



December 2021 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yoga for Cancer Patients 9am and 5pm	2 Cider & Art 2:00-4:00 pm	3	4
5	6	7 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	8 Yoga for Cancer Patients 9am and 5pm	9	10	11
12	13	14 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	15 Yoga for Cancer Patients 9am and 5pm	16	17	18
19	20	21 WFBH Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm	22 Yoga for Cancer Patients 9am and 5pm Blood Cancer Wellness Group 6:00-7:30 pm	23 Office Closed for Christmas!	24 Office Closed for Christmas!	25 Happy Holidays! 
26 Office closed for Christmas!	27	28 WFBH Support Groups 4-4:55 pm Caregivers 5-5:55 pm Patients Chair Yoga 5:30 pm	29 Yoga for Cancer Patients 9am and 5pm	30	31 Office closed for New Year's Eve!	

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

December 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

Cider & Art – Thursday, December 2nd at 2:00 pm

This Art & Wellness class is scheduled for December 2nd due to the holidays. Register in advance to receive a cider packet and biscotti cookies along with your art kit.

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!