

Calendar of Events

September 2024

Visit cscatlanta.org to register or learn more about the free oncology support programs available.



Exercise/Stress Reduction–Blue | Support Groups–Red | Education/Social–Black | Nutrition–Green

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Labor Day CSC Atlanta Closed	2	3 <ul style="list-style-type: none"> 10:00–11:00am Body Balance 11:15am–12:15pm Pilates & Foam Roller 1:00–2:00pm Salsa and Line Dancing with Maria 	4 <ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 12:00–1:00pm Communicating with Children: A Guide to Discussing Cancer with Kids 2:30–3:30pm Tai Chi Qigong at CNC 3:00–4:00pm Cherokee County Women's Group 5:30–6:30pm Yin Yoga 6:00–7:00pm Lung Group 	5 <ul style="list-style-type: none"> 8:30–9:15am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Neuropathy Exercise Series 1:00–2:00pm Triple Negative Support 6:30–7:30pm Meditative Yoga 	6 <ul style="list-style-type: none"> 10:30–1:30pm Educate & Rejuvenate: An Educational Retreat for those with GYN Cancers 12:00–12:30pm Guided Meditation 	7 <ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga 10:00–11:00am Marietta Support Group
8 <ul style="list-style-type: none"> 10:30am–12:30pm Therapeutic Magic of Clay 12:30–1:30pm Oncology Nutrition 101 5:30pm–6:30pm Living with Cancer Support Group 	9	10 <ul style="list-style-type: none"> 10:00–11:00am Body Balance 11:15am–12:15pm Pilates & Foam Roller 12:00–1:00pm Living with Adv. Breast and GYN 1:00–2:00pm Salsa and Line Dancing with Maria 	11 <ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 12:00–1:00pm Grief and Loss Group 12:30–2:30pm Breast Support 2:30–3:30pm Tai Chi Qigong at CNC 5:30–6:30pm Yin Yoga 6:00–7:00pm GYN Cancer Support Group 	12 <ul style="list-style-type: none"> 8:30–9:15am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Neuropathy Exercise Series 12:00–1:00pm Gentle Yoga 5:30–6:30pm Family & Friends Support 6:30–7:30pm Meditative Yoga 	13	14 <ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga
15 <ul style="list-style-type: none"> 10:30am–12:30pm Therapeutic Magic of Clay Part 2 5:30pm–6:30pm Living with Cancer Support Group 5:30–6:30pm Pilates 	16	17 <ul style="list-style-type: none"> 10:00–11:00am Body Balance 11:15am–12:15pm Pilates with a Foam Roller 12:00–1:00pm Nutrition Seminar 1:00–2:00pm Salsa and Line Dancing with Maria 	18 <ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 11:00am–12:00pm Ostomy Support Group 2:30–3:30pm Tai Chi Qigong at CNC 3:00–4:00pm Cherokee County Women's Support Group 5:30–6:30pm Yin Yoga 6:00–7:00pm Colorectal Cancer Support Group 	19 <ul style="list-style-type: none"> 8:30–9:15am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Neuropathy Exercise Series 12:00–1:00pm Gentle Yoga 1:00–2:00pm Triple Negative Support 6:30–7:30pm Meditative Yoga 7:00–8:00pm A Conversation on Fertility & Cancer 	20	21 <ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga
22 <ul style="list-style-type: none"> 12:00–1:00pm Virtual Art Club 5:30pm–6:30pm Living with Cancer Support Group 5:30–6:30pm Pilates 	23	24 <ul style="list-style-type: none"> 10:00–11:00am Body Balance 11:15am–12:15pm Pilates with a Foam Roller 12:00–1:00pm Creating Connections Lunch 1:00–2:00pm Salsa and Line Dancing with Maria 6:00–8:00pm Dinner at the Chattahoochee Nature Cntr. 	25 <ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 12:00pm–1:30pm Lunch with Chef Mike 12:00–1:00pm Grief and Loss Group 12:30–2:30pm Breast Support 2:30–3:30pm Tai Chi Qigong at CNC 5:30–6:30pm Yin Yoga 6:00–7:00pm GYN Cancer Support Group 	26 <ul style="list-style-type: none"> 8:30–9:15am Morning Stretch 10:00–11:00am Chair Yoga 10:00–11:00am CNC River Walk 11:00am–12:00pm Neuropathy Exercise Series 12:00–2:00pm Prostate Support 5:30–6:30pm Family & Friends Support 6:30–7:30pm Meditative Yoga 	27	28 <ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga
29 <ul style="list-style-type: none"> 10:30am–12:30pm Collage and Mixed Media Art Class 5:30pm–6:30pm Living with Cancer Support Group 5:30–6:30pm Pilates 	30					