



 In Person

MON	TUE	WED	THU/FRI
<b>2</b> <b>2:30 PM - 3:30 PM</b> Meditation for Radical Change with Susan Bissonnette	<b>3</b> <b>11:00 AM - 12:30 PM</b> Gentle Yoga Workshop <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer <b>6:00 PM - 7:30 PM</b> MAD Art Workshop	<b>4</b> <b>11:00 AM - 12:00 PM</b> Free Writing <b>12:00 PM - 2:00 PM</b> Knitting & Crocheting Circle Workshop <b>2:00 PM - 3:00 PM</b> Pilates Mat Workshop <b>6:00 PM - 7:30 PM</b> Monthly Group: Breast Cancer Support Group <b>6:00 PM - 8:00 PM</b> Monthly Group: Post-Treatment Group (Evening) <b>6:00 PM - 7:00 PM</b> Yoga Refresh & Revitalize Workshop	<b>5</b> <b>11:00 AM - 12:00 PM</b> Coping with Change Through Art <b>1:00 PM - 2:00 PM</b> New! Natural Healing: Qigong Workshop (In-Person) <b>2:30 PM - 3:30 PM</b> Movement Meditation Workshop <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends <b>6:00 PM - 7:30 PM</b> Monthly Group: Living with Advanced or Metastatic Cancer Group
<b>9</b> <b>12:00 PM - 1:00 PM</b> New! TAI CHI EASY™ and QIGONG <b>2:30 PM - 3:30 PM</b> Meditation for Radical Change with Susan Bissonnette <b>6:00 PM - 8:00 PM</b> Monthly Group: Living with Prostate Cancer <b>6:00 PM - 7:30 PM</b> The John Lennon Real Love Project	<b>10</b> <b>11:00 AM - 12:30 PM</b> Gentle Yoga Workshop <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer <b>3:30 PM - 4:30 PM</b> Seated Yoga Workshop <b>6:00 PM - 7:30 PM</b> Cartooning as Self-Expression	<b>11</b> <b>11:00 AM - 12:00 PM</b> Free Writing <b>12:00 PM - 2:00 PM</b> Knitting & Crocheting Circle Workshop <b>1:00 PM - 2:30 PM</b> Monthly Group: Living with Loss (Day) <b>1:00 PM - 2:00 PM</b> The Story You Tell Writing Workshop <b>2:00 PM - 3:00 PM</b> Pilates Mat Workshop <b>5:30 PM - 6:30 PM</b> Gentle Flow into Yoga Nidra <b>6:00 PM - 7:30 PM</b> Monthly Group: Living with Gynecological Cancer Group <b>6:00 PM - 7:00 PM</b> Yoga Refresh & Revitalize Workshop <b>7:00 PM - 8:00 PM</b> Poetry with Lynne Workshop	<b>12</b> <b>2:00 PM - 4:00 PM</b> Meditative Pattern Drawing with Zentangle® Workshop <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends <b>6:00 PM - 8:00 PM</b> 1-Minute Relief from Stress Relief Workshop <b>6:00 PM - 8:00 PM</b> Caregivers Monthly Support Group <b>6:00 PM - 7:30 PM</b> Monthly Group: Young Adults Living with Loss
<b>16</b> <b>2:30 PM - 3:30 PM</b> Meditation for Radical Change with Susan Bissonnette <b>6:00 PM - 7:30 PM</b> The John Lennon Real Love Project	<b>17</b> <b>11:00 AM - 12:30 PM</b> Gentle Yoga Workshop <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer <b>6:30 PM - 7:30 PM</b> Healing Sound Meditation and Sonic Attunement	<b>18</b> <b>11:00 AM - 12:00 PM</b> Free Writing <b>12:00 PM - 2:00 PM</b> Knitting & Crocheting Circle Workshop <b>1:00 PM - 2:30 PM</b> In-Person Workshop: Pieces of Me: Collage Through Cancer  <b>1:00 PM - 2:30 PM</b> Monthly Group: Post-Treatment Group (Day) <b>3:00 PM - 4:15 PM</b> Live Reiki (In-Person workshop)  <b>6:00 PM - 8:00 PM</b> Monthly Group: Living With Loss (Evening) <b>6:00 PM - 7:00 PM</b> Yoga Refresh & Revitalize Workshop	<b>19</b> <b>11:00 AM - 11:30 AM</b> Seated Zumba Workshop <b>1:00 PM - 2:30 PM</b> Monthly Group: Living with Advanced or Metastatic Cancer Monthly Group (Day) <b>2:30 PM - 3:30 PM</b> Movement Meditation Workshop <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends <b>6:00 PM - 7:30 PM</b> Monthly Group: Young Adults Living with Cancer Group <b>6:00 PM - 7:00 PM</b> Paint Your Own Mug



MON

TUE

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<p><b>23</b>  <b>12:00 PM - 1:00 PM</b> New! TAI CHI EASY™ and QIGONG  <b>2:30 PM - 3:30 PM</b> Meditation for Radical Change with Susan Bissonnette  <b>6:00 PM - 7:30 PM</b> The John Lennon Real Love Project</p>	<p><b>24</b>  <b>11:00 AM - 12:30 PM</b> Gentle Yoga Workshop  <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer  <b>3:30 PM - 4:30 PM</b> Seated Yoga Workshop  <b>6:00 PM - 7:30 PM</b> MAD Art Workshop</p>	<p><b>25</b>  <b>11:00 AM - 12:00 PM</b> Free Writing  <b>12:00 PM - 2:00 PM</b> Knitting &amp; Crocheting Circle Workshop  <b>1:00 PM - 2:00 PM</b> The Story You Tell Writing Workshop  <b>2:00 PM - 3:00 PM</b> Pilates Mat Workshop  <b>6:00 PM - 7:30 PM</b> Living with Cancer Alone Monthly Group  <b>6:00 PM - 7:00 PM</b> Yoga Refresh &amp; Revitalize Workshop  <b>7:00 PM - 8:00 PM</b> Poetry with Lynne Workshop</p>	<p><b>26</b>  <b>3:30 PM - 5:00 PM</b> Embracing Your Creative Path: A Circle of Friends  <b>6:00 PM - 8:00 PM</b> Let's Write</p> <p><b>27</b>  <b>5:00 PM - 5:30 PM</b> Improv Comedy Workshop</p>
<p><b>30</b>  <b>2:30 PM - 3:30 PM</b> Meditation for Radical Change with Susan Bissonnette</p>	<p><b>31</b>  <b>11:00 AM - 12:30 PM</b> Gentle Yoga Workshop  <b>12:00 PM - 1:30 PM</b> Expert Speaker Series: Moving From Critical to Confident: Reframe Your Inner Critic and Embrace Your Wise Voice n  <b>2:00 PM - 3:30 PM</b> Activate Your Inner Healer  <b>6:00 PM - 7:30 PM</b> Cartooning as Self-Expression</p>		