**BOCA RATON REGIONAL HOSPITAL PRESENTS**

Support Groups & Wellness Program Calendar

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**Holidays**

- March 8
  - Daylight Saving Time Begins
- March 17
  - St. Patrick’s Day

**Locations**

- Eugene M. & Christine E. Lynn Cancer Institute
  - 701 NW 13th Street
  - Boca Raton, FL 33486
- Christine E. Lynn Women’s Health & Wellness Institute
  - 690 Meadows Road
  - Boca Raton, FL 33486
- Gloria Drummond Physical Rehabilitation Institute
  - 650 Glades Road
  - Boca Raton, FL 33431
- Marcus Neuroscience Institute
  - 800 Meadows Road
  - Boca Raton, FL 33486

**Please see below for March dates:**

2

- **Lung Cancer Support Group** *(cancelled)*
- **Chair Yoga** *(Fee for service)*, 10:30 – 11:30 a.m., Drummond Classroom, RSVP 561-955-5321
- **Guided Imagery**, 12 – 1 p.m., Drummond Classroom, RSVP 561-955-5321
- **N.E.W. You!: Sleep Disturbance**, 1 – 2:15 p.m., 3rd Floor, Oxley Gym, RSVP 561-955-3276

3

- **Oncology Yoga***, 10 – 11 a.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Breastfeeding Education and Support Group**, 12 – 1:30 p.m., Women’s Institute Classroom, RSVP 561-955-3276
- **Nutrition Education: Eat Healthy to be Healthy** *(Fee for service)*, 3 – 4:30 p.m., Drummond Classroom, RSVP 561-955-2100
- **Tai Chi** *(Fee for service)*, 6 – 7:30 p.m., Women’s Institute Lobby, Call 561-955-7227 for more information

4

- **Diabetes Self-Management Education** *(Fee for service)*, 9:30 a.m. – 12:30 p.m., Drummond Classroom, RSVP 561-955-2100
- **Yoga** *(Fee for service)*, 10 – 11:15 a.m., Women’s Institute Classroom, Call 561-955-7227 for more information
- **Cardiac Health and Nutrition** *(Fee for service)*, 1:30 – 3 p.m., Drummond Classroom, RSVP 561-955-2100

5

- **Meditation Hour** *(cancelled)*
- **Keeping On** (for patients with metastatic disease), 10 – 11 a.m., 1st Floor, Resource Room, RSVP 561-955-5406
- **Yoga** *(Fee for service)*, 10 – 11:15 a.m., Women’s Institute Classroom, Call 561-955-7227 for more information
- **Community Acupuncture** *(Fee for service)*, 10 a.m. – 3:30 p.m., Center for Living Well, 2nd Floor, RSVP 561-955-4949
- **Exercise and Cancer***, 10 – 11 a.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Oncology Yoga***, 5 – 6 p.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Peaceful Mind Peaceful Life: The Calling Experience with Rha Goddess**, 5 – 8 p.m., Dawson Theater, RSVP 561-955-7227 or visit pmpl.eventbrite.com

6

- **Onco-Acupuncture** (By appointment only. Fee for service.), 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Peaceful Mind Peaceful Life: The Calling Experience with Rha Goddess**, 12 – 1 p.m., Women’s Institute Classroom, RSVP 561-955-7227 or visit pmpl.eventbrite.com
- **Breastfeeding Education and Support Group**, 1:30 – 3 p.m., Women’s Institute Classroom, RSVP 561-955-3276

*Available for Lynn Cancer Institute Patients Only. RSVP required.

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**Holidays**

- **March 8**
  Daylight Saving Time Begins
- **March 17**
  St. Patrick’s Day

**Locations**

- Eugene M. & Christine E. Lynn Cancer Institute
  701 NW 13th Street
  Boca Raton, FL 33486
- Christine E. Lynn Women’s Health & Wellness Institute
  690 Meadows Road
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- Marcus Neuroscience Institute
  800 Meadows Road
  Boca Raton, FL 33486

**Please see below for March dates:**

- **One-Day Childbirth Preparation Class** *(Fee for service)*, 9 – 4 p.m., Women’s Institute Classroom, RSVP 561-955-3276
- **Be U Tiful**, 10 a.m. – 12 p.m., 3rd Floor, Room 4/5, RSVP 561-955-5406
- **Chair Yoga** *(Fee for service)*, 10:30 – 11:30am, Drummond Classroom, RSVP 561-955-5321
- **Living and Leaving Legacy Workshop** *(Series 1 of 4)*, 10:30 a.m. – 12:30 p.m., 3rd Floor, Room 2/3, RSVP 561-955-3276
- **Guided Imagery**, 12 – 1 p.m., Drummond Classroom, RSVP 561-955-5321
- **Diabetes Self-Management Education** *(Fee for service)*, 3 – 6 p.m., Drummond Classroom, RSVP 561-955-2100
- **Oncology Yoga***, 10 – 11 a.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Him II**, 10 a.m. – 12 p.m., 3rd Floor, Room 4/5, RSVP 561-955-5406
- **Breastfeeding Education and Support Group**, 12 – 1:30 p.m., Women’s Institute Classroom, RSVP 561-955-3276
- **Nutrition Education: Eat Healthy to be Healthy** *(Fee for service)*, 3 – 4:30 p.m., Drummond Classroom, RSVP 561-955-2100
- **Tai Chi** *(Fee for service)*, 6 – 7:30 p.m., Women’s Institute Lobby, Call 561-955-7227 for more information
- **Diabetes Self-Management Education** *(Fee for service)*, 9:30 a.m. – 12:30 p.m., Drummond Classroom, RSVP 561-955-2100
- **Bereavement Support Group: Experiencing the Pain of the Loss**, 10 – 11 p.m., 1st Floor, Resource Room, RSVP 561-955-5406
- **Yoga** *(Fee for service)*, 10 – 11:15am, Women’s Institute Classroom, Call 561-955-7227 for more information
- **Win with Nutrition Wednesday**, 11 a.m. – 1 p.m., 1st Floor Lobby
- **Tools to Quit: Smoking Cessation Program**, 12 – 2 p.m., 3rd Floor, Room 1, RSVP 1-877-819-2357
- **Diabetes Medical Follow-up**, 2 – 4 p.m., Drummond Classroom, RSVP 561-955-2100
- **ABC Fitness**, 3 – 4 p.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **LifeSteps Weight-Loss Program**, 6 – 7 p.m., Drummond Classroom, RSVP 561-955-4396
- **Core Connection: Pelvic Health Support Group – How to Navigate Challenging Situations**, 6 – 7 p.m., Women’s Institute Classroom, RSVP 561-955-5039
- **Gastrointestinal Cancer Support Group** *(cancelled)*
- **Exercise and Cancer** *(Fee for service)*, 10 – 11 a.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **WomenHeart Support Group**, 1:30 – 3:30 p.m., Women’s Institute Classroom, RSVP 561-955-7227
- **Oncology Yoga** *(Fee for service)*, 5 – 6 p.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Onco-Acupuncture** *(By appointment only. Fee for service.)*, 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Yoga** *(Fee for service)*, 10 – 11:15am, Women’s Institute Classroom, Call 561-955-7227 for more information
- **Nutrition Wellness Expo**, 1 – 2:30 p.m., 3rd Floor, Room 1-3, RSVP 561-955-3276
- **Breastfeeding Education and Support Group**, 1:30 – 3 p.m., Women’s Institute Classroom, RSVP 561-955-3276
- **Multiple Sclerosis Support Group**, 1:30 – 3:30 p.m., Drummond Classroom, RSVP 561-955-5321
- **Chair Yoga** *(Fee for service)*, 10:30 – 11:30am, Drummond Classroom, RSVP 561-955-5321

*BRRH.com*

*Available for Lynn Cancer Institute Patients Only. RSVP required.*

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- Gloria Drummond Physical Rehabilitation Institute
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- Marcus Neuroscience Institute
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  Boca Raton, FL 33486

**Please see below for March dates:**

- **Living and Leaving Legacy Workshop (Series 2 of 4),** 10:30 a.m. – 12:30 p.m., 3rd Floor, Room 2/3, RSVP 561-955-3276
- **Guided Imagery,** 12 – 1 p.m., Drummond Classroom, RSVP 561-955-5321
- **N.E.W. You!: Stress Management,** 1 – 2:15 p.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Diabetes Self-Management Education (Fee for service),** 3 – 6 p.m., Drummond Classroom, RSVP 561-955-2100
- **Prenatal Breastfeeding Class (Fee for service),** 7 – 9 p.m., Women’s Institute Classroom, RSVP 561-955-3276
- **Oncology Yoga*,** 10 – 11 a.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Breastfeeding Education and Support Group,** 12 – 1:30 p.m., Women’s Institute Classroom, RSVP 561-955-3276
- **Mended Hearts Support Group,** 1 – 2:30 p.m., Drummond Classroom, RSVP to MHBRSecretary@gmail.com
- **Cancer Survivorship Education Series: Sexual Health and Fertility,** 2 – 3:30 p.m., 3rd Floor, Room 1, RSVP 561-955-5406
- **Nutrition Education: Eat Healthy to be Healthy (Fee for service),** 3 – 5:30 p.m., Drummond Classroom, RSVP 561-955-5406
- **Tai Chi (Fee for service),** 6 – 7:30 p.m., Women’s Institute Lobby, Call 561-955-7227 for more information
- **Diabetes Self-Management Education (Fee for service),** 9:30 a.m. – 12:30 p.m., Drummond Classroom, RSVP 561-955-2100
- **Let’s Dance,** 10 – 11 a.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Yoga (Fee for service),** 10 – 11:15am, Women’s Institute Classroom, Call 561-955-7227 for more information
- **Cardiac Health and Nutrition (Fee for service),** 1:30 – 3 p.m., Drummond Classroom, RSVP 561-955-2100
- **ABC Fitness*,** 3 – 4 p.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **LifeSteps Weight-Loss Program,** 6 – 7 p.m., Drummond Classroom, RSVP 561-955-4396
- **Keeping On (for patients with metastatic disease),** 10 – 11a.m., 1st Floor, Resource Room, RSVP 561-955-5406
- **Exercise and Cancer*,** 10 – 11 a.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Community Acupuncture (Fee for service),** 10 a.m. – 3:30 p.m., Center for Living Well, 2nd Floor, RSVP 561-955-4949
- **Meditation Hour,** 3 – 4 p.m., 1st Floor, Resource Room, RSVP 561-955-5406
- **Plant-based Cooking with Indian Cuisine,** 4 – 5 p.m., 1st Floor, Café, RSVP 561-955-5406
- **Living with Cancer Under 50 Support Group (cancelled)**
- **A Common Bond – Stroke Support Group,** 5 – 6 p.m., Center for Lifelong Learning, Classroom C, RSVP 561-955-4134
- **Oncology Yoga*,** 5 – 6 p.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Onco-Acupuncture* (By appointment only, Fee for service.),** 3rd Floor, Oxley Gym, RSVP 561-955-5406
- **Yoga (Fee for service),** 10 – 11:15am, Women’s Institute Classroom, Call 561-955-7227 for more information
- **Breastfeeding Education and Support Group,** 1:30 – 3 p.m., Women’s Institute Classroom, RSVP 561-955-3276
- **Diabetes Support Group,** 2 – 3 p.m., Drummond Classroom, RSVP 561-955-2100
- **Chair Yoga (Fee for service),** 10:30 – 11:30am, Drummond Classroom, RSVP 561-955-5321
- **Living and Leaving Legacy Workshop (Series 3 of 4),** 10:30 a.m. – 12:30 p.m., 3rd Floor, Room 2/3, RSVP 561-955-3276

*Available for Lynn Cancer Institute Patients Only. RSVP required.*

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• Marcus Neuroscience Institute
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  Boca Raton, FL 33486

Please see below for March dates:

• Guided Imagery, 12 – 1 p.m., Drummond Classroom, RSVP 561-955-5321

• Diabetes Self-Management Education (Fee for service), 3 – 6 p.m., Drummond Classroom, RSVP 561-955-2100

• Breast Cancer Support Group, 4:30 – 5:30 p.m., 1st Floor, Resource Room, RSVP 561-955-5406

• Oncology Yoga (cancelled)

• Breastfeeding Education and Support Group, 12 – 1:30 p.m., Women’s Institute Classroom, RSVP 561-955-3276

• Nutrition Education: Eat Healthy to be Healthy (Fee for service), 3 – 4:30 p.m., Drummond Classroom, RSVP 561-955-2100

• Tai Chi (Fee for service), 6 – 7:30 p.m., Women’s Institute Lobby, Call 561-955-7227 for more information

• Diabetes Self-Management Education (Fee for service), 9:30 a.m. – 12:30 p.m., Drummond Classroom, RSVP 561-955-2100

• Yoga (Fee for service), 10 – 11:15am, Women’s Institute Classroom, Call 561-955-7227 for more information

• Music Therapy, 10:30 – 11:30 a.m., 1st Floor, Resource Room, RSVP 561-955-5406

• Cardiac Health and Nutrition (Fee for service), 1:30 – 3 p.m., Drummond Classroom, RSVP 561-955-2100

• ABC Fitness*, 3 – 4 p.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406

• LifeSteps Weight-Loss Program, 6 – 7 p.m., Drummond Classroom, RSVP 561-955-4396

• Community Acupuncture (Fee for service), 11 a.m. – 4:30 p.m., Center for Living Well, 2nd Floor, RSVP 561-955-4949

• Moving Forward: Preventing Heart Disease, 6 – 7 p.m., Women’s Institute Classroom, RSVP 561-955-7227

• Onco-Acupuncture* (By appointment only, Fee for service.), 3rd Floor, Oxley Gym, RSVP 561-955-5406

• Yoga (Fee for service), 10 – 11:15am, Women’s Institute Classroom, Call 561-955-7227 for more information

• Breastfeeding Education and Support Group, 1:30 – 3 p.m., Women’s Institute Classroom, RSVP 561-955-3276

• Chair Yoga (Fee for service), 10:30 – 11:30am, Drummond Classroom, RSVP 561-955-5321

• Living and Leaving Legacy Workshop (Series 4 of 4), 10:30 a.m. – 12:30 p.m., 3rd Floor, Room 2/3, RSVP 561-955-3276

• Guided Imagery, 12 – 1 p.m., Drummond Classroom, RSVP 561-955-5321

• N.E.W. You!: Weight Management (Gain/Loss), 1 – 2:15 p.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406

• Oncology Yoga*, 10 – 11 a.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406

• Nutrition Classes for Cancer Survivors: Fiber for Better Health, 11:30 – 12:30 p.m., 3rd Floor, Room 1, RSVP 561-955-5637

• Breastfeeding Education and Support Group, 12 – 1:30 p.m., Women’s Institute Classroom, RSVP 561-955-3276

• Tai Chi (Fee for service), 6 – 7:30 p.m., Women’s Institute Lobby, Call 561-955-7227 for more information

• ABC Fitness*, 3 – 4 p.m., 3rd Floor, Oxley Gym, RSVP 561-955-5406

• Tai Chi (Fee for service), 6 – 7:30 p.m., Women’s Institute Lobby, Call 561-955-7227 for more information

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