



August 2022 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm GYN Cancer Wellness Group 6:00 pm	Yoga for Cancer Patients 9am and 5pm		Yoga for Cancer Patients 10am	
7	8	9	10	11	12	13
		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 pm Sobrevivientes - Survivor Wellness in Spanish 6:00 pm Cancer Transitions 7:00 pm	Yoga for Cancer Patients 9am and 5pm		Yoga for Cancer Patients 10am	
14	15	16	17	18	19	20
		AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm Cancer Transitions 7:00 pm	Yoga for Cancer Patients 9am and 5pm	Breast Cancer Wellness Group 12:00-1:30 pm	Yoga for Cancer Patients 10am	
21	22	23	24	25	26	27
		AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm Cancer Transitions 7:00 pm	Yoga for Cancer Patients 9am and 5pm Blood Cancer Wellness Group 6:00-7:30 pm		Yoga for Cancer Patients 10am	
28	29	30	31			
		AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm Cancer Transitions 7:00 pm				

August Special Events with Cancer Services

Cancer Transitions- Tuesdays August 9th, 16th, 23rd and 30th

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, & 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.

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.

You can see the full calendar of events at www.cancerservicesonline.org/calendar.

If you have questions, please email julie@cancerservicesonline.org

or call our office at 336-760-9983.