

# August Event 2021 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>WFBH Support Groups</b> 4-4:55 pm Caregivers 5-5:55 pm Patients <b>Chair Yoga</b> 5:30 pm <b>GYN Wellness Group</b> 6-7:30 pm	4 <b>Yoga for Cancer</b> 9am and 5pm	5	6	7
8	9	10 <b>WFBH Support Groups</b> 4-4:55 pm Caregivers 5-5:55 pm Patients <b>Chair Yoga</b> 5:30 pm <b>Monthly Hispanic Survivors Meeting</b> 5:45-8:00 pm <b>GI Cancer Wellness Group-</b> 6-7:30 pm <b>Transitions Program</b> 7:30 pm	11 <b>Yoga for Cancer</b> 9am and 5pm	12	13	14
15	16	17 <b>WFBH Support Groups</b> 4-4:55 pm Caregivers 5-5:55 pm Patients <b>Chair Yoga-</b> 5:30 pm <b>Transitions Program</b> 7:30 pm	18 <b>Yoga for Cancer</b> 9am and 5pm	19 <b>Breast Cancer Wellness Group</b> 12noon – 1:30pm	20	21
22	23	24 <b>WFBH Support Groups</b> 4-4:55 pm Caregivers 5-5:55 pm Patients <b>Chair Yoga</b> 5:30 pm <b>Transitions Program</b> 7:30 pm	25 <b>Yoga for Cancer</b> 9am and 5pm <b>Blood Cancer Wellness Group-</b> 3-4:30 pm	26 <b>Art and Wellness Group</b> 2pm – 4pm	27	28
29	30	31 <b>WFBH Support Groups</b> 4-4:55 pm Caregivers 5-5:55 pm Patients <b>Chair Yoga</b> 5:30 pm <b>Transitions Program</b> 7:30 pm	Sep 1 <b>Yoga for Cancer</b> 9am and 5pm	Sep 2	Sep 3	Sep 4

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

# Aug Special Events with Cancer Services

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

## **Transitions Program** – Tuesdays, Aug 10, 17, 24, 31, at 7:30pm

Transitions is a 4-week program that Cancer Services offers for our community. It is designed to answer “What’s Next?” after cancer treatment. The focus of this program is to empower survivors and caregivers with the information they need to maximize their health and well-being after cancer. We will cover nutrition, physical activity, emotional recovery and follow-up care. The program is offered to anyone in our community who has recently completed active treatment for cancer and/or a caregiver!

## **Art & Wellness Group** – Thursday, Aug 22<sup>nd</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.

## **Wake Forest Baptist Health Caregiver Support Group**- 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](https://www.cancerservicesonline.org/register)!**