



December 2022 Event Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
				1 AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm	2 Yoga for Cancer Patients 10 am Feel Good Friday 10 am - 1 pm AHWFB Support Group: Couples Strong 12 pm	3
4	5 Yoga for Cancer Patients 9 am	6 AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm AHWFB Support Group: Men's Wellness #3 - 4 pm Chair Yoga 5:30 pm GYN Cancer Wellness Group 6 pm Survive & Thrive YA Meetup 5:30 pm	7 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	8 AHWFB Support Group: Mindfulness Recharge Caregivers 1pm Patients 1:15 pm Cider & Art Holiday Party 4 pm - 7 pm	9 Yoga for Cancer Patients 10 am AHWFB Support Group: Book Club Luncheon 12 pm	10
11	12 Yoga for Cancer Patients 9 am	13 AHWFB Support Group: Mindfulness Recharge Caregivers 1pm Patients 1:15 pm AHWFB Support Group: Men's Wellness #4- 4 pm Chair Yoga 5:30 pm GI Cancer Wellness Group 6 pm	14 Yoga for Cancer Patients 9am and 5pm AHWFB Support Group: Women's Wellness #3 4 pm	15 AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm	16 Yoga for Cancer Patients 10 am AHWFB Support Group: Couples Strong 12 pm	17
18	19 Yoga for Cancer Patients 9 am	20 AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm Chair Yoga 5:30 pm	21 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	22 AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm	23 Yoga for Cancer Patients 10 am AHWFB Support Group: Book Club Luncheon 12 pm Cancer Services is Closed.	24
25	26 Yoga for Cancer Patients 9 am Cancer Services is Closed.	27 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	28 Yoga for Cancer Patients 9am and 5pm	29 AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm	30	31

December Special Events with Cancer Services

Feel Good Friday - Friday, December 2nd; 10 am - 1 pm

Feel Good Friday is a program especially for you, in the Derrick L. Davis Cancer Institute located behind Forsyth Hospital. Hosted by survivors, volunteers, and community partners, Feel Good Friday is a monthly celebration with various activities at no cost to you. Enjoy mini manicures, hand massages, snacks, door prizes and more! For directions or weather updates please call 336-718-8483.

Cider & Art Holiday Party- Thursday, December 8th; 4 pm - 7 pm

We are kicking off the holidays with a hot start! Join us for our Cider & Art Holiday Party with Sawtooth School for Visual Art. Meet us at the Mary Alice Warren Community Center anytime between 4pm and 7pm to make your holiday art piece and enjoy some hot cider. Address: 7632 Warren Pk Dr, Lewisville, NC 27023

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.

