



July 2010

www.Houston Cancer Institute.com

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------|---|--|---|--|-----|--|
| | | Visit, daily, the HCI Website for event updates! |  | | 2 | 3 |
| |  | 6 | 7 11AM until noon Support Group—free | 8 9 AM until Noon Cancer & Diabetes with Debra Latimer ADA Class # 1 | 9 |  |
| | 12 11AM until noon Support Group—free | 13 | 14 11AM until noon Support Group—free | 15 9 AM until Noon Cancer & Diabetes with Debra Latimer ADA Class # 2 | 16 | |
| | 1 PM <i>Look Good...Feel Better</i> | | | | | |
| 18 Don't forget sunscreen! | 19 11AM until noon Support Group—free | 20 | 21 11AM until noon Support Group—free | 22 9 AM until Noon Cancer & Diabetes with Debra Latimer ADA Class # 3 | 23 |  |
| 25 | 26 11AM until noon Support Group—free | 27 | 28 11AM until noon Support Group—free | 29 | 30 | 31 |

Support Group: Every Monday and Wednesday from 11 am–Noon:
Join HCI's clinical psychologist, Dr. George Vroulis, for a group discussion on dealing with cancer. There is no cost for this professional program. Bring your support team or find another in this group. Meets in Room 200.

Cancer, Nutrition, and Diabetes, with HCI dietitian Debra Latimer.

This American Dietetic Association nutrition class is monthly, starting on the first Thursday of the month from 9 AM until Noon. You must sign up for three consecutive weeks. This program is covered under most health plans. **RSVP at (713) 464-9559.**

Look Good Feel Better: July 12th

The American Cancer Society (ACS) and HCI present this special program to help with hair loss and cosmetic changes during cancer therapy. Cosmetics supplied free by the ACS. No cost for cancer patients!
RSVP a must. Refreshments! Free!

Call (713) 464-9559.

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Your journey to better health!

