

JULY

PROGRAM CALENDAR

GREEN TEXT Indicates West Location Group

BLUE TEXT Indicates East Location Group

PLEASE NOTE: All support groups are currently virtual. We have maintained the groups that were meeting on the EAST & WEST side prior to COVID.

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
<p>10:00AM Zumba 28</p> <p>3:30PM Pancreatic Cancer Group</p> <p>6:30PM Meditation & Guided Imagery</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM KidShop/Teenshop</p> <p>6:30PM Welcoming Orientation</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise 29</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>10:00AM Yoga 30</p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Sarcopenia & Cancer Part 2</p>	<p>12:30PM Exercise 1</p> <p>6:30PM Exercise</p> <p>6:30PM Sister Circle</p>	<p>9:30AM Meditation & Guided Imagery 2</p> <p>11:00AM Whole Food Lifestyle Check In</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>Closed for Independence Day 3</p>
<p>Closed for Independence Day 5</p>	<p>12:30PM Exercise 6</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Young Women with Breast Cancer</p>	<p>10:00AM Yoga 7</p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Fireworks! Cancer and Anger</p>	<p>12:30PM Exercise 8</p> <p>6:16PM Prostate Partners Info. Session</p> <p>6:30PM Exercise</p> <p>6:30PM Life After Cancer Treatment Group</p> <p>6:30PM Prostate Partners</p>	<p>10:30AM Labyrinth Walk by Appointment 9</p> <p>12:00PM RoundTable Discussion: Newly Diagnosed</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>10:00AM Children and Teens with Cancer Group 10</p> <p>10:00AM Qigong & Tai Chi</p> <p>10:30AM Welcoming Orientation</p>
<p>10:00AM Zumba 12</p> <p>12:30PM Core for More</p> <p>3:30PM Oral, Head, & Neck Cancer Group</p> <p>6:30PM Meditation & Guided Imagery</p> <p>6:30PM Myeloma Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM KidShop/Teenshop</p> <p>6:30PM Welcoming Orientation</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise 13</p> <p>2:00PM Grief Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p>	<p>10:00AM Yoga 14</p> <p>12:30PM Balance for Improved Function</p> <p>1:00PM Art Therapy</p> <p>6:00PM Cancer Fighting Kitchen</p> <p>6:30PM Writing Group</p>	<p>12:30PM Exercise 15</p> <p>6:30PM Exercise</p>	<p>11:00AM Older Adults Group 16</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>10:00AM Qigong & Tai Chi 17</p> <p>10:30AM Welcoming Orientation</p> <p>11:00AM Farmers Market Guide</p>
<p>10:00AM Zumba 19</p> <p>12:30PM Balance and Nutrition</p> <p>2:00PM Breast Cancer Group</p> <p>6:30PM Bridges</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise 20</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Metastatic Breast Cancer Group</p>	<p>10:00AM Yoga 21</p> <p>11:00AM Grief Group</p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Gynecological Cancer Group</p> <p>6:00PM Farmers Market Guide</p> <p>6:30PM Neuropathy & Cancer</p>	<p>12:30PM Exercise 22</p> <p>6:30PM Exercise</p> <p>6:30PM Life After Cancer Treatment Group</p> <p>6:30PM Young Adult Group</p>	<p>12:00PM The Benefits of Music Therapy 23</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>10:00AM Qigong & Tai Chi 24</p> <p>10:30AM Welcoming Orientation</p>
<p>10:00AM Zumba 26</p> <p>3:30PM Pancreatic Cancer Group</p> <p>6:30PM Meditation & Guided Imagery</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM KidShop/Teenshop</p> <p>6:30PM Welcoming Orientation</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise 27</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p> <p>6:30PM Grief Group</p>	<p>10:00AM Yoga 28</p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Healthy 10 Challenge</p>	<p>12:30PM Exercise 29</p> <p>6:30PM HER 2 + Breast Cancer</p> <p>6:30PM Exercise</p>	<p>12:30PM Restorative Motion 30</p> <p>Offices Close at 2:00pm</p>	<p>10:00AM Qigong & Tai Chi 31</p> <p>10:30AM Welcoming Orientation</p>

AUGUST PROGRAM CALENDAR

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MON	TUES	WED	THUR	FRI	SAT
<p>2</p> <p>10:00AM Zumba 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>3</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Spirituality & Self-Compassion 6:30PM Young Women with Breast Cancer</p>	<p>4</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Cancer Fighting Kitchen 6:00PM Survivorship & Family Communication</p>	<p>5</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle</p>	<p>6</p> <p>9:30AM Meditation & Guided Imagery 10:00AM Horticulture Workshop 11:00AM Whole Food Lifestyle Check In 12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>7</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation 11:00AM Mason Jar Meals</p>
<p>9</p> <p>10:00AM Zumba 3:30PM Oral, Head, & Neck Cancer Group 5:30PM Meditation & Guided Imagery 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>10</p> <p>12:30PM Exercise 2:00PM Grief Group 6:00PM Core for More 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p>11</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Mason Jar Meals 6:30PM Writing Group 6:30PM Enrolling Minorities in Clinical Trials</p>	<p>12</p> <p>12:30PM Exercise 5:15PM Prostate Partners Info. Session 6:30PM Exercise 6:30PM Life After Cancer Treatment Group 6:30PM Prostate Partners</p>	<p>13</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>14</p> <p>10:00AM Children and Teens with Cancer Group 10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>16</p> <p>10:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>17</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group</p>	<p>18</p> <p>10:00AM Yoga 11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Gynecological Cancer Group 6:00PM Healthy 10 Challenge</p>	<p>19</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sound Bath Experience</p>	<p>20</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>21</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>23</p> <p>10:00AM Zumba 3:30PM Pancreatic Cancer Group 5:30PM Meditation & Guided Imagery 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>24</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p>	<p>25</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function</p>	<p>26</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Life After Cancer Treatment Group 6:30PM Young Adult Group 6:30PM Beach Glass Collage</p>	<p>27</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>28</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>30</p> <p>10:00AM Zumba 6:00PM Intuitive Eating 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>31</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</p>				

SEPTEMBER

PROGRAM CALENDAR

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MON	TUES	WED	THUR	FRI	SAT
		<p>1</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Healthy 10 Challenge 6:30PM Writing Group 6:30PM Breast Cancer IMPROVE Study Lecture</p>	<p>2</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle</p>	<p>3</p> <p>9:30AM Meditation & Guided Imagery 11:00AM Whole Food Lifestyle Check In 12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>4</p> <p>Closed For Labor Day</p>
<p>6</p> <p>Closed For Labor Day</p>	<p>7</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM PTS and Cancer 6:30PM Intro to Balance 6:30PM Young Women with Breast Cancer</p>	<p>8</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Cancer Fighting kitchen</p>	<p>9</p> <p>12:30PM Exercise 6:15PM Prostate Partners Info. Session 6:30PM Exercise 6:30PM Life After Cancer Group 6:30PM Prostate Partners 6:30PM Breast Cancer IMPROVE Study Lecture</p>	<p>10</p> <p>12:00PM What is Self-Care? 12:30PM Restorative Motion</p>	<p>11</p> <p>10:00AM Children and Teens with Cancer Group 10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>13</p> <p>10:00AM Zumba 3:30PM Oral, Head, & Neck Cancer Group 5:30PM Meditation & Guided Imagery 5:30PM Myeloma Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>14</p> <p>12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p>15</p> <p>10:00AM Yoga 11:00AM Grief Group 12:30PM Balance for Improved Function 1:00PM Art Therapy 2:00PM Gynecological Cancer Group 6:00PM Healthy 10 Challenge</p>	<p>16</p> <p>12:30PM Exercise 6:30PM Exercise</p>	<p>17</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p>	<p>18</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation</p>
<p>20</p> <p>10:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>21</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group</p>	<p>22</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Slow Cooker Meals</p>	<p>23</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Life After Cancer Group 6:30PM Young Adult Group</p>	<p>24</p> <p>12:30PM Restorative Motion</p>	<p>25</p> <p>10:00AM Qigong & Tai Chi 10:30AM Welcoming Orientation 11:00AM Slow Cooker Meals</p>
<p>27</p> <p>10:00AM Zumba 3:30PM Pancreatic Cancer Group 5:30PM Meditation & Guided Imagery 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>28</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p>	<p>29</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM AICR Lifestyle Passport 6:30PM Succulent Gardens</p>	<p>30</p> <p>12:30PM Exercise 6:30PM Exercise</p>		