





March 2022 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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	2 Yoga for Cancer Patients 9am and 5pm	3	4 Yoga for Cancer Patients 10am	5
6	7 Move More, Stress Less	8 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	9 Yoga for Cancer Patients 9am and 5pm	10 Nutrition Webinar-Gut Health 8pm	11 Yoga for Cancer Patients 10am	12
13 Daylight Savings 	14 Move More, Stress Less	15 WFBH Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm	16 Yoga for Cancer Patients 9am and 5pm	17 Breast Cancer Wellness Group 12:00-1:30 pm Transitions Reunion 7:00pm 	18 Yoga for Cancer Patients 10am	19
20	21 Move More, Stress Less	22 WFBH Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm	23 Yoga for Cancer Patients 9am and 5pm Blood Cancer Wellness Group 6:00-7:30 pm	24 Art & Wellness Group 2:00-4:00 pm	25 Yoga for Cancer Patients 10am	26 Get Your Rear in Gear 8am - 12pm
27	28 Move More, Stress Less	29 Mindfulness Power Hour 12:00 pm Chair Yoga 5:30 pm	30 Yoga for Cancer Patients 9am and 5pm	31		

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

March Special Events with Cancer Services

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

Move More, Stress Less- Begins Monday, March 7th

An 8-week movement program you do from home! We email you a weekly wellness topic with an exercise video of the week. You track your physical activity each week. Prizes are offered for participation! All movement counts, any ability level and any amount of time. This is about keeping you active no matter where you are or what physical abilities you have.

Nutrition Webinar: Gut Health- Thursday, March 10th at 8:00 pm

A free webinar that discusses current evidence and tips for maintaining a healthy colon. Just in time for Colon Cancer Awareness Month!

Transitions Reunion- Thursday, March 17th at 7:00 pm

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

Art & Wellness- Thursday, March 24th 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 one week prior to the class.

Mindfulness Power Hour- Begins Tuesday, March 29th at 12noon

A 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.

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 Patients- Every Wednesday at 9 am and 5 pm & Friday at 10 am

Join Angela Gallagher for yoga classes specifically tailored for survivors. Wednesday classes are online. Friday class is in-person at Novant Integrative Medicine.

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!