

November 2004
***Lung Cancer, National Marrow, Pancreatic and
Prostate Cancer Awareness Month***
National Family Care Givers, Hospice and Home Care Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1:00 PM JCC Aquatic Exercise Program	2 5:30 PM Smokers Anonymous (Trumbull County) 7:00 PM Ovarian Cancer Support Group (Mahoning County) 7:00 PM East Liverpool Breast Cancer Support Group	3 1:00 PM JCC Aquatic Exercise Program	4	5 1:00 PM JCC Aquatic Exercise Program	6
7	8 1:00 PM JCC Aquatic Exercise Program	9 10:00 AM Cancer Pt. Support Group (Trumbull County) 5:30 PM Smokers Anonymous (Trumbull County) 6:30 PM CORES Support Group (Mahoning County)	10 1:00 PM JCC Aquatic Exercise Program 5:30-7:30 PM <u>“Doing It Right”</u> <u>Healthy Eating as</u> <u>Part of Your</u> <u>Cancer Treatment</u> (Mahoning County) Beeghly Medical Park	11	12 1:00 PM JCC Aquatic Exercise Program	13 8:30 – 11:30 AM <u>Frankly</u> <u>Speaking</u> <u>About Lung</u> <u>Cancer:</u> <u>Facing the</u> <u>Future</u> Holiday Inn Metroplex
14	15 1:00 PM JCC Aquatic Exercise Program 6:00 PM Look Good Feel Better (Mahoning County)	16 5:30 PM Smokers Anonymous (Trumbull County) 5:30-7:30 PM <u>“Doing It Right”</u> <u>Healthy Eating as</u> <u>Part of Your</u> <u>Cancer Treatment</u> (Trumbull County) TMH- Mtgs. Rm. 1,2,3 7:00 PM CORES Support Group (Columbiana County)	17 1:00 PM JCC Aquatic Exercise Program 6:30 PM Cancer Pt. Support Group (Trumbull County) 7:00 PM FOCUS (Mahoning County)	18 <u>Great American</u> <u>Smokeout</u> 5:00 PM Youngstown/Warren Blood Cancer Support Group (Mahoning County) 7:00 PM SOUL African American Breast Cancer Support Group (Mahoning County) 7:00 PM BEACON Breast Cancer Support Group (Trumbull County)	19 1:00 PM JCC Aquatic Exercise Program	20
21	22 1:00 PM JCC Aquatic Exercise Program	23 5:30 PM Smokers Anonymous (Trumbull County)	24 1:00 PM JCC Aquatic Exercise Program	25 <u>Thanksgiving</u> 	26 1:00 PM JCC Aquatic Exercise Program	27
28	29 1:00 PM JCC Aquatic Exercise Program	30 5:30 PM Smokers Anonymous (Trumbull County)				