




November 2021 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Attitude of Gratitude - Email	2 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	3 Yoga for Cancer 9am and 5pm	4	5	6
7	8 Attitude of Gratitude - Email	9 WFBH Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm GI Cancer Wellness Group 6:00-7:30 pm	10 Yoga for Cancer 9am and 5pm	11	12	13 Transitions Program- Crash Course 9 am - 12 pm
14	15 Attitude of Gratitude - Email	16 Chair Yoga 5:30 pm	17 Yoga for Cancer 9am and 5pm Wellness Wednesday 4:00 - 5:30 pm	18 Breast Cancer Wellness Group 12:00 - 1:30 pm	19	20
21	22 Attitude of Gratitude - Email	23 WFBH Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm	24 Yoga for Cancer 9am and 5pm Blood Cancer Wellness Group 6:00-7:30 pm	25 Office is closed for Thanksgiving! 	26 Office is closed!	27
28	29 Attitude of Gratitude - Email Eat the Rainbow Nutritious Challenge Begins!	30 WFBH Support Groups 4-4:55 pm Caregivers 5-5:55 pm Patients Chair Yoga 5:30 pm				

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

November 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

Attitude of Gratitude - Every Monday via Email

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.

Transitions Program- CRASH COURSE – Saturday, November 13th at 9:00 am

This program helps survivors decrease worry and anxiety, improve quality of life, and increase knowledge regarding physical, mental, and social health. Anyone in our community who has recently completed active treatment for cancer and/or a caregiver is welcome to join!

Eat the Rainbow Nutritious Eating Challenge - Begins November 29th

We are excited to announce a “winter edition” to our Eat the Rainbow Fruit & Vegetable Challenge! This edition will have updated recipes that are winter appropriate. . This is a 12-week challenge focused on what you CAN eat instead of what you can't.

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!