



# April 2025

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classes, programs, events and support services

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Survivorship Series 11am-12:30pm Caregivers Networking Group 6-7pm	2 Restorative Yoga @ PHRC 10-11am Chair Yoga 11:30am-12:30pm	3 Meditation & Wellness 9-10am Chi Gong 10-11am Chair Yoga 2-3pm	4 Tai Chi 9-10am Art Therapy 10:30-1:30 Chair Yoga @ SCH 11am-12pm
7 Yoga 9-10am Chair Massage @ SCH 10am-12pm Music Wellness 2-3pm	8 Patient & Family Cancer Networking Group 10-11am Survivorship Series 11am-12:30pm Breast Cancer Networking Group 6-7pm	9 Reiki 9:30-11:30am Yoga 11:30am-12:30pm Healing Hearts 1:30-2:30pm	10 Knit One 1-2:30pm Chair Yoga 2-3pm Stretching 3-4pm Caring Together Networking Group @PHRC 5:30-6:30pm	11 Tai Chi 9-10am
14 Yoga 9-10am Sound Healing 11am-12pm Reiki/Reflexology 1-3pm	15 Head & Neck Cancer Networking Group 10-11am Survivorship Series 11am-12:30pm Kitchen Rx 2-3pm	16 Chair Yoga @ SCH 12:30-1:30pm Patient & Family Cancer Networking Group @ SCH 2-3pm Prostate Cancer Resource Group @ PHRC 5:30-6:30pm	17 Meditation & Wellness 9-10am Chi Gong 10-11am Chair Yoga 2-3pm Breast Cancer Networking Group @ PHRC 6-7pm	18 Tai Chi 9-10am Nature Journaling 11am-1pm Chair Yoga @ SMMC Valpo 9-10am Art Therapy @ SMMC Valpo 11am-2pm CRC Lecture Series @SMMC Valpo 2:30-3:30pm
21 Yoga 9-10am Chi Gong & Meditation @ SCH 10-11am Music Wellness 2-3pm Drumming 3-4pm	22 Patient & Family Cancer Networking Group 10-11am Ostomy Networking Group 10-11:30am Breast Cancer Networking Group 6-7pm	23 Yoga 11:30am-12:30pm Healing Hearts 1:30-2:30pm	24 Knit One 1-2:30pm Chair Yoga 2-3pm Stretching 3-4pm Caring Together Networking Group @ SMMC OC 5:30-6:30pm	25 Tai Chi 9-10am
28 Yoga 9-10am Gynecological Cancer Networking Group 11am-12pm	29	30		

All classes take place at the Cancer Resource Center (926 Ridge Road, Munster), unless otherwise indicated. Please register for all programs by calling 219-836-3349. Dates and times are subject to change.

SCH - St. Catherine Hospital - 4321 Fir St., East Chicago  
SMMC Outpatient Center (SMMC OC) - 3800 St. Mary Drive, Valparaiso  
PHRC - Powers Health Rehabilitation Center - 10215 Broadway, Crown Point