


January 2023 Event Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Cancer Services is Closed.	3 Survive & Thrive YA Meetup 5:30 pm Chair Yoga 5:30 pm	4 Yoga for Cancer Patients 9am and 5pm AHWFB Support Group: Finding Life After Loss 12 pm	5 AHWFB Support Group: Metastatic Breast Cancer 2 pm	6 Yoga for Cancer Patients 10 am Feel Good Friday 10 am - 1 pm	7
8	9 Yoga for Cancer Patients 9 am	10 Chair Yoga 5:30 pm GI Cancer Wellness Group 6 pm	11 Yoga for Cancer Patients 9am and 5pm Oral, Head, & Neck Wellness Group 3 pm AHWFB Support Group: Women's Wellness #1 4 pm	12	13 Yoga for Cancer Patients 10 am AHWFB Support Group: Book Club Luncheon 12 pm	14
15	16 Cancer Services is Closed. 	17 Chair Yoga 5:30 pm	18 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 Nutrition Webinar - Fighting Cancer With Your Fork 8 pm	19 Breast Cancer Wellness Group 12 noon AHWFB Support Group: Metastatic Breast Cancer 2 pm	20 Yoga for Cancer Patients 10 am	21
22	23 Yoga for Cancer Patients 9 am	24 Survivorship Discussion Group In Person 1 pm Online 7 pm Chair Yoga 5:30 pm	25 Yoga for Cancer Patients 9am and 5pm Multiple Myeloma Group 12 pm AHWFB Support Group: Women's Wellness #3 4 pm	26 Art & Wellness 2 pm	27 Yoga for Cancer Patients 10 am AHWFB Support Group: Book Club Luncheon 12 pm	28
29	30 Yoga for Cancer Patients 9 am	31 Chair Yoga 5:30 pm				

January Special Events with Cancer Services

Feel Good Friday - Friday, January 6th; 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.

Fighting Cancer With Your Fork: Nutrition Webinar- Wednesday, January 18th at 8 pm

Join this free webinar with Julie Lanford, The Cancer Dietitian, discussing how to fight cancer with your fork. Julie will discuss what foods you should be eating and what to avoid.

Special Topic Survivorship Discussion Group- Tuesday, January 24th; 1 pm (in person) or 7 pm (online)

Please join this monthly discussion group to gather with other survivors and connect through shared experiences. We will be discussing the Expert Interview, "Priorities and Well-Being: Maintaining Focus on What's Really Important," which can be found on our Youtube Channel or at <http://www.cancerservicesonline.org/specialtopic>.

Art & Wellness – Thursday, January 26th at 2 pm

Join us for a wellness group focused on healing through art, provided by Cancer Services and Sawtooth School for Visual Arts. 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 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.

- **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
- **Metastatic Breast Cancer Support Group**
1st & 3rd Thursdays, 2 - 2:30 pm, virtual
- **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.