

Monday

Tuesday

Wednesday

Thursday

Friday

June 2022

Program Calendar—Sussex County



302-645-9150

18947 John J Williams Hwy, Suite 312
Rehoboth Beach, DE 19971

www.cancersupportdelaware.org

<p>6 6:30pm Colorectal Cancer Support Group (Zoom)</p> <p>6 Please call or visit our website for more information and to register for programs.</p>	<p>7 1pm Poetry of Wellness (Zoom) 2:30pm Gentle Yoga with Lisa (Zoom)</p>	<p>8 12n Tai Chi (FB Live) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (Hybrid - Sussex)</p>	<p>1 2pm Chair Yoga with Rita (FB Live) 5pm The New You (Hybrid - Sussex)</p> <p>2 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 12:30pm Stiff Men's Yoga with Reber (Hybrid - Sussex) 1:30pm Participant Support Group (Hybrid - Sussex) 1:30pm Caregiver Support Group (Zoom) 5pm Meditation (Zoom) 6:30pm Breast Cancer Support Group (via Zoom)</p>	<p>3 5pm Skin Cancer 101 (FB Live)</p> <p>9 10am Wellness Workshop: Neuropathy (Zoom) 10am Chair Yoga w/ Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 12:30pm Stiff Men's Yoga (Hybrid - Sussex) 1:30pm Participant Support Group (Hybrid - Sussex) 1:30pm Caregiver Support Group (Zoom) 4pm Sound Meditation (FB Live and Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Young Adult Survivors Support Group (Zoom)</p> <p>10</p>
<p>13 6:30pm The Next Step (Hybrid— New Castle)</p>	<p>14 1pm Poetry of Wellness (Zoom) 2:30pm Gentle Yoga with Lisa (Zoom)</p>	<p>15 2pm Chair Yoga with Rita (FB Live) 5pm The New You (Hybrid - Sussex)</p>	<p>16 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 12:30pm Stiff Men's Yoga w/ Reber (Hybrid - Sussex) 1:30pm Participant Support Group (Hybrid - Sussex) 1:30pm Caregiver Support Group (Zoom) 5pm Meditation (Zoom) 6pm Metastatic Breast Cancer Support Group (Zoom)</p>	<p>17</p>  <p>Scan code to visit program calendar</p>
<p>20 1:00pm Embodiment Drawing (Hybrid— New Castle) 4:30pm In the Kitchen with Chef Jen: Plant Based Meals (Zoom and FB Live) 6:30pm Prostate Cancer Support Group (Hybrid— New Castle)</p>	<p>21 1pm Poetry of Wellness (Zoom) 2:30pm Gentle Yoga with Lisa (Zoom) 2:30pm GYN Cancer Support Group (Zoom)</p>	<p>22 10am Expressive Art Journaling (Hybrid - Sussex) 12:30pm Cooking with Chef Dave (Hybrid - Sussex) 12n Tai Chi (FB Live) 2pm Chair Yoga with Rita (FB Live) 3:30pm Out & About with our PD (FB Live)</p>	<p>23 10am Chair Yoga w/ Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 12:30pm Stiff Men's Yoga (Hybrid - Sussex) 1:30pm Participant Support Group (Hybrid - Sussex) 1:30pm Caregiver Support Group (Zoom) 3pm The Next Step (Hybrid - New Castle) 4pm Sound Meditation (FB Live and Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p>24 10am READ Book Club (Zoom)</p>
<p>27 6pm Blood Cancer Support Group (Zoom) 7pm Welcome Meeting (Zoom)</p>	<p>28 1pm Poetry of Wellness (Zoom) 2:30pm Gentle Yoga with Lisa (Zoom)</p>	<p>29 2pm Chair Yoga with Rita (FB Live) 6:30pm Conversation Café (Zoom)</p>	<p>30 10am Chair Yoga with Reber (Zoom) 11am Beginner's Yoga with Reber (Zoom) 12:30pm Stiff Men's Yoga with Reber (via Zoom) 1:30pm Participant Support Group (Hybrid - Sussex) 1:30pm Caregiver Support Group (Zoom)</p>	<p>Types of Programs: Zoom or FB Live: this is a virtual activity you can access from home Hybrid: this program is happening in-person in the location specified and an option to attend via Zoom. In-Person: this program is happening in-person only</p>