



**FREE Programs for Breast Cancer Survivors!**

The Breast Cancer Coalition of Rochester is located at 840 University Avenue - plenty of free parking!

Our programs include: gentle yoga, writing workshops, educational seminars, support groups, Breast Cancer 101, peer mentorship, book club & more!



**February 2010**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Gentle Yoga *	Voices and Vision ** Writing Workshop  Breast Cancer Support Group (open support group) 5:30 – 7:00pm	Metastatic Breast Cancer Support Group meets (pre-registration required – call 473-8177).	Breast Cancer Support Group (open support group) 5:30 – 7:00pm	Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<u>8</u> Gentle Yoga *	<u>9</u> Voices and Vision ** Writing Workshop	<u>10</u>	<u>11</u>	<u>12</u> Brown Bag Friday Lunch! (come join us at Noon! Open support group)
<u>15</u>	<u>16</u>	<u>17</u> Metastatic Breast Cancer Support Group meets (pre-registration required – call 473-8177).	<u>18</u> Young Survivors Networking Group (open support group) 12:00- 1:00pm Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<u>19</u> Brown Bag Friday Lunch! (Come join us at Noon! Open support group)
<u>22</u> Gentle Yoga *	<u>23</u> Voices and Vision ** Writing Workshop Breast Cancer Support Group (open support group) 5:30 – 7:00pm	<u>24</u> Evening Seminar: <i>THE BC Journey: 1882-Present. How far We've Come</i> with presenter Dr. Kristin Skinner 7-9pm. <b>FREE</b>	<u>25</u> Book Club: 6-8pm, call for info; 473-8177 <b>Registration Required</b>	<u>26</u> Brown Bag Friday Lunch! (come join us at Noon! Open support group)

**Monday – Friday Calendar**

If you have any questions about our BCCR programs, please do not hesitate to call us at 585-473-8177!

\* The **BCCR** hosts **Gentle Yoga** on Mondays – **registration is required** as spaces are limited. Call 585-473-8177 for more info.

\*\* The **Voices & Vision Writing Workshop** is held on Tuesdays – **registration is required**. Call us at 585-473-8177 to learn MORE about this exciting workshop!