



October 2021 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Pink Ribbon Talks 10:00 am - 12:00 pm
3	4 Breast Cancer Nutrition Myths & Facts 12:00 - 1:00 pm	5 Mindfulness Power Hour 12:00 - 1:00 pm WFBH Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm GYN Wellness Group 6:00-7:30 pm Sobrevivientes - Survivor Wellness in Spanish 6:00-7:30 pm	6 Yoga for Cancer 9am and 5pm	7	8	9
10	11	12 Mindfulness Power Hour 12:00 - 1:00 pm Chair Yoga 5:30 pm GI Cancer Wellness Group 6:00-7:30 pm	13 Yoga for Cancer 9am and 5pm	14	15	16
17	18	19 Mindfulness Power Hour 12:00 - 1:00 pm WFBH Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm	20 Yoga for Cancer 9am and 5pm Wellness Wednesday 4:00 - 5:30 pm	21 Breast Cancer Wellness Group 12:00 - 1:30 pm	22	23
24	25	26 Mindfulness Power Hour 12:00 - 1:00 pm WFBH Support Groups 4-4:55 pm Caregivers 5-5:55 pm Patients Chair Yoga 5:30 pm	27 Yoga for Cancer 9am and 5pm Blood Cancer Wellness Group 6-7:30 pm	28 Art and Wellness Group 2:00-4:00 pm	29	30/31

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

October Special Events with Cancer Services

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

Breast Cancer Awareness Month

Are you a Breast Cancer Survivor? Join us as we celebrate Breast Cancer Awareness Month all month.

- We will kick off the celebration with our Pink Ribbon Talks Breast Cancer Survivor Conference on **October 2nd** with medical and advocate panels, door prizes and more!
- On **October 4th**, join Julie, a board certified specialist in oncology nutrition, as she dispels common breast cancer nutrition myths and gives you the truths so that you can optimize your diet for cancer risk reduction, treatment and survivorship.
- On **October 21st** you can find a community of survivors supporting one another through shared experiences. This group empowers survivors with educational topics, community resources and special events and outings!
- Mindfulness Power Hour is **every Tuesday (5th, 12th, 19th and 26th)** during October. Join us for this 4-week introduction to Mindfulness led by Sara Bridges, Oncology Counselor at Novant Health Cancer Institute. Learn the benefits of Mindfulness and how it can help you reduce stress and anxiety. Come spend this valuable hour with us each Tuesday

Art & Wellness Group – Thursday, October 28th, 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 5:30 pm

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 9 am and 5 pm

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!