**Happy New Year!**

**MONDAY**
- 12:30–2:30 pm: Healthy Steps, 8:45–9:45 am
- 10–10:50 am: Yoga H/R, 8:45–9:45 am
- 6–8 pm: Reiki, 10 am, 11 am, or 12 pm

**TUESDAY**
- 5:30–7 pm: Imagery, 5:30–7 pm
- 6:30 or 7:30 pm: Triple Negative Group, 6–8 pm

**WEDNESDAY**
- 12:30–2:30 pm: Healthy Steps, 8:45–9:45 am
- 2:30–4 pm: Writing Group, 6:30–8 pm
- 5:30–6:30 pm: Exhale Moment, 5:30–7 pm
- 6:30 or 7:30 pm: DCIS Group, 5:30–7 pm

**THURSDAY**
- 5:30–7 pm: Imagery, 5:30–7 pm
- 6:30 or 7:30 pm: Triple Negative Group, 6–8 pm

**FRIDAY**
- 12–12:45 pm: Healthy Steps, 8:45–9:45 am
- 2:30–4 pm: Writing Group, 6:30–8 pm
- 5:30–6:30 pm: Exhale Moment, 5:30–7 pm
- 6:30 or 7:30 pm: DCIS Group, 5:30–7 pm

**SATURDAY**
- 9:30–10:30 am: BACC is a great place to meet others with your diagnosis and share information. —Judith W
- 5:30–7 pm: Imagery, 5:30–7 pm
- 6:30 or 7:30 pm: DCIS Group, 5:30–7 pm

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**January Events**

**February Events**

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**March Events**
**Support Groups**

<table>
<thead>
<tr>
<th>Time</th>
<th>Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd Saturday, 10:45 am – 12:45 pm</td>
<td>Newly Diagnosed &amp; In-Treatment Group</td>
</tr>
<tr>
<td>1st Saturday, 1–2:30 pm</td>
<td>Buddy Program</td>
</tr>
<tr>
<td>1st Saturday, 3–4:30 pm</td>
<td>Breast Cancer Group at BACC</td>
</tr>
<tr>
<td>2nd Saturday, 10:45 am – 12:45 pm</td>
<td>Young Women’s Breast Cancer Group at Mills-Peninsula</td>
</tr>
<tr>
<td>4th Saturday, 1–2:30 pm</td>
<td>Breast or Ovarian Cancer Buddy Program</td>
</tr>
<tr>
<td>1st Saturday, 5:30–6:30 pm</td>
<td>Ovarian Cancer Networking Group</td>
</tr>
<tr>
<td>3rd Saturday, 5:30–6:30 pm</td>
<td>DCIS Buddy Program</td>
</tr>
<tr>
<td>1st Saturday, 3–4:30 pm</td>
<td>Oncology Support Group</td>
</tr>
<tr>
<td>2nd Saturday, 10:45 am – 12:45 pm</td>
<td>DCIS Buddy Group</td>
</tr>
<tr>
<td>4th Saturday, 1–2:30 pm</td>
<td>Metastatic Breast Cancer Group</td>
</tr>
<tr>
<td>1st Saturday, 5:30–7 pm</td>
<td>Vintage Friends</td>
</tr>
<tr>
<td>3rd Saturday, 1–2:30 pm</td>
<td>Buddy Program</td>
</tr>
<tr>
<td>4th Saturday, 5:30–7 pm</td>
<td>Breast Cancer Group at BACC</td>
</tr>
</tbody>
</table>

**Medical Information Services**

- **Personalized Medical Research**
  - **In-person appointments**
  - **By phone**
  - **By email**

- **Medical Library**
  - **Online access to our extensive collection of books, medical articles, and videos**
  - **Free services that inform and empower**

**Medical Articles**

- **Lifestyle Changes**
  - **Smoking Cessation**
  - **Nutrition and Diet**
  - **Exercise and Fitness**

**Cancer Resources at bayareacancer.org**

- **Online Support Groups Via Zoom**
  - **Newly Diagnosed and In-Treatment**
  - **Buddy Program**
  - **Breast Cancer Group at BACC**
  - **Young Women’s Breast Cancer Group at Mills-Peninsula**
  - **Ovarian Cancer Networking Group**
  - **DCIS Buddy Group**
  - **Metastatic Breast Cancer Group**
  - **Vintage Friends**

**BACC’s mission is to support anyone affected by breast or ovarian cancer with personalized services that inform and empower**

Bay Area Cancer Connections. | bayareacancer.org

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