

# February 2023 Event Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Yoga for Cancer Patients 9am and 5pm (VIRTUAL) AHWFB Men's Support Group: 4 pm (VIRTUAL)	2 AHWFB Support Group: Metastatic Breast Cancer 2 pm (VIRTUAL) Cancer Transitions 7 pm (VIRTUAL)	3 Yoga for Cancer Patients 10 am AHWFB Support Group: Book Club 12 pm (VIRTUAL)	4
5	6 Yoga for Cancer Patients 9 am	7 Chair Yoga 5:30 pm (VIRTUAL) Survive & Thrive YA Meetup 5:30 pm (VIRTUAL) GYN Cancer Wellness Group 6 pm Sobrevivientes 6 pm	8 Yoga for Cancer Patients 9am and 5pm (VIRTUAL) AHWFB Women's Support Group 4 pm (VIRTUAL)	9 AHWFB Support Group: Finding Life After Loss 12 pm (VIRTUAL) Cancer Transitions 7 pm (VIRTUAL)	10 Yoga for Cancer Patients 10 am	11
12	13 Yoga for Cancer Patients 9 am	14 Chair Yoga 5:30 pm (VIRTUAL) GI Cancer Wellness Group 6 pm 	15 Yoga for Cancer Patients 9am and 5pm (VIRTUAL) Healing Touch 2 - 4 pm AHWFB Men's Support Group: 4 pm (VIRTUAL)	16 AHWFB Support Group: Metastatic Breast Cancer 2 pm (VIRTUAL) Cancer Transitions 7 pm (VIRTUAL)	17 Yoga for Cancer Patients 10 am AHWFB Support Group: Book Club 12 pm (VIRTUAL)	18
19	20 Yoga for Cancer Patients 9 am 	21 Chair Yoga 5:30 pm (VIRTUAL) Breast Cancer Wellness Group 7 pm (VIRTUAL)	22 Yoga for Cancer Patients 9am and 5pm (VIRTUAL) Multiple Myeloma Group 12 pm Healing Touch 1 - 3 pm AHWFB Women's Support Group 4 pm (VIRTUAL)	23 AHWFB Support Group: Finding Life After Loss 12 pm Art & Wellness 2 pm (VIRTUAL) Cancer Transitions 7 pm (VIRTUAL)	24 Yoga for Cancer Patients 10 am	25
26	27 Yoga for Cancer Patients 9 am	28 Survivorship Discussion Group In Person 1 pm Online 7 pm Chair Yoga 5:30 pm (VIRTUAL)				

## February Special Events with Cancer Services

### **Cancer Transitions** - Thursdays in February at 7 pm (virtual)

A 4-week program designed to answer “What’s Next?” after cancer treatment. This program helps survivors:

- decrease worry and anxiety
- improve quality of life
- increase knowledge around 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.

### **Healing Hands**- Wednesday, February 15th; 2-4 pm

Healing Hands Programs help you relax and improve your stress. We have amazing volunteer practitioners who are available to schedule you for massage, healing touch or facial. Just call our office to reserve your spot! (Note that we prioritize those who are in active treatment, or recently completed treatment).

### **Special Topic Survivorship Discussion Group**- Tuesday, February 28th; 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, “Socializing When You’re Immune Compromised,” which can be found on our Youtube Channel or at <http://www.cancerservicesonline.org/specialtopic>.

### **Art & Wellness** – Thursday, February 23rd 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](mailto:lrainwat@wakehealth.edu).

- **Finding Life after Loss: Partner Virtual Support Group**  
Every other week, 12 – 12:55pm
- **Virtual Women’s Support Group**  
Every other Wednesday, 4 – 4:55 pm
- **Virtual Men’s Support Group**  
Every other Wednesday, 4 – 4:55 pm
- **Metastatic Breast Cancer Support Group**  
1st & 3rd Thursdays, 2 - 2:30 pm, virtual
- **Survivorship Virtual Book Club**  
Every other Friday; 12:00 – 12:55 pm

Find details and the registration form at [www.cancerservicesonline.org/register](http://www.cancerservicesonline.org/register).

If you have questions, please email [julie@cancerservicesonline.org](mailto:julie@cancerservicesonline.org) or call our office at 336-760-9983.