




# June 2022 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yoga for Cancer Patients 9am and 5pm	2 Art & Wellness IRL 12pm	3 Yoga for Cancer Patients 10am	4
5 	6 Survivors Week - Cook to Thrive 12:00-1:30 pm	7 AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm Survivors Week - Webinar 6:00-7:30 pm Sobrevivientes - Survivor Wellness in Spanish 6:00-7:30 pm	8 Yoga for Cancer Patients 9am and 5pm Survivors Week - Wellness Wednesday 3:00-4:30 pm	9 Survivors Week - Webinar 12:00-1:30 pm	10 Yoga for Cancer Patients 10am Survivors Week - Dash Game 7:00 pm	11
12	13 Eat the Rainbow Begins	14 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	15 Yoga for Cancer Patients 9am and 5pm	16 Breast Cancer Wellness Group 12:00-1:30 pm	17 Yoga for Cancer Patients 10am	18
19	20 Happy Juneteenth Day!  Cancer Services is Closed!	21 AHWFB 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 Art & Wellness 2:00-4:00 pm	24 Yoga for Cancer Patients 10am	25
26	27	28 AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm	29	30		

You can find more details of events online at [www.cancerservicesonline.org/calendar](http://www.cancerservicesonline.org/calendar).  
To register, visit [www.cancerservicesonline.org/register](http://www.cancerservicesonline.org/register).

# June Special Events with Cancer Services

## **Art & Wellness IRL**- Thursday, June 2nd at 12:00 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.

## **Mission Possible Survivors Week Celebration** - Register once to receive emails for the full week!

### **Sunday, June 5th - National Cancer Survivors Day**

Enjoy time with your family and friends. Take time to reflect on your life.

### **Monday, June 6th - Webinar - Cook to Thrive! at 12 pm**

Join Julie Lanford, "The Cancer Dietitian," for a cook-along session where she will teach you some refreshing summer recipes!

### **Tuesday, June 7th - Webinar - Dealing with "Fear of Recurrence" and "Scanxiety" at 6 pm**

Led by Lisa Rainwater, Atrium Health Wake Forest Baptist Counselor. Lisa will discuss the stress and anxiety caused by these thoughts and how to manage these stressors.

### **Wednesday, June 8th - Webinar - Wellness Wednesday at 3 pm**

Led by Hirsch Wellness Network. Experience Taiji/Qigong movement and restorative standing Meditation with Bill Savage; and learn Breathworks to increase alertness and reduce pain and anxiety with Beverly Vaughn.

### **Thursday, June 9th - Webinar - Moving Forward After Treatment - What's Next? at 12 pm**

Led by Novant Health Cancer Institute — Dr. Josiah An, Hematologist; Andrea Simmons, Chaplain; and Sara Bridges, Oncology Counselor. Listen to experts discuss how to find our "next normal" and live life to its fullest.

### **Friday, June 10th - Winston Salem Dash Baseball Game at 7 pm**

Tickets will be provided with RSVP

## **Eat the Rainbow**- Begins Monday, June 13th

A 12-week series designed to help you understand the facts and myths about fruits and veggies and why they are important for cancer survivors. This challenge aims to help you increase your fruit and vegetable intake.

## **Art & Wellness**- Thursday, June 23rd 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. **\*Note:** We will use the same supplies for this event as our art project for Survivors Week. Be sure to sign up for both events!

## **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 WFB Caregiver Support Groups** - Every Tuesday at 4pm and 5pm

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](http://www.cancerservicesonline.org/register)!

If you have questions, please email [julie@cancerservicesonline.org](mailto:julie@cancerservicesonline.org) or call our office at 336-760-9983.