



# July 2022 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Yoga for Cancer Patients 10am	2
3	4  Cancer Services is Closed!	5 Attitude of Gratitude Begins AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm GYN Cancer Wellness Group- No meeting this month*	6 Yoga for Cancer Patients 9am and 5pm	7	8 Yoga for Cancer Patients 10am	9
10	11	12 AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm GI Cancer Wellness Group- No meeting this month Sobrevivientes - Survivor Wellness in Spanish 6:00-7:30 pm	13 Yoga for Cancer Patients 9am and 5pm Oral, Head & Neck Wellness Group 3:00 pm	14	15 Yoga for Cancer Patients 10am	16
17	18	19 AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm	20 Yoga for Cancer Patients 9am and 5pm	21 Breast Cancer Wellness Group 12:00-1:30 pm	22 Yoga for Cancer Patients 10am Art & Wellness IRL 6:00-8:00 pm	23
24	25	26 AHWFB Support Groups 4:00-4:55 pm Caregivers 5:00-5:55 pm Patients Chair Yoga 5:30 pm	27 Blood Cancer Wellness Group 6:00-7:30 pm	28 Art & Wellness 2:00-4:00 pm	29	30/31

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).

## July Special Events with Cancer Services

**Attitude of Gratitude-** Begins Tuesday, July 5th

A 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.

**Art & Wellness IRL-** Friday, July 22nd at 6:00 pm

Join us IRL (In Real Life!) at Sawtooth School for Visual Arts for a night in Ceramics. To protect our immunocompromised clients, we ask participants to wear a mask while indoors.

**Art & Wellness-** Thursday, July 28th 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.

**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).

**\*GI Cancer Wellness Group** - This group will not meet in July. We look forward to seeing you next month.

**\*GYN Cancer Wellness Group** - This group will not meet in July due to the holiday on the 4th. We look forward to seeing you next month.

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.