



October 2022 Event Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|---|--------------------------------------|
| | | | | | | 1 Pink Ribbon Talks 10am - 1pm |
| 2 | 3 | 4 AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm AHWFB Support Group: Men's Wellness #4 4 pm Chair Yoga 5:30 pm GYN Cancer Wellness Group 6 pm Survive & Thrive YA Meetup 5:30 pm | 5 Yoga for Cancer Patients 9am and 5pm Mindfulness Power Hour 12 pm AHWFB Support Group: Finding Life After Loss 12 pm AHWFB Support Group: Women's Wellness #3 4 pm Navigating Health Insurance (in Spanish) 6 pm | 6 AHWFB Support Group: Mindfulness Recharge Caregivers 1pm Patients 1:15 pm 'What's Up Doc?' Medical Panel 6 pm | 7 Yoga for Cancer Patients 10 am AHWFB Support Group: Couples Strong 12 pm | 8 |
| 9 | 10 Yoga for Cancer Patients 9 am | 11 AHWFB Support Group: Mindfulness Recharge Caregivers 1pm Patients 1:15 pm Chair Yoga 5:30 pm GI Cancer Wellness Group 6 pm | 12 Yoga for Cancer Patients 9am and 5pm Mindfulness Power Hour 12 pm AHWFB Support Group: Women's Wellness #4 4 pm | 13 AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm Navigating Health Insurance 6 pm | 14 Yoga for Cancer Patients 10 am AHWFB Support Group: Book Club Luncheon 12 pm | 15 |
| 16 | 17 Yoga for Cancer Patients 9 am | 18 AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm AHWFB Support Group: Men's Wellness #1 4 pm Chair Yoga 5:30 pm | 19 Yoga for Cancer Patients 9am and 5pm Mindfulness Power Hour 12 pm AHWFB Support Group: Finding Life After Loss 12 pm | 20 Breast Cancer Wellness Group 12-1:30 pm AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm | 21 Yoga for Cancer Patients 10 am AHWFB Support Group: Couples Strong 12 pm | 22 |
| 23 | 24 Yoga for Cancer Patients 9 am | 25 AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm AHWFB Support Group: Men's Wellness #2 4 pm Chair Yoga 5:30 pm | 26 Yoga for Cancer Patients 9am and 5pm Mindfulness Power Hour 12 pm AHWFB Support Group: Women's Wellness #1 4 pm Blood Cancer Wellness Group 6 pm | 27 AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm Art & Wellness 2:00 pm | 28 | 29/30/31 |

October Special Events with Cancer Services

21st Annual Pink Ribbon Talks Breast Cancer Conference- Saturday, October 1st; 10 am - 1pm at Mary Alice Warren Community Center: 440 Lewisville Clemmons Road, Lewisville, NC

Join us for our in-person kick off celebration. Attendees will be able to shop with our pink ribbon vendors, learn about local resources for breast cancer survivors, and enjoy time with other breast cancer survivors. We will continue to celebrate Breast Cancer Awareness Month all month long with virtual, educational webinars (see below). Register now for more information and to receive a survivor goodie bag!

- **Navigating Health Insurance (in Spanish)** - Wednesday, October 5th, 6 pm
- **'What's Up Doc?' Medical Panel** - Thursday, October 6th, 6 pm
- **Navigating Health Insurance with Joanna Morales from Triage Center** - Thursday, October 13th, 6 pm
- **Pink Broomstick Breast Cancer Wellness Group** - Thursday, October 20th, 12 pm

Mindfulness Power Hour- Wednesdays at 12 noon

A 4-week introduction to mindfulness, led by Sara Bridges, Oncology Counselor at Novant Health Cancer Institute. Learn the benefits of mindfulness and how it can help you reduce stress and anxiety.

Art & Wellness- Thursday, October 27th 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. The topic for this month will tie into our Breast Cancer Survivor celebrations!

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, Caregivers - 1:00 pm & Patients - 1:15 pm
- **Surviving Cancer: Virtual Men's Wellness Project**
Tuesdays, 4 – 4:55 pm;
- **Finding Life after Loss: Partner Virtual Support Group**
1st & 3rd Wednesdays of every month, 12 – 12:55pm
- **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
- **Survivorship Book Club Luncheon**
2nd & 4th Fridays every month; 12:00 – 12:55 pm

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.