




September 2022 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					Feel Good Friday 10am - 1pm Yoga for Cancer Patients 10am	
4	5	6	7	8	9	10
	Cancer Services is Closed. 	Living on the EDGE- GYN Cancer Survivor Conference 5:30 pm Chair Yoga 5:30 pm	Yoga for Cancer Patients 9am and 5pm Sobrevivientes - Survivor Wellness in Spanish 6 pm		Yoga for Cancer Patients 10am	
11	12	13	14	15	16	17
	Move More, Stress Less Begins Yoga for Cancer Patients 9 am	AHWFB Support Group: Caregiver Recharge Caregivers 1pm Patients 1:15 pm AHWFB Support Group: Men's Wellness #1 4pm Chair Yoga 5:30 pm GI Cancer Wellness Group 6 pm	Yoga for Cancer Patients 9am and 5pm Oral, Head, Neck Cancer Wellness Group 3pm	Breast Cancer Wellness Group 12-1:30 pm AHWFB Support Group: Recharge Caregivers 1pm Patients 1:15 pm	Yoga for Cancer Patients 10am AHWFB Support Group: Couples Strong 12pm	
18	19	20	21	22	23	24
	Yoga for Cancer Patients 9 am	AHWFB Support Group: Recharge Caregivers 1pm Patients 1:15 pm AHWFB Support Group: Men's Wellness #2 4pm Chair Yoga 5:30 pm	Yoga for Cancer Patients 9am and 5pm AHWFB Support Group: Finding Life After Loss 12pm AHWFB Support Group: Women's Wellness #1 4pm	AHWFB Support Group: Recharge Caregivers 1pm Patients 1:15 pm Art & Wellness 2:00 pm	Yoga for Cancer Patients 10am AHWFB Support Group: Book Club Luncheon 12pm	
25	26	27	28	29	30	
	Yoga for Cancer Patients 9 am	AHWFB Support Group: Recharge Caregivers 1pm Patients 1:15 pm AHWFB Support Group: Men's Wellness #3 4pm Chair Yoga 5:30 pm	Yoga for Cancer Patients 9am and 5pm AHWFB Support Group: Women's Wellness #2 4pm Virtual Cooking Class with Angela Dennison. RD 6:00-7:30 pm	AHWFB Support Group: Recharge Caregivers 1pm Patients 1:15 pm	Yoga for Cancer Patients 10am	

Find details and the registration form at www.cancerservicesonline.org/register.

If you have questions, please email julie@cancerservicesonline.org or call our office at 336-760-9983.

September Special Events with Cancer Services

Feel Good Friday- Friday, September 2nd; 10 am - 1pm at Novant Health Cancer Institute

“Feel Good Friday” provides an uplifting environment for cancer patients, survivors, and caregivers through a variety of activities such as manicures, massages, and haircuts. They can also participate in crafts and physical activities. Call 336-718-8483 for directions or weather updates.

Living on the EDGE- GYN Cancer Survivor Conference- Tuesday, September 6th at 5:30 pm

A special conference for women and caregivers dealing with GYN cancers. This year’s conference will be held in-person at the Village Inn and Conference Center in Clemmons. Dinner will be served. This event is free, but registration is required. Each survivor is allowed one guest. This year’s speaker is Dr. Katie Taylor, PT, DPT, CLT, OCS. Dr. Taylor will discuss lymphedema, pelvic floor disorders, and chronic pain and how to treat them

Move More, Stress Less- Begins Monday, September 12th for 8 weeks

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.

Art & Wellness- Thursday, September 22nd at 2 pm

A wellness group focused on healing through art in partnership with the Sawtooth School for Visual Arts. Supplies will be available for pick up at Cancer Services one week prior to the class.

Virtual Cooking Class with Angela Dennison, RD- Wednesday, September 28th at 6 pm

Join us for this fun and interactive cooking class with special guest Angela Dennison, Nutrition Program Manager at Wellness House, a cancer support non-profit in the Chicago area. Angela will teach us a delicious butternut squash soup recipe. It's super easy and very tasty! She will also show us how to work with artichokes – something Julie has yet to master. REGISTER TODAY!

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 Monday at 9 am, Wednesday at 9 am and 5 pm, and Friday at 10 am

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

Atrium Health WFB Support Groups - See class offerings below

These free, online support groups create a safe space for people with cancer to connect, share their stories, and exchange tips on how to navigate their cancer journey. Support groups are led by a staff member of the Cancer Patient Support Program (CPSP). To register or for more information, call Lisa at (336) 716-0327 or email her at lrainwat@wakehealth.edu.

- **Virtual Caregivers 15-Minute Mindfulness Recharge**
Tuesdays & Thursdays, Starting September 13, 2022
Caregivers - 1:00 pm
Patients - 1:15 pm
- **Surviving Cancer: Virtual Men’s Wellness Project**
Tuesdays, 4 – 4:55 pm; starting September 14, 2022
- **Finding Life after Loss: Partner Virtual Support Group**
1st & 3rd Wednesdays of every month, 12 – 12:55pm; starting September 21, 2022
- **Surviving Cancer: Virtual Women’s Wellness Project**
Wednesdays, 4 – 4:55 pm; starting September 21, 2022
- **Couples Strong: Learning How to Live with Cancer Together Virtual Support Group**
1st & 3rd Fridays every month; 12:00 – 12:55 pm; starting September 17, 2022
- **Survivorship Book Club Luncheon**
2nd & 4th Fridays every month; 12:00 – 12:55 pm; starting September 23, 2022