

Cancer and Exercise-Related Resources (Los Angeles and Orange Counties)
Updated June 2011

<u>County/City</u>	<u>Activity</u>	<u>Business</u>	<u>Location</u>	<u>Days/Times</u>	<u>Cost</u>	<u>Contact Information</u>	<u>Phone</u>
LOS ANGELES							
Burbank	Qi Gong, Tai Chi, Yoga	Providence St. Joseph Medical Center - Disney Family Cancer Center	181 S. Buena Vista Street, Burbank, CA	Various	\$8/class	http://www2.providence.org/saintjoseph/services/cancer/treatments/integrative-medicine/Pages/ClassesPrograms.aspx	
Long Beach	Dragon Boating	Los Angeles Pink Dragons	Mother's Beach (Marine Park)	Wednesday afternoon & Saturday morning		http://www.lapinkdragons.org/index.html	
Pasadena	Pink Ribbon Moves	Huntington Hospital Cancer Center	100 W. California Blvd, Pasadena, CA 91105		Free - with doctor's referral	http://www.huntingtonhospital.com/Main/ComplementaryMedicine.aspx	626-397-2524
Pasadena	Yoga, Tai Chi, Strength Training, Walking groups	Cancer Support Community (formerly The Wellness Community)	200 East Del Mar Blvd, Suite 118 Pasadena, CA 91105	Various	Free	http://www.cscpasadena.org/site/	626-796-1083
Redondo Beach	Yoga	Cancer Support Community (formerly The Wellness Community)	109 West Torrance Boulevard, Redondo Beach, CA 90277	Thursday 6-7pmd	Free	http://www.cancersupportredondobeach.org/	
Redondo Beach	Reiki, Pilates	Cancer Support Community (formerly The Wellness Community)	109 West Torrance Boulevard, Redondo Beach, CA 90277	see schedule	Free	http://www.cancersupportredondobeach.org/Calendar/CSC_JuneJuly_Final.pdf	

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Santa Monica	Various	Cancer Support Community - Benjamin Center	1990 S. Bundy Dr. #100 Los Angeles CA 90025	Various	Free	http://www.cancersupportcommunitybenjamincenter.org/mindbody.htm	310-314-2555
Santa Monica	Various	YWCA - Santa Monica	2019 14th Street, Santa Monica, CA 90405	Various	\$45 annual membership; Bodyshop card; price varies	http://www.smywca.org/3-classes/health-and-fitness/bodyshop.html	
Santa Monica	ENCORE - Water Aerobics	YWCA-Santa Monica	Santa Monica Swim Center & Loew's Hotel	Call Sharon Donaldson to be added to the list	Free	http://www.smywca.org/2-womens-girls-programs/encore.html	310-452-3881 - Sharon Donaldson
Santa Monica	Yoga	YogAbility		Call Bea Ammidown for more info & to confirm attendance		http://www.yogability.org/	310-358-3338
Sherman Oaks	Yoga, Qi Gong, Tai Chi, and more	weSpark	13520 Ventura Boulevard, Sherman Oaks, CA 91423	Various	Free	www.wespark.org	818-906-3022
ORANGE COUNTY							
Dana Point	Yoga	South County Fit	Lantern Bay Park; 25135 Park Lantern Road	Tuesday 10am, Thursday 10am, Saturday 10am, Sunday 4:30pm - unless it's raining, we will be there!	Free	www.southcountyfit.com	949-363-3152

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Irvine	Yoga	Center for Living Peace	4139 Campus Drive, Irvine, CA 92612	Wednesday 5-6:30pm	Free	kim@truesoulyoga.com	714-795-8362
Laguna Niguel	Yoga	Beyond Hot Yoga	31271 Niguel Road, Laguna Niguel, CA 92677		\$17/ single class	http://beyondhotyoga.com/?page_id=21	(949) 443-6080
Newport Beach	Yoga, Pilates, Strength	Hoag Hospital	One Hoag Drive, Newport Beach, CA	Various	Free	http://www.hoag.org/services/cancer-institute/complementary-care-providing-education-and-support	949/7-CANCER (722-6237)
Tustin	Lymphedema Management	HealthSouth Tustin Rehabilitation Hospital	14851 Yorba Street, Tustin, CA 92780			karen.wehner@healthsouth.com	714-573-5233
NATIONWIDE							
Various	Yoga	Yoga Bear	free classes offered to cancer survivors at various studios			www.yogabear.org	
Various	Various	Meetup.com	Register to receive invitations to a wide variety of meetings, classes and events			www.meetup.com	