

Class Calendar

September 2016

Living Well in Breast Cancer Survivorship

October 2016 Class Calendar →

All classes are **FREE** & for breast cancer survivors only!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 2	3	4
				5 6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

ACEF: 17212 Van Wagoner Road | Spring Lake | MI 49456

JFCC: 1440 E Sherman Blvd | Muskegon | MI 49444

Gentle Yoga & Chair Yoga 1-hour class	Meditation 50-minute class	MEAL (Mindful Eating & Living) (6 classes; 1 ½ hours each class)	Music Relaxation & Experiencing Drumming Each class is 1-hour	Survivorship Care Plan A single 1-hour session. By appointment only.
Gentle Yoga can help you with anxiety, depression, flexibility, balance, blood pressure, and support sound sleep. Enjoy this gentle class while relieving cancer pain. This class is great for the beginner to the advanced.	Meditation and mindfulness have been found to boost your immune system, help with stress, support a healthy blood pressure, and relieve pain for a better quality of life. Come and learn to relax through meditation.	MEAL is a one-of-a-kind program that runs six weeks and teaches you an entirely new approach to weight loss, healthy eating, and stress reduction in breast cancer survivorship. You'll learn clinically proven techniques of mindfulness and learn how to hone and direct your skills toward eating and weight issues.	Music Relaxation classes will provide you with a guided exploration of the soothing power of music. Music links to your emotions so it can be an extremely effective stress management tool. Experiencing Drumming will explore fun ways to drum and provide information about the health benefits of group drumming.	Survivorship Care Plan can help you to get regular checkups and learn what's next in your journey. In this one-hour session, you will build a customized care plan or you may even learn how to understand your current one. We will work together to answer question you have to make your plan a success. <i>Call or email Werner setup your appointment:</i>
<p>To join us and save your place, call or visit us on the web today! Transportation assistance is available. 616.607.7360 or www.AMACF.org</p>				



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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
FREE Seminar Tuesday October 11 5 PM Cracking the Mystery—Why Do I Feel Sick During and Long After Cancer Treatment? Location TBD...				Tuesday, November 1: Begin Mindful Eating & Living (MEAL) Only limited spaces are available. Reserve Your Space Today: Werner at 616.607.7360 or werner@amacf.org		1 9:30 a.m. <i>Guided Meditation</i> 10:30 a.m. <i>Chair or Gentle Yoga</i> (Bring your mat, just in case group decides to do gentle yoga; classes are held at JFCC)	
2	3 5:30 p.m. <i>Guided Meditation</i> 6:30 p.m. <i>Gentle Yoga</i> (Both classes meet at JFCC)	4	5			6	8 9:30 a.m. <i>Guided Meditation</i> 10:30 a.m. <i>Chair or Gentle Yoga</i> (Bring your mat, just in case group decides to do gentle yoga; classes are held at JFCC)
9	10 5:30 p.m. <i>Music Relaxation</i> 6:30 p.m. <i>Gentle Yoga</i> (Both classes at JFCC)	11	12			13 5:30 p.m. <i>Guided Meditation for Breast Cancer Survivors</i> (Class meets at ACEF.)	14
16	17 5:30 p.m. <i>Guided Meditation</i> 6:30 p.m. <i>Gentle Yoga</i> (Both classes meet at JFCC)	To join us and save your place, call or visit us on the web today! Transportation assistance is available. 616.607.7360 or www.AMACF.org				22 9:30 a.m. <i>Guided Meditation</i> 10:30 a.m. <i>Chair or Gentle Yoga</i> (Bring your mat, just in case group decides to do gentle yoga; classes are held at JFCC)	
23	24 5:30 p.m. <i>Experiencing Drumming</i> 6:30 p.m. <i>Gentle Yoga</i> (both classes at JFCC)	25	26	27 5:30 p.m. <i>Guided Meditation for Breast Cancer Survivors</i> (Class meets at ACEF.)	28	29 9:30 a.m. <i>Guided Meditation</i> 10:30 a.m. <i>Chair or Gentle Yoga</i> (Bring your mat, just in case group decides to do gentle yoga; classes are held at JFCC)	

How does ACEF's Living Well in Breast Cancer Survivorship Program Work?

DROP-IN CLASSES:

Yoga, Meditation, Music Relaxation and Experiencing Drumming

If you are a breast cancer patient or survivor, ACEF's Living Well in Breast Cancer Survivorship (LWBCS) program allows you to enter any drop-in class free of charge. No advance registration is necessary. However, we ask that you complete a brief questionnaire to help us and our funders tailor future programs to the Lakeshore's breast cancer survivors.

CLASSES REQUIRING PRE-REGISTRATION:

The Mindful Eating & Living (MEAL) Class

Our MEAL classes are available only by pre-registration. Each MEAL class is six weeks long. Please reserve your space today for the next available MEAL class by contacting Werner at 616.607.7360 or werner@amacf.org.

AVAILABLE BY APPOINTMENT ONLY:

The Survivorship Care Plan

A post-treatment care plan is a living document. It grows over time as your health changes, and you get further away from your breast cancer diagnosis. Let ACEF help you create your survivorship plan. It takes only an hour and is FREE!

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