

# February Event 2021 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		<b>Chair Yoga</b> 5:30pm <b>Spanish Cancer Wellness Group</b> 5:30pm <b>GYN Wellness Group</b> 6pm <b>Transitions Program</b> 7:30 pm	<b>Yoga for Cancer</b> 9am and 5pm	<b>Nutrition at Home</b> 2pm		
7	8	9	10	11	12	13
		<b>Chair Yoga</b> 5:30pm <b>GI Wellness Group</b> 6pm <b>Transitions Program</b> 7pm	<b>Yoga for Cancer</b> 9am and 5pm <b>Nutrition Webinar</b> 8pm			
14	15	16	17	18	19	20
		<b>Chair Yoga</b> 5:30pm <b>Transitions Program</b> 7pm	<b>Yoga for Cancer</b> 9am and 5pm	<b>Breast Wellness Group</b> 12pm		
21	22	23	24	25	26	27
		<b>Chair Yoga</b> 5:30pm <b>Transitions Program</b> 7pm	<b>Yoga for Cancer</b> 9am and 5pm <b>Cook to Thrive!</b> 11am <b>Blood Cancer Wellness Group</b> 6pm	<b>Art and Wellness Group</b> 2pm		
28						

To Register for Events: Please visit [CancerServicesOnline.org/register](https://CancerServicesOnline.org/register), email [julie@CancerServicesOnline.org](mailto:julie@CancerServicesOnline.org), or call our office at 336-760-9983

You can find more details of events online at [www.cancerservicesonline.org/calendar](https://www.cancerservicesonline.org/calendar).

# February Events with Cancer Services

## **Nutrition at Home with Julie Lanford Q & A**- February 4th at 2pm

Join Julie for a short presentation on nutrition for cancer survivors followed by a Q+A. Ask any and all the questions you have about nutrition and eating healthy and have them answered by The Cancer Dietitian, Julie Lanford.

## **Nutrition Webinar- Nutrition and Immunity**- Wednesday, February 10<sup>th</sup> at 8pm

Do you feel confused and overwhelmed at the claims about how to boost your immunity? This webinar is for you! Julie will be joined by Leah McGrath, Corporate Dietitian for Ingles Supermarket, and they will discuss a variety of topics including immune system “boosters” (are they real or not?), foods and dietary patterns that influence the immune system.

## **Cook to Thrive! Veggies with Breakfast**- Wednesday, February 24<sup>th</sup> at 11am

Join Julie for this virtual cook-along survivorship cooking class! Julie will be demonstrating recipes that are great for breakfast and help you incorporate more veggies into your day. We will do egg in a muffin tin, veggie scramble, and carrot cake muffins.

## **Art & Wellness Group** – Thursday, February 25<sup>th</sup> at 2pm

Join Cancer Services and Sawtooth School for Visual Arts for a monthly wellness group with a focus on art. The group will meet every month on the 4th Thursday at 2pm. The group will be virtual, using Zoom and supplies will be provided.

## **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.

**Find details and registration links at [www.cancerservicesonline.org/register!](http://www.cancerservicesonline.org/register!)**