



www.cancersupportdelaware.org

# August 2025

## Program Calendar—Kent County

302-645-9150  
812 S Bradford St Dover DE 19904

### Types of Programs:

Zoom/FB Live: Program is fully virtual

Hybrid: Program is at another location but you can join virtually

In-Person: Program is happening in-person in Kent County (will specify if virtual option is also available)



Scan QR code to visit calendar on website

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4	11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b> ) 12:30pm Cancer Support Group (In-person only) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b> )	5	6	10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	7	8
11	10am Tai Chi with Ran (In-person) 5pm Caregiver Support Group (Zoom)	12	13	12n Cooking with Chef Dave (Hybrid - Sussex) 2pm Chair Yoga with Rita (FB Live)	14	15
18	10am Tai Chi with Ran (In-person) 5pm Caregiver Support Group (Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle)	19	20	12n T'ai Chi Chih with Jessica (FB Live) 5pm The New You (Hybrid - Sussex)	21	22
25	10am Tai Chi with Ran (In-person) 4:30pm Nutrition with Elena (Zoom) 5pm Caregiver Support Group (Zoom) 6:00pm Blood Cancer Support Group (Zoom) <b>7:00pm Welcome Meeting (Zoom)</b>	26	27	2p Chair Yoga with Rita (FB Live)	28	29
	11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b> ) 12:30pm Cancer Support Group (In-person & Zoom) 1pm Metastatic Breast Cancer Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b> )			10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 6pm Spirituality, Uncertainty and Cancer (Zoom)		10am READ Book Club (Hybrid - New Castle)  <b>Save the Date:</b> <b>9/3/25 3pm Benefits of Palliative Care (Zoom &amp; FB Live)</b>