


MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

3
Mindfulness Session 
 4:30PM
 Virtual/Zoom Meeting
 Call HCRC to RSVP


4


5
Tai Chi Chih
 11:00AM offsite
 Call HCRC for details
Qigong
 3:00PM offsite
 Call HCRC for details


6
Nutritional Counseling 
 by appointment


7
Intuitive Collage
 2:00–4:00PM
 Call HCRC to RSVP

10
Energy Balancing Session
 11:00AM–1:00PM onsite
 Call HCRC to RSVP

11
Breast Cancer Support Group 
 5:45PM Virtual/Zoom
 Call HCRC to RSVP


12
Tai Chi Chih
 11:00AM offsite
 Call HCRC for details
All Blood Cancer Support Group 
 1:00–2:00PM
 In Person/Hybrid
 Call HCRC to RSVP



13
Nutritional Counseling 
 by appointment

14
Nutritional Counseling 
 by appointment


17
Acupuncture
 2:30PM onsite
 Call HCRC to RSVP
Prostate Cancer Support Group
 6:30PM onsite
 Call HCRC to RSVP

18


19
Tai Chi Chih
 11:00AM offsite
 Call HCRC for details
Qigong
 3:00PM offsite
Thriving with Advanced Cancer 
 5:15PM Virtual/Zoom
 Call HCRC to RSVP

20
Care-Partner Support and Discussion Group 
 1:00–2:00PM
 In Person/Hybrid
 Call HCRC to RSVP
Nutritional Counseling 
 by appointment


21
Intuitive Collage
 2:00–4:00PM
 Call HCRC to RSVP

24
Energy Balancing Session 
 11:00AM–12:30PM
 Virtual/Zoom Meeting
 Call HCRC to RSVP

25
Breast Cancer Support Group
 5:45PM In Person
 Call HCRC to RSVP

26
Tai Chi Chih
 11:00AM offsite
 Call HCRC for details
Cancer Patient Support Group 
 1:00PM Virtual/Zoom
 Call HCRC to RSVP

27
Ask the Doctor: Updates in Colorectal Cancer
 5:30PM in person
 Call HCRC to RSVP

28
Nutritional Counseling 
 by appointment

31

Key

-  Phone appointment
-  Zoom/Virtual Meeting
- BLUE** Wellness, Energy Balancing, Guided Meditation, Tai Chi Chih, Nutritional Counseling, Intuitive Collage, Qigong, Yoga
- GREEN** Education
- ORANGE** Support Group

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Qigong
3:00PM offsite
Call HCRC for details

4

Nutritional Counseling 📞
by appointment

5

Intuitive Collage
2:00–4:00PM
Call HCRC to RSVP

Nutritional Counseling 📞
by appointment

7

Mindfulness Session 📺
4:30PM
Virtual/Zoom Meeting
Call HCRC to RSVP

8

Breast Cancer Support Group 📺
5:45PM Virtual/Zoom
Call HCRC to RSVP

9

Tai Chi Chih
11:00AM offsite
Call HCRC for details

All Blood Cancer Support Group 📺
1:00–2:00PM
In Person/Hybrid
Call HCRC to RSVP

10

Nutritional Counseling 📞
by appointment

11

Nutritional Counseling 📞
by appointment

14

Energy Balancing Session
11:00AM–1:00PM onsite
Call HCRC to RSVP

15

16

Tai Chi Chih
11:00AM offsite

Qigong
3:00PM offsite

Thriving with Advanced Cancer 📺
5:15PM Virtual/Zoom

Presentación en español
5:30PM Paso Robles

17

Care-Partner Support and Discussion Group 📺
1:00–2:00PM
In Person/Hybrid
Call HCRC to RSVP

Nutritional Counseling 📞
by appointment

18

Intuitive Collage
2:00–4:00PM
Call HCRC to RSVP

Nutritional Counseling 📞
by appointment

21

Acupuncture
2:30PM onsite
Call HCRC to RSVP

Prostate Cancer Support Group
6:30PM onsite
Call HCRC to RSVP

22

Breast Cancer Support Group
5:45PM In Person
Call HCRC to RSVP

23

Tai Chi Chih
11:00AM offsite

Cancer Patient Support Group 📺
1:00PM Virtual/Zoom
Call HCRC to RSVP

24

Nutritional Counseling 📞
by appointment

25

Nutritional Counseling 📞
by appointment

28

Energy Balancing Session 📺
11:00AM–12:30PM
Virtual/Zoom Meeting
Call HCRC to RSVP

29

30