

Wellness Program Calendar

February

Special Topic Video: Integrative Medicine *

1 (Th) IN PERSON 6 PM	Lung Cancer Group (Meets at Novant Cancer Institute) +
1 (Th) VIRTUAL 7 PM	Transitions Class begins Thursday at 7 pm through February *
6 (T) IN PERSON 6 PM	GYN Group (Meets at Novant Cancer Institute) TOPIC: Self Care Activities
6 (T) VIRTUAL 8 PM	Metastatic Breast Cancer Survivorship Group +
7 (W) IN PERSON 6 PM	Hispanic Survivorship Group +
13 (T) IN PERSON 6 PM	GI Group (Meets at Novant Cancer Institute) +
13 (T) VIRTUAL 7 PM	Breast Cancer Group (www.cancerservicesonline.org/breastgroup) +
14 (W) IN PERSON 3 PM	Head and Neck Group (Meets at Novant Cancer Institute)
20 (T) VIRTUAL 1 PM	Metastatic Breast Cancer Survivorship Group +
20 (T) IN PERSON 12 PM	Cook To Thrive: DASH Recipes
22 (Th) VIRTUAL 2pm	Art and Wellness with Sawtooth School*

*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

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:

- 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

Contact Lisa Rainwater for registration and login information:
336-716-0327 or 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 Health Heart + Wellness Clinic: 725 Highland Oaks, Suite 200 (upper level) This class brought to you by Novant Health.
- **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.