

JUNE 2021 Event Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MAY 31	JUNE 1	2	3	4	5
		SURVIVORS WEEK! Session 1 10am Chair Yoga 5:30pm Spanish Cancer Wellness Group 5:30pm GYN Wellness Group 6pm	Yoga for Cancer 9am and 5pm SURVIVORS WEEK! Session 2 3:30pm	SURVIVORS WEEK! Session 3 7pm	SURVIVORS WEEK! Session 4 12noon	SURVIVORS WEEK PARTY! 10am
6	7	8	9	10	11	12
		Chair Yoga 5:30pm GI Wellness Group 6pm	Yoga for Cancer 9am and 5pm			
13	14	15	16	17	18	19
		Chair Yoga 5:30pm	Yoga for Cancer 9am and 5pm Nutrition Webinar 7:30pm	Breast Wellness Group 12pm		
20	21	22	23	24	25	26
		Chair Yoga 5:30pm	Yoga for Cancer 9am and 5pm Blood Cancer Wellness Group 6pm	Art and Wellness Group 2pm		
27	28	29	30	JULY 1	JULY 2	JULY 3
	Eat the Rainbow Challenge!			Gratitude Program starts July 5th!		

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.

June Special Events with Cancer Services

Survivors Week Celebration! – June 1 - 5

We are excited to announce the 2021 Survivor's Week of Events! You are invited to register and join for one, two or ALL of the sessions! All sessions will be live via zoom and also broadcasted live on the Cancer Services YouTube channel. Recordings will be available as well, so you don't have to worry about missing a session if the time doesn't fit your schedule. To find the schedule and to register, visit

www.cancerservicesonline.org/survivorsweek

Nutrition Webinar – June 16th 7:30 – 9pm

Topic: Breaking down myths and misconceptions around cancer and food.

There is a lot of hype and misinformation surrounding nutrition and cancer. And, it can be challenging to separate fact from fiction. Join Julie Lanford, Registered Dietitian and Wellness Director of Cancer Services and "The Cancer Dietitian", and Stephanie Hopkins, Registered Dietitian of The Gathering Place, as they discuss and dispel cancer nutrition myths.

Art & Wellness Group – Thursday, June 24th 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.

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

In this 12-week series, we will do all of that for you! We explain **why** fruits and vegetables are important for cancer survivors, help you **increase** the amount of fruits and vegetables in your diet and bust some common **myths** about fruits and vegetables

"Greatfully 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.

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!