



January 2022 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/2 HAPPY NEW YEAR	3	4 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	5 Yoga for Cancer Patients 9am and 5pm	6	7	8
9	10	11 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	12 Yoga for Cancer Patients 9am and 5pm	13	14	15
16	17 Cancer Services is closed for MLK. 	18 WFBH Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm	19 Yoga for Cancer Patients 9am and 5pm	20 Breast Cancer Wellness Group 12:00-1:30 pm Nutrition Webinar - Mindful Eating 7:30 - 9:00 pm	21	22
23	24	25 WFBH Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm Transitions Reunion 7:00 pm	26 Yoga for Cancer Patients 9am and 5pm Blood Cancer Wellness Group 6:00-7:30 pm	27 Art & Wellness Group 2:00-4:00 pm	28	29
30	31 Attitude of Gratitude					

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

January 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

Mindful Eating Webinar– Thursday, January 20th at 7:30 pm

Join this free webinar that discusses eating with your body in mind. Participants will learn how to listen to their bodies to determine hunger and fullness signals. We will examine why we eat, why we make the food choices we do, and how we determine that we've had enough to eat.

Transitions Reunion- Tuesday, January 25th at 7:00 pm

All past graduates of the Transitions Program are invited to join us for a virtual reunion!

Art & Wellness- Thursday, January 27th at 2:00 pm

Join us for a wellness group focused on healing through art. Supplies will be available for pick up at Cancer Services 1 week prior to the class. Art Project: Weaving.

Attitude of Gratitude - Begins January 31st

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 5:30 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 the registration form at www.cancerservicesonline.org/register!