast cancer and return to wellness. Clinical Social Worker Elsje Reiss facilitates.
 Meets 3rd Monday, Bramwell House Living Rm. **1/19/10** **5-6:30pm**
 *3rd Tuesday in January due to holiday

education

- Networking Night "Coping With Survival: A Patient & Oncologists Perspective on Life After Chemotherapy"**
 Bramwell House Living Room
REGISTRATION REQUIRED. CONTACT BCRC.
1/12/10 **6:30-8:30pm**



wellness program

REGISTRATION REQUIRED UNLESS OTHERWISE NOTED. CONTACT BCRC.

- Healing Meditation & Yoga**
1/4-3/22 **Mondays, 10-11:30am**
 *No class 1/18, 2/15
- Wellness Workout: Strengthen & Stretch**
1/4-3/22 **Mondays, 12-1pm**
 *No class 1/18, 2/15
- Reiki - by appointment only (Ongoing)** **Mondays, 6, 7 or 8pm**
- Intermediate Yoga**
1/5-3/23 **Tuesdays, 8:30-9:30am**
- Zumba®**
1/5-3/23 **Tuesdays, 10-11am**
- Oncology Massage - by appointment only (Ongoing)** **1st Tuesday, 6:30, 7:30, or 8:30pm**
- Tai Chi**
1/5-3/23 **Tuesdays, 7:30-8:45pm**
- Positively Pink Pilates**
1/7-3/25 **Thursdays, 11am-noon**
 *No class 2/11
- Gentle Yoga**
1/7-3/25 **Thursdays, 7-8:30pm**
- Water Wellness**
1/8-3/26 **Fridays, 1:30-2:20pm**