


November 2022 Event Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm AHWFB Support Group: Men's Wellness #3- 4 pm GYN Cancer Wellness Group 6 pm Survive & Thrive YA Meetup 5:30 pm Chair Yoga 5:30 pm	Yoga for Cancer Patients 9am and 5pm AHWFB Support Group: Finding Life After Loss 12 pm AHWFB Support Group: Women's Wellness #2 4 pm Sobrevivientes Wellness Group (In Spanish) 6 pm		Yoga for Cancer Patients 10 am AHWFB Support Group: Couples Strong 12 pm	CT Crash Course 9 am
6	7	8	9	10	11	12
	Attitude of Gratitude Begins Yoga for Cancer Patients 9 am	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 GI Cancer Wellness Group 6 pm	Yoga for Cancer Patients 9am and 5pm Oral, Head, & Neck Wellness Group 3 pm AHWFB Support Group: Women's Wellness #3 4 pm	AHWFB Support Group: Mindfulness Recharge Caregivers 1pm Patients 1:15 pm	Yoga for Cancer Patients 10 am AHWFB Support Group: Book Club Luncheon 12 pm	
13	14	15	16	17	18	19
	Yoga for Cancer Patients 9 am	AHWFB Support Group: Mindfulness Recharge Caregivers 1pm Patients 1:15 pm Chair Yoga 5:30 pm	Yoga for Cancer Patients 9am and 5pm Multiple Myeloma Group 12 pm AHWFB Support Group: Finding Life After Loss 12 pm AHWFB Support Group: Women's Wellness #4 4 pm	Breast Cancer Wellness Group 12-1:30 pm AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm	Yoga for Cancer Patients 10 am AHWFB Support Group: Couples Strong 12 pm	
20	21	22	23	24	25	26
	Yoga for Cancer Patients 9 am	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	Yoga for Cancer Patients 9am and 5pm	 Cancer Services is Closed.	Yoga for Cancer Patients 10 am AHWFB Support Group: Book Club Luncheon 12 pm Cancer Services is Closed.	
27	28	29	30			
	Eat the Rainbow Winter Edition Begins Yoga for Cancer Patients 9 am	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	Yoga for Cancer Patients 9am and 5pm AHWFB Support Group: Women's Wellness #1 4 pm			

November Special Events with Cancer Services

Cancer Transitions (CT) Crash Course- Saturday, November 5th; 9 am

A one-day, crash course of our transitions 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. *Snacks and lunch will be provided.*

Attitude of Gratitude- Mondays; Beginning Monday, November 7th

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.

Eat the Rainbow: Winter Editions- Begins Monday, November 28th

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

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;
- **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.