

# Wellness Program Calendar

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## October

4 (W) IN PERSON 6pm	Hispanic Survivorship Group +
10 (Tu) IN PERSON 6pm	GI Group ( meets at Novant Cancer Institute) +
10 (Tu) IN PERSON 10am	Nature Therapy at Reynolda Gardens *
11 (W) IN PERSON 3pm	Head & Neck Group (meets at Novant Cancer Institute) +
11 (W) VIRTUAL 5:30pm	AYA Meetup +
13 (F)	Metastatic Breast Cancer Awareness Day
17 (Tu) VIRTUAL 7pm	Breast Group ( <a href="http://www.cancerservicesonline.org/breastgroup">www.cancerservicesonline.org/breastgroup</a> ) +
24 (Tu) VIRTUAL 7pm	Survivorship Discussion Group *
25 (W) IN PERSON 12pm	Multiple Myeloma Group (meets at Novant Cancer Institute)
26 (Th) VIRTUAL 2pm	Art and Wellness *

\*register for special events at [www.cancerservicesonline.org/register](http://www.cancerservicesonline.org/register)

+get on reminder list for groups at [www.cancerservicesonline.org/wellnessgroups](http://www.cancerservicesonline.org/wellnessgroups)

^ All Healing Hands appointments can be scheduled by calling our office 336-760-9983

## Healing Hands Gift Certificates

*Cancer Services has generous community partners who donate services to our clients each month. If you think you would benefit from some pampering, give us a call!*

We have certificates for:

- Massage
- Facials
- Eye brow tinting
- Scar Therapy

*\*Priority is given for those in active treatment or within 1 year of completion of treatment*

## Atrium Cancer Patient Support Program

*Atrium virtual cancer support groups are offered regularly and to anyone regardless of treatment center.*

Groups include:

- Women's Group
- Caregiver Group
- Men's Group
- Metastatic Breast Cancer Group
- Book Club Discussion Group
- Finding Life after Loss (Grief) Group

Contact Lisa Rainwater for registration and login information:  
336-716-0327 or [lrainwat@wakehealth.edu](mailto:lrainwat@wakehealth.edu)

## Yoga is offered every week!

*Classes are open to all cancer patients, survivors and caregivers, regardless of treatment center and are offered at no charge.*

- *Gentle Yoga IN PERSON* – Every Monday at 9am, Wednesday at 1pm, and Friday at 10am; Novant Integrative Medicine: 725 Highland Oaks, Suite 200 (upper level) This class brought to you by Novant Health.
- *Chair Yoga with Sue Evans VIRTUAL* – Every Tuesday at 5:30pm; No registration needed, click here to join the class. Email [suevans002@gmail.com](mailto:suevans002@gmail.com) if you have any questions! This class brought to you by Atrium Health Wake Forest Baptist.
- *Yoga for Cancer Patients VIRTUAL*– Every Wednesday at 9am and 5pm; Email Angela for the link to join ([asgallagher@novanthealth.org](mailto:asgallagher@novanthealth.org)). This class brought to you by Novant Health.