

Wellness Program Calendar

November

8 (W) IN PERSON 3pm	Head and Neck group (Meets at Novant Cancer Institute) +
8 (W) IN PERSON 6pm	Hispanic Survivorship Group +
9 (Th) VIRTUAL 3pm	Nutrition Webinar : Hot Topics *
11 (Sat) IN PERSON 9am	Transitions Program Crash Course *
14 (Tu) IN PERSON 6pm	GI Group (Meets at Novant Cancer Institute) +
15 (W) IN PERSON 12pm	Multiple Myeloma Group (Meets at Novant) Topic: Understanding Lab Results
16 (Th) IN PERSON 12noon	Survive and Thrive Luncheon: Lung Cancer Support & Survivorship *
21 (Tu) VIRTUAL 7pm	Breast Cancer Group +
23 (Th)	Office is closed. Happy Thanksgiving!
24 (F)	Office is closed. Happy Thanksgiving!
27 (M) VIRTUAL	Eat the Rainbow Winter Edition STARTS! (Email based 12 week program) *
28 (Tu) VIRTUAL 7pm	Survivorship Discussion Group *

*register for special events at www.cancerservicesonline.org/register

+get on reminder list for groups at www.cancerservicesonline.org/wellnessgroups

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

Find our calendar online at www.cancerservicesonline.org/calendar |

Talk to an advocate by calling 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
- Manicure or Pedicure
- 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

To register, contact Emily Lafontaine, LCSWA at elafonta@wakehealth.edu or 336-716-2394

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.

NOTE! September Novant will not have yoga on 11/22, 11/23 or 11/25.

- **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 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). This class brought to you by Novant Health.