

# Bosom Buddies Happenings August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 "Caring & Sharing" 7 – 8:30 p.m.	3 Young Survivors Group 6:30 – 8 p.m. at the Women's Center of Jacksonville	4	5	6	7
8	9 "Caring & Sharing" 7 – 8:30 p.m.	10	11	12	13	14
15	16 "Qigong"* with Debbie Young, A.P. 7 – 8:30 p.m.	17 Young Survivors Group "Ladies Night Out" 6:30 – 8 p.m. at California Pizza Kitchen at the St. Johns Town Center <b>RSVPs Needed</b>	18	19	20	21
22	23 "Caring & Sharing" 7 – 8:30 p.m.	24 <i>Coping With the Changing World: Emotions Workshop</i> 6 – 8 p.m.	25	26	27	28
29	30 "Reiki"** with Amy Layh 7 – 8:30 p.m.	31 <i>Coping With the Changing World: Finances Workshop</i> 6 – 8 p.m.	<p>*"Qigong (Chee gong) means "Qi Work". It is an energy cultivation practice which combines gentle movements with breathing and meditation to restore health and balance to the body-mind-spirit."</p> <p>** "Reiki" is a healing practice that originated in Japan. Reiki is based on the idea that there is a universal (or source) energy that supports the body's innate healing abilities. Practitioners seek to access this energy, allowing it to flow to the body and facilitate healing. Reiki practitioners place their hands lightly on or just above the person receiving treatment, with the goal of facilitating the person's own healing response."</p>			