

# June 2020

Until further notice, all events are virtual and require video/audio capabilities. If you need help accessing programs, call our office at 336-760-9983.

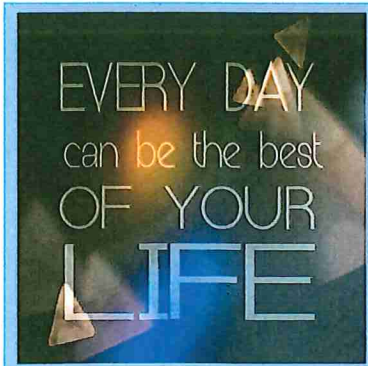


**WELLNESS, EDUCATION, SUPPORT**

[www.cancerservicesonline.org](http://www.cancerservicesonline.org)

Enhancing Health, Life & Survivorship

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 →Gentle Yoga 10am	2 →Chair Yoga 5:30 pm ☼GYN WG 6pm	3 →Gentle Yoga 9am & 5pm	4 ◇N@H Q&A with Julie 2pm	5	6
7	8	9 →Chair Yoga 5:30 pm ☼GI WG 6pm	10 →Gentle Yoga 9am & 5pm ☼LC WG 12pm ◇Herbs Webinar 8pm	11	12	13
14	15 →Gentle Yoga 5pm	16 →Chair Yoga 5:30pm	17 →Gentle Yoga 9am & 5pm ◇Cook to Thrive! 12pm	18 ☼Breast WG 12pm ◇N@H Q&A with Julie 8pm	19	20
21	22	23 →Chair Yoga 5:30pm	24 →Gentle Yoga 9am & 5pm ☼Blood WG 6pm	25	26	27
28	29	30 →Chair Yoga 5:30 pm				



If you need help registering for an event, call our office at 336-760-9983 or email Julie at [julie@cancerservicesonline.org](mailto:julie@cancerservicesonline.org)

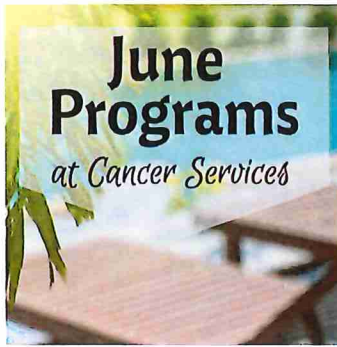
Unless otherwise noted, listed programs are open to people diagnosed with cancer & their caregivers, regardless of where they were treated or treatment stage.

Event Types:  
☼ Emotional  
→ Physical  
◇ Nutritional

Cancer Services aims to provide holistic support.

Key:  
WG = wellness group  
GI = gastrointestinal  
LC= lung cancer  
N@H = Nutrition at home

You can find more details of events online at [www.cancerservicesonline.org/calendar](http://www.cancerservicesonline.org/calendar). You can stay updated with Cancer Services' News online at [www.cancerservicesonline.org/news](http://www.cancerservicesonline.org/news).



**Wellness/Support Groups ☀**

**GYN Cancer Wellness Group:**

Tues June 2, 6 pm

**Gastrointestinal Cancer Wellness Group:**

Tues June 9, 6 pm

**Lung Cancer Wellness Group:**

Wed June 10, 12 pm

**Breast Cancer Wellness Group:**

Thurs June 18, 12 pm

**Blood Cancer Wellness Group:**

Wed June 24, 6 pm

**Nutrition Events ◇**

**Nutrition at Home Q & A with Julie:**

Thurs June 4, 2 pm

**Benefits of Culinary Herbs & Spices:**

Wed June 10, 8 pm

**Cook to Thrive! – Spices for Health:**

Wed June 17, 12 pm

**Nutrition at Home Q & A with Julie:**

Thurs June 18, 8 pm

**Exercise Events →**

**Gentle Yoga -Sponsored by**

*Clemmons Community Foundation*

Mon June 1, 10 am

Mon June 15, 5 pm

**Chair Yoga – Sponsored by**

*Wake Forest Baptist Health*

Tues June 2, 5:30 pm

Tues June 9, 5:30 pm

Tues June 16, 5:30 pm

Tues June 23, 5:30 pm

Tues June 30, 5:30 pm

**Virtual Yoga – Sponsored by Novant Health**

Wed June 3, 9 am & 5 pm

Wed June 10, 9 am & 5 pm

Wed June 17, 9 am & 5 pm

Wed June 24, 9 am & 5 pm

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