



# May 2023 Event Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9 am <b>Yoga for Cancer Patients (IN PERSON)</b> 7 pm <b>Transitions (VIRTUAL)</b>	2 5:30 pm <b>Chair Yoga (VIRTUAL)</b> 6 pm <b>GYN Cancer Wellness Group (IN PERSON)</b>	3 9am and 5pm <b>Yoga for Cancer Patients (VIRTUAL)</b> 11 am <b>Survivorship Cooking Class (IN PERSON)</b> 4pm <b>AHWFB Women's Support Group (VIRTUAL)</b> 6 pm <b>Grupo de Soporte al Sobreviviente Hispano</b>	4 2 pm <b>AHWFB Support Group: Metastatic Breast Cancer (VIRTUAL)</b>	5 10am <b>Yoga for Cancer Patients (IN PERSON)</b> 12 pm <b>AHWFB Support Group: Book Club (VIRTUAL)</b>	6
7	8 9 am <b>Yoga for Cancer Patients (IN PERSON)</b> 7 pm <b>Transitions (VIRTUAL)</b>	9 5:30 pm <b>Chair Yoga (VIRTUAL)</b> 6pm <b>GI Cancer Wellness Group (IN PERSON)</b>	10 <b>Yoga for Cancer Patients</b> 9am and 5pm <b>(VIRTUAL)</b> 10am <b>AHWFB Caregiver Group (VIRTUAL)</b> 11 am <b>Cooking Class</b> 3 pm <b>Oral, Head &amp; Neck Cancer Group (IN PERSON)</b> 4 pm <b>AHWFB Men's Support Group (VIRTUAL)</b> 5:30 pm <b>Survive &amp; Thrive YA Meetup (VIRTUAL)</b>	11 12 pm <b>AHWFB Support Group: Finding Life After Loss (VIRTUAL)</b>	12	13
14	15 9 am <b>Yoga for Cancer Patients (IN PERSON)</b> 7 pm <b>Transitions (VIRTUAL)</b>	16 5:30 pm <b>Chair Yoga (VIRTUAL)</b> 7 pm <b>Breast Cancer Group (VIRTUAL)</b>	17 <b>Yoga for Cancer Patients</b> 9am and 5pm <b>(VIRTUAL)</b> 2 - 4 pm <b>Healing Touch</b> 4pm <b>AHWFB Women's Support Group (VIRTUAL)</b> 8 pm <b>Nutrition Webinar (VIRTUAL)</b>	18 2 pm <b>AHWFB Support Group: Metastatic Breast Cancer (VIRTUAL)</b>	19 10am <b>Yoga for Cancer Patients (IN PERSON)</b> 12 pm <b>AHWFB Support Group: Book Club (VIRTUAL)</b>	20
21	22 9 am <b>Yoga for Cancer Patients (IN PERSON)</b> 7 pm <b>Transitions (VIRTUAL)</b>	23 5:30 pm <b>Chair Yoga (VIRTUAL)</b> 7 pm <b>Survivorship Discussion Group (VIRTUAL)</b>	24 9am and 5pm <b>Yoga for Cancer Patients (VIRTUAL)</b> 10am <b>AHWFB Caregiver Group (VIRTUAL)</b> 12 pm <b>Multiple Myeloma Group</b> 1 - 3 pm <b>Reiki Therapy</b> 4 pm <b>AHWFB Men's Support Group (VIRTUAL)</b>	25 12 pm <b>AHWFB Support Group: Finding Life After Loss (VIRTUAL)</b> 2 pm <b>Art &amp; Wellness (VIRTUAL)</b>	26 10am <b>Yoga for Cancer Patients (IN PERSON)</b>	27
28	29 <b>Cancer Services is Closed!</b> 	30 5:30 pm <b>Chair Yoga (VIRTUAL)</b>	31 4pm <b>AHWFB Women's Support Group (VIRTUAL)</b>	1 	2	3 <b>Survivor's Day!</b>

## May Special Events with Cancer Services

### **Transitions** - Mondays May 1st - May 22nd; 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, and 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.

### **Survivorship Cooking Class** - Wednesdays May 3rd & May 10th; 11 am (IN PERSON)

Join Julie, The Cancer Dietitian, and other cancer survivors for this cooking class! Discover delicious, easy recipes that you can add to your own meal plans. This class is in-person!

### **Nutrition Webinar: Building A Healthy Snack** - Wednesday, May 17th at 8 pm (VIRTUAL)

Join this free webinar with Julie Lanford, The Cancer Dietitian, as she discusses how to build a healthy snack to help fight cancer. This webinar will be recorded for later access.

### **Healing Hands**- Wednesdays, May 17th; 2-4 pm & May 24th; 1-3 pm (IN PERSON)

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, May 23rd at 7 pm (VIRTUAL)

Watch the recorded interview with experts on **neuropathy** and join this monthly group to discuss what we learned. Find the video on our Youtube Channel or at [www.cancerservicesonline.org/specialtopic](http://www.cancerservicesonline.org/specialtopic).

### **Art & Wellness** – Thursday, May 25th at 2 pm (VIRTUAL)

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 (VIRTUAL)

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 (IN PERSON), Wednesday (VIRTUAL) at 9 am and 5 pm, and Friday (IN PERSON) 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** – Open to anyone, regardless of treatment center.

These free, online 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 Thursday, 12 – 12:55pm
- **Virtual Caregiver’s Support Group** – 2<sup>nd</sup> and 4<sup>th</sup> Tuesday, 10 – 10:55
- **Virtual Women’s Support Group**- Every other Wednesday, 4 – 4:55 pm
- **Virtual Men’s Support Group**- Every other Wednesday, 4 – 4:55 pm
- **Virtual Metastatic Breast Cancer Support Group**- 1st & 3rd Thursdays, 2 - 3:30 pm, virtual
- **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.