



May 2022 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 AHWFB 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	4 Yoga for Cancer Patients 9am and 5pm	5 Cancer Transitions 7:30 pm	6 Yoga for Cancer Patients 10am	7
8	9	10 AHWFB 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	11 Yoga for Cancer Patients 9am and 5pm	12 Art & Wellness IRL 5:30 - 7:00 pm Cancer Transitions 7:30 pm	13 Yoga for Cancer Patients 10am	14
15	16	17 AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm	18 Yoga for Cancer Patients 9am and 5pm	19 Breast Cancer Wellness Group 12:00-1:30 pm Cancer Transitions 7:30 pm	20 Yoga for Cancer Patients 10am	21
22	23	24 AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm	25 Yoga for Cancer Patients 9am and 5pm Blood Cancer Wellness Group 6:00-7:30 pm	26 Art & Wellness 2:00-4:00 pm Cancer Transitions 7:30 pm	27 Yoga for Cancer Patients 10am	28
29	30 Happy Memorial Day!  Cancer Services is Closed!	31 AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm				

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

May 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.

Cancer Transitions- Thursdays at 7:30

A 4-week program designed to answer “What’s Next?” after cancer treatment. This program helps survivors decrease worry and anxiety, improve quality of life, and increase knowledge regarding physical, mental and social health. Expert speakers include cancer rehabilitation exercise experts, a board certified specialist in oncology nutrition, a licensed mental health professional, an oncologist and cancer survivors.

Art & Wellness IRL- Thursday, May 12th at 5:30 pm

Join us IRL (In Real Life!) at Reynolda Gardens as Sawtooth School leads us through a nature walk and art activity. To protect our immunocompromised clients, we ask participants to wear a mask while indoors.

Art & Wellness- Thursday, May 26th 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. *Topic: Wire Tree of Life.*

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.

Atrium Health Wake Forest Baptist Caregiver Support Groups - 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!