

# July 2020

# Event Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Yoga for Cancer</b> 9am and 5pm	2 <b>Nutrition at Home</b> 2pm	3	4
5	6 <b>Gentle Yoga</b> with Valerie Kiser 10am	7 <b>Chair Yoga</b> 5:30pm <b>GYN Wellness Group</b> 6pm	8 <b>Yoga for Cancer</b> 9am and 5pm <b>Lung Cancer Wellness Group</b> 12pm <b>Cook to Thrive: Summer Veggies</b> 8pm	9	10	11
12	13	14 <b>Chair Yoga</b> 5:30pm <b>GI Wellness Group</b> 6pm	15 <b>Yoga for Cancer</b> 9am and 5pm <b>Nutrition Webinar- Plant based diets</b> 12pm	16 <b>Breast Wellness Group</b> 12pm <b>Nutrition at Home: Q+A with Julie Lanford</b> 8pm	17	18
19	20 <b>Gentle Yoga</b> With Valerie Kiser 5pm	21 <b>Chair Yoga</b> 5:30pm	22 <b>Yoga for Cancer</b> 9am and 5pm <b>Blood Wellness Group</b> 6pm	23	24	25
26	27	28 <b>Chair Yoga</b> 5:30pm	29 <b>Yoga for Cancer</b> 9am and 5pm	30	31	

Due to the COVID-19 pandemic all events will be held virtually using audio and video capabilities. If you have any issues accessing our programs please call 336-760-9983.

Unless otherwise noted, all programs are open to anyone diagnosed with cancer and their caregivers.



**To Register for Events:** Please call 336-760-9983 or email [Julie@CancerServicesOnline.org](mailto:Julie@CancerServicesOnline.org)

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).

## Event Descriptions

### **Chair Yoga with Sue Evans – Every Tuesday at 5:30pm**

This hour together via Zoom will include gentle movements, meditation and relaxation along with some breathing exercises to calm and relax the mind and body. No experience is necessary.

### **Yoga for Cancer- Every Wednesday at 9am and 5pm**

Join Angela Gallagher on facebook live on Wednesdays for yoga classes specifically tailored for survivors.

### **Gentle Yoga with Valerie Kiser- First Monday of the Month at 10am**

Valerie's yoga class focuses on gentle exercises that help survivors with their range of motion. Valerie's classes are held via Zoom.

### **Cook to Thrive! Summer Veggies- July 8<sup>th</sup> at 8pm**

July's cooking class theme is Summer Veggies and we will use recipes from the Eating Well Through Cancer Cookbook! Any survivor in our local area can pick up a book at our office for no charge, thanks to the Clemmons Community Foundation!

### **Nutrition Webinar: Plant-Based Diets- July 15<sup>th</sup> at Noon**

A plant-based diet has been shown to improve health, help your body function at its best, and save money! Many cancer survivors and cancer caregivers have heard that plant-based eating is recommended, but they aren't sure exactly what it means or how to know if they are doing it. While plant-based doesn't mean you have to exclude meat, it does mean including plenty of disease fighting plant foods. Watch this fun and informative webinar to learn practical and tasty ways to transition to more plant-based meals.

