

JULY 2021 Event Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		June 30 Eat the Rainbow Nutritious Challenge June 28- Sep. 19th.	JULY 1 Nutrition at Home! Q&A with Julie Lanford, The Cancer Dietitian 2pm – 3pm	2	3	4
5 GREATFULLY WELL GRATITUDE PROGRAM BEGINS! Through August 1st	6 WFBH Support Groups 4:00 – 4:55 Caregivers 5:00 – 5:55 Cancer Patients Chair Yoga 5:30 pm Monthly Hispanic Survivors Meeting 5:45-8:00 pm GYN Wellness Group 6:00 – 7:30 pm Gratitude Group Huddle 7:30 – 8:30 pm	7 Yoga for Cancer Patients 9am and 5pm	8	9	10	11
12	13 WFBH Support Groups 4:00 – 4:55 Caregivers 5:00 – 5:55 Cancer Patients Chair Yoga 5:30 pm GI Cancer Wellness Group 6:00 – 7:30 pm Gratitude Group Huddle 7:30 – 8:30 pm	14 Yoga for Cancer 9am and 5pm	15 Breast Cancer Wellness Group 12:00 – 1:30	16	17	18
19	20 WFBH Support Groups 4:00 – 4:55 Caregivers 5:00 – 5:55 Cancer Patients Chair Yoga 5:30 pm Gratitude Group Huddle 7:30 – 8:30 pm	21 Yoga for Cancer 9am and 5pm	22 Art + Wellness Group 2:00 – 4:00 pm	23	24	25
26	27 WFBH Support Groups 4:00 – 4:55 Caregivers 5:00 – 5:55 Cancer Patients Chair Yoga 5:30 pm Gratitude Group Huddle 7:30 – 8:30 pm	28 Yoga for Cancer 9am and 5pm Blood Cancer Wellness Group- 6:00 – 7:30 pm	29	30	31	Aug 1

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

You can find more details of events online at www.cancerservicesonline.org/calendar.

July Special Events with Cancer Services

Eat the Rainbow! 12-week Challenge – Starts June 28th

A 12-week challenge focused on what you CAN eat instead of what you can't. Register at <https://www.cancerdietitian.com/rainbow>

By now, you have likely been told to “**eat more fruits and vegetables**” countless times by friends, doctors, dietitians, etc. But have they ever explained why eating more fruits and vegetables is beneficial for a cancer survivor? What about how to add more fruits and vegetables into your diet? Lastly, with all of the conflicting nutrition information out there, how are you supposed to tell what is a myth versus what is a fact?

“Gratefully Well” Gratitude Program! – Starts July 5th

Life is Great When You're Grateful!

Join us for a special 5-week program designed to guide you into a habit of gratitude in order to enhance your well-being during and after cancer treatment. This program is open to patients/survivors as well as caregivers.

Art & Wellness Group – Thursday, July 22nd at 2:00 pm

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 Patients - Every Wednesday at 9am and 5pm

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

Wake Forest Baptist Health Support Groups - Every Tuesday at 4pm and 5pm

Join Us Tuesdays for an Online Hour of Connections & Compassion

This free, online support group creates a safe space for people with cancer to connect, share their stories, and exchange tips on how to navigate their cancer journey. This 4-week support group is led by a staff member of the Cancer Patient Support Program (CPSP).

Find details and registration links at www.cancerservicesonline.org/register!