



September 2022- Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Scheduled by Appointment: - Knitwell in the Cloud - Spiritual Companionship				1 1:00-3:00pm Energy Balancing 6:00-7:30pm Writing for Self-Care and Healing	2	3 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Espanol)
4 10:00-11:00am 2Unstoppable Virtual Zumba	5 CLOSED FOR THE HOLIDAY	6 7:30-8:00am LGBTQIA+ Meditation 12:00-1:00pm Chair Yoga 12:30-1:30pm Gynecologic Cancer Support Group 6:00-7:00pm Breast Cancer Support Group 6:00-7:15pm Gentle PM Yoga	7 7:00-8:00am Wake-Up Morning Stretch 10:30-11:30am Outside the Lines: Social Hour 2:00-2:30pm Meditation and Mindfulness 3:00-4:30pm Knitting on the Couch 6:00-7:00pm Loss of a Loved One to Cancer Support Group	8 1:00-3:00pm Energy Balancing 6:00-7:00pm Previvor Support Group	9 11:00am-12:30pm Radical Writing Space	10 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Espanol) 10:00am-12:00pm Variations of You: The Expressive Self-Portrait (Part 1/2) 10:00-11:30am Stitched Together 10:00-11:00am Healing Circle for Young Adults with Metastatic Breast Cancer
11 11:30am-12:30pm Flavorful Fall Soups and Stews 5:00-6:30pm YACS Meet Up and Support Group	12 10:30-11:30am Wake-Up Morning Stretch 11:00am-12:00pm Healing Circle for Moms with Cancer 12:00-1:00pm GW Cancer Center Nutrition Club 3:00-4:30pm Meaning-Centered Psychotherapy (Part 1/8) 6:00-7:30pm Cancer Support Group 6:00-7:30pm Caregiver Support Group 6:00-7:30pm Loss of a Parent to Cancer Support Group	13 7:30-8:00am LGBTQIA+ Meditation 11:00am-12:00pm 2Unstoppable Zumba 12:00-1:00pm Chair Yoga 12:30-1:30pm Prostate Cancer Support Group 1:30-3:00pm SC Writes for YACS (Part 1/4) 6:00-7:15pm Gentle PM Yoga 6:30-8:00pm Survivorship Support Group	14 7:00-8:00am Wake-Up Morning Stretch 10:30am-12:00pm Writing Outside the Lines 3:00-4:30pm Knitting on the Couch 5:15-6:45pm Healing Circle for Metastatic Breast Cancer Thrivers 45+ 6:30-8:00pm Coping through Comedy: Comedy Writing Workshop 7:00-8:00pm Qigong	15 1:00-3:00pm Energy Balancing 5:30-7:00pm Finding Ease through Mindfulness, Movement, and Story	16	17 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Espanol) 10:00am-12:00pm Variations of You: The Expressive Self-Portrait (Part 2/2) 1:30-3:00pm 2Unstoppable Yoga4Cancer
18 10:00-11:00am 2Unstoppable Barre	19 10:30-11:30am Wake-Up Morning Stretch 10:00-11:00am House Calls with Kiersten 11:00am-12:00pm Early Stage Cancer Caregiver Support Group 3:00-4:30pm Meaning-Centered Psychotherapy (Part 2/8) 6:00-6:30pm Coming Home to Our Senses Meditation 6:00-7:30pm Caregiver Support Group	20 7:30-8:00am LGBTQIA+ Meditation 12:00-1:00pm Chair Yoga 12:30-1:30pm Multiple Myeloma Cancer Support Group 1:30-3:00pm SC Writes for YACS (Part 2/4) 6:00-7:15pm Gentle PM Yoga	21 7:00-8:00am Wake-Up Morning Stretch 10:30am-12:00pm Outside the Lines 2:00-2:30pm Meditation and Mindfulness 3:00-4:30pm Knitting on the Couch 4:45-5:30pm Yoga Nidra	22 NEW! 10:30am-12:00pm Artist-in-Residence Series: Picture Yourself in Collage 1:00-3:00pm Energy Balancing 7:00-8:30pm A Healing Circle: Gay Men with Prostate Cancer	23	24 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Espanol) 10:00-11:00am 2Unstoppable Pilates
25	26 10:30-11:30am Wake-Up Morning Stretch	27 7:30-8:00am LGBTQIA+ Meditation 12:00-1:00pm Chair Yoga 6:00pm-7:30pm Cancer Support Group 6:00-7:15pm Gentle PM Yoga	28 7:00-8:00am Wake-Up Morning Stretch 10:30am-12:00pm Writing Outside the Lines 3:00-4:30pm Knitting on the Couch 6:00-7:30pm What to Expect as a Caregiver 6:00-7:00pm LGBTQ+ Cancer Support Group 7:00-8:00pm Qigong	29 1:00-3:00pm Energy Balancing 2:00-4:30pm NEW! Mindfulness-Based Stress Reduction (MBSR) (Part 1/8)	30	