Tai Chi for Health

Description: Cancer Support Community and MLC are offering Tai Chi! This class offers gentle, slow, flowing movement to accommodate seated or standing participants of all fitness levels in a small group, private setting. It improves balance, quiets the mind from stress, restores healing energy, and enhances overall well-being. Friends and family welcome.

Date: Wednesday, April 8, 2020
Time: 4:00 PM - 5:00 PM
Where: Mosaic Cancer Center - Main Lobby 902 Riverside Road, St Joseph, MO 64507
Presenter: Ernie Hall, BS, ACSM/ACS
Registration Required: No
Registered: No

Yoga

Description: Cancer Support Community and MLC are offering Yoga! Yoga will combine breath and gentle movement to relax the body and mind. This class will move at a slow and steady pace with a focus on mobility and healing. All poses are adapted to meet the needs of each individual in the class. Yoga mats are provided. Friends and family are welcome.

Date: Wednesday, April 8, 2020
Time: 5:15 PM - 6:00 PM
Where: Mosaic Cancer Center - Main Lobby 902 Riverside Rd, St Joseph, MO 64507
Presenter: Matt Todd, RYT-200, Yogic Medication Instructor
Registration Required: No
Registered: No
Tai Chi for Health

offers gentle, slow, flowing movement to accommodate seated or standing participants of all fitness levels in a small group, private setting. It improves balance, quiets the mind from stress, restores healing energy, and enhances overall well-being. Friends and family welcome.

Date: Wednesday, April 15, 2020
Time: 4:00 PM - 5:00 PM
Where: Mosaic Cancer Center - Main Lobby 902 Riverside Road, St Joseph, MO 64507
Presenter: Ernie Hall, BS, ACSM/ACS

Registration Required: No
Registered: No

if (item.IsRegistered)

Yoga

Cancer Support Community and MLC are offering Yoga! Yoga will combine breath and gentle movement to relax the body and mind. This class will move at a slow and steady pace with a focus on mobility and healing. All poses are adapted to meet the needs of each individual in the class. Yoga mats are provided. Friends and family are welcome.

Date: Wednesday, April 15, 2020
Time: 5:15 PM - 6:00 PM
Where: Mosaic Cancer Center - Main Lobby 902 Riverside Rd, St Joseph, MO 64507
Presenter: Matt Todd, RYT-200, Yogic Medication Instructor

Registration Required: No
Registered: No

if (item.IsRegistered)

Tai Chi for Health

Cancer Support Community and MLC are offering Tai Chi! This class offers gentle, slow, flowing movement to accommodate seated or standing participants of all fitness levels in a small group, private setting. It improves balance, quiets the mind from stress, restores healing energy, and enhances
Tai Chi for Health

- Overall well-being. Friends and family welcome.
- Date: Wednesday, April 22, 2020
- Time: 4:00 PM - 5:00 PM
- Where: Mosaic Cancer Center - Main Lobby 902 Riverside Road, St Joseph, MO 64507
- Presenter: Ernie Hall, BS, ACSM/ACS
- Registration Required: No
- Registered: No

Yoga

- Cancer Support Community and MLC are offering Yoga! Yoga will combine breath and gentle movement to relax the body and mind. This class will move at a slow and steady pace with a focus on mobility and healing. All poses are adapted to meet the needs of each individual in the class. Yoga mats are provided. Friends and family are welcome.
- Date: Wednesday, April 22, 2020
- Time: 5:15 PM - 6:00 PM
- Where: Mosaic Cancer Center - Main Lobby 902 Riverside Rd, St Joseph, MO 64507
- Presenter: Matt Todd, RYT-200, Yogic Medication Instructor
- Registration Required: No
- Registered: No

10th Annual 5k Run/Walk with the Huskies

- The 5k Run/Walk will start & finish at the historic Phil Welch Stadium and proceed through the SW parkway over the old train bridge & return to Phil Welch. Enjoy scenic spring-time views of the parkway & golf course. Prepare to achieve your personal best on this fun, 3.1 mile course. Chip
10th Annual 5k Run/Walk with the Huskies
timing provided by Show-Me-Running company for those wishing to compete for awards. There will be a 1 mile run walk-n-roll for those unable to complete the full 5k. All are welcome! Join us for some healthy fun! All funds raised will benefit Helen Davis School to resurface the accessible playground.

Date: Saturday, April 25, 2020
Time: 9:00 AM - 10:30 AM
Where: Phil Welch Stadium, St. Joseph, MO
Event Link: https://runsignup.com/Race/MO/SaintJoseph/5khuskyrun
Registration Required: No
Registered: No

Tai Chi for Health
Cancer Support Community and MLC are offering Tai Chi! This class offers gentle, slow, flowing movement to accommodate seated or standing participants of all fitness levels in a small group, private setting. It improves balance, quiets the mind from stress, restores healing energy, and enhances overall well-being. Friends and family welcome.

Date: Wednesday, April 29, 2020
Time: 4:00 PM - 5:00 PM
Where: Mosaic Cancer Center - Main Lobby 902 Riverside Road, St Joseph, MO 64507
Presenter: Ernie Hall, BS, ACSM/ACS
Registration Required: No
Registered: No

Yoga
Cancer Support Community and MLC are offering Yoga! Yoga will
Yoga

combine breath and gentle movement to relax the body and mind. This class will move at a slow and steady pace with a focus on mobility and healing. All poses are adapted to meet the needs of each individual in the class. Yoga mats are provided. Friends and family are welcome.

Date  Wednesday, April 29, 2020
Time  5:15 PM - 6:00 PM
Where  Mosaic Cancer Center - Main Lobby, 902 Riverside Rd, St Joseph, MO 64507
Presenter  Matt Todd, RYT-200, Yogic Medication Instructor
Registration Required  No
Registered  No

if (item.IsRegistered)

6th Annual Run/Walk for the Paws 5K

The race will start in the parking lot across the street from Bode Ice Arena, 2500 Southwest Parkway, St Joseph, MO 64503. Parking will be available in the Phil Welch Stadium parking lots. This event is dog-friendly, so we greatly encourage you to bring your dog(s) to join you for the race, provided they are friendly with people and other dogs and are have updated rabies vaccinations. Local pet-related businesses/organization will have booths for participants to browse and there will also be a kid’s activity booth. The race will be chip timed by local business ShowMe Running Company with instant results and finish line photos. The race course is handicap accessible and relatively flat, but does have a few areas of slight uphill incline (1-2%). Participants will run/walk from the parking lot across from Bode Ice Arena along the scenic Southwest Parkway trail to Bartlett Park, then turn around at Bartlett Park and make their way back to Bode Ice Arena along the Southwest Parkway. There will be water, coffee, bananas and other breakfast food at the start/finish area. Volunteers will also be handing out water to participants along the course during the race. Awards for first, second and third place for male and female participants in the following age groups will be given: 11 and under, 12 -15; 16-19; 20-29; 30-39; 40-49; 50-59; 60+. Awards for first, second and third place dog finishers will be given as well!

Date  Saturday, May 30, 2020
Time  8:00 AM - 11:00 AM
6th Annual Run/Walk for the Paws 5K

Where: 2500 Southwest Parkway St. Joseph, MO 64504
Event Link: www.runsignup.com/runforpaws
Registration Required: No
Registered: No

Oncology Open Mic Night
Description: Cancer Support Community and Mosaic Life Care Open Mic Night. Do you ever feel like sharing, crying, laughing, or talking about your experience? We offer a supportive environment for oncology patients and caregivers to do just that. Call it a support group. Call it chatting with new friends. But give it a try. A light meal will be provided
Date: Thursday, June 11, 2020
Time: 6:30 PM - 7:30 PM
Where: St Joseph Public Library - 502 N Woodbine Rd, St Joseph, MO 64506
Presenter: Emily Heckman, MSW
Registration Required: No
Registered: No

34th Annual Mosaic Medical Center-Albany Golf Tournament
Description: 4 man scramble tee-off in the morning 2 person scramble tee-off in the afternoon
Date: Friday, June 26, 2020
Time: 7:00 AM - 11:45 PM
Where: Albany Golf Course 5740 E US Hwy 136, Albany, MO
Registration Required: Yes
Cancer Support Community and Mosaic Life Care Open Mic Night. Do you ever feel like sharing, crying, laughing, or talking about your experience? We offer a supportive environment for oncology patients and caregivers to do just that. Call it a support group. Call it chatting with new friends. But give it a try. A light meal will be provided.

Date: Thursday, July 9, 2020
Time: 6:30 PM - 7:30 PM
Where: St Joseph Public Library - 502 N Woodbine Rd, St Joseph, MO 64506
Presenter: Emily Heckman, MSW
Registration Required: No
Registered: No

Date: Thursday, August 13, 2020
Time: 6:30 PM - 7:30 PM
Where: St Joseph Public Library - 502 N Woodbine Rd, St Joseph, MO 64506
Presenter: Emily Heckman, MSW
Registration Required: No
Registered: No
Cancer Support Community and Mosaic Life Care Open Mic Night. Do you ever feel like sharing, crying, laughing, or talking about your experience? We offer a supportive environment for oncology patients and caregivers to do just that. Call it a support group. Call it chatting with new friends. But give it a try. A light meal will be provided.

**Date**
Thursday, September 10, 2020

**Time**
6:30 PM - 7:30 PM

**Where**
St Joseph Public Library - 502 N Woodbine Rd, St Joseph, MO 64506

**Presenter**
Emily Heckman, MSW

**Registration Required**
No

**Registered**
No

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Cancer Support Community and Mosaic Life Care Open Mic Night. Do you ever feel like sharing, crying, laughing, or talking about your experience? We offer a supportive environment for oncology patients and caregivers to do just that. Call it a support group. Call it chatting with new friends. But give it a try. A light meal will be provided.

**Date**
Thursday, October 8, 2020

**Time**
6:30 PM - 7:30 PM

**Where**
St Joseph Public Library - 502 N Woodbine Rd, St Joseph, MO 64506

**Presenter**
Emily Heckman, MSW

**Registration Required**
No

**Registered**
No
Cancer Support Community and Mosaic Life Care Open Mic Night. Do you ever feel like sharing, crying, laughing, or talking about your experience? We offer a supportive environment for oncology patients and caregivers to do just that. Call it a support group. Call it chatting with new friends. But give it a try. A light meal will be provided.

**Date**: Thursday, November 12, 2020

**Time**: 6:30 PM - 7:30 PM

**Where**: St Joseph Public Library - 502 N Woodbine Rd, St Joseph, MO 64506

**Presenter**: Emily Heckman, MSW

**Registration Required**: No

**Registered**: No

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Cancer Support Community and Mosaic Life Care Open Mic Night. Do you ever feel like sharing, crying, laughing, or talking about your experience? We offer a supportive environment for oncology patients and caregivers to do just that. Call it a support group. Call it chatting with new friends. But give it a try. A light meal will be provided.

**Date**: Thursday, December 10, 2020

**Time**: 6:30 PM - 7:30 PM

**Where**: St Joseph Public Library - 502 N Woodbine Rd, St Joseph, MO 64506

**Presenter**: Emily Heckman, MSW

**Registration Required**: No

**Registered**: No