



# August 2022- Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Scheduled by Appointment:</u></p> <ul style="list-style-type: none"> <li>- Knitwell in the Cloud</li> <li>- Spiritual Companionship</li> </ul>	<p><b>1</b> 12:00-1:00pm NEW! GW Cancer Center Nutrition Club</p> <p>6:00-7:30pm Cancer Support Group</p>	<p><b>2</b> 7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Gynecologic Cancer Support Group</p> <p>3:00-4:30pm Life Soundtrack (Part 3/3)</p> <p>6:00-7:00pm Breast Cancer Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p><b>3</b> 8:00-9:00am Wake-Up Morning Stretch</p> <p>10:30-11:30am Outside the Lines: Social Hour</p> <p>2:00-2:30pm Meditation &amp; Mindfulness</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>5:30-6:30pm Facilitator Appreciation Event</p> <p>6:00-7:00pm Loss of a Loved One Support Group</p>	<p><b>4</b> 10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>6:00-7:00pm Previvor Support Group</p>	<p><b>5</b></p>	<p><b>6</b> 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>10:00-11:30am Writing through the Seasons: Harvesting the Fullness of Summer</p>
<p><b>7</b> 5:00-6:30pm YACS Meet Up and Support Group</p>	<p><b>8</b> 11:00am-12:00pm Early Stage Cancer Caregiver Support Group</p> <p>11:00am-12:00pm Healing Circle for Moms with Cancer</p> <p>6:00-7:30pm Caregiver Support Group</p>	<p><b>9</b> 7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Prostate Cancer Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p> <p>6:30-8:00pm Survivorship Support Group</p>	<p><b>10</b> 8:00-9:00am Wake-Up Morning Stretch</p> <p>12:00-1:00pm Healing Circle for Young Adults with MBC</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>5:15-6:45pm Healing Circle for MBC Thrivers 45+</p> <p>7:00-8:00pm Qigong</p>	<p><b>11</b> 10:15-11:30am Gentle AM Yoga</p> <p>12:00-1:30pm Tiny Stories</p> <p>1:00-3:00pm Energy Balancing</p>	<p><b>12</b> 9:30-10:30am House Calls with Kiersten</p> <p>11:00am-12:30pm Radical Writing Space</p>	<p><b>13</b> 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p> <p>10:00-11:30am Stitched Together</p>
<p><b>14</b></p>	<p><b>15</b> 6:00-7:30pm Cancer Support Group</p>	<p><b>16</b> 7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>12:30-1:30pm Multiple Myeloma Cancer Support Group</p> <p>6:00-7:00pm Breast Cancer Support Group</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p><b>17</b> 8:00-9:00am Wake-Up Morning Stretch</p> <p>10:30am-12:00pm Outside the Lines</p> <p>2:00-2:30pm Meditation and Mindfulness</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>4:45-5:30pm Yoga Nidra</p>	<p><b>18</b> 10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>5:30-7:00pm Finding Ease through Mindfulness, Movement and Story</p>	<p><b>19</b></p>	<p><b>20</b> 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p>
<p><b>21</b></p>	<p><b>22</b> 11:00am-12:00pm Early Stage Cancer Caregiver Support Group</p> <p>6:00-7:30pm Caregiver Support Group</p>	<p><b>23</b> 7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p><b>24</b> 8:00-9:00am Wake-Up Morning Stretch</p> <p>3:00-4:30pm Knitting on the Couch</p> <p>6:00-7:00pm LGBTQ+ Cancer Support Group</p> <p>7:00-8:00pm Qigong</p>	<p><b>25</b> 10:15-11:30am Gentle AM Yoga</p> <p>1:00-3:00pm Energy Balancing</p> <p>7:00-8:30pm A Healing Circle: Gay Men with Prostate Cancer</p>	<p><b>26</b></p>	<p><b>27</b> 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)</p>
<p><b>28</b></p>	<p><b>29</b> 6:00-7:30pm Loss of a Parent to Cancer Support Group</p>	<p><b>30</b> 7:30-8:00am LGBTQIA+ Meditation</p> <p>12:00-1:00pm Chair Yoga</p> <p>6:00-7:15pm Gentle PM Yoga</p>	<p><b>31</b> 8:00-9:00am Wake-Up Morning Stretch</p> <p>3:00-4:30pm Knitting on the Couch</p>			