

# Calendar of Events

# January 2025

Visit [cscatlanta.org](http://cscatlanta.org) to register or learn more about the free oncology support programs available.

 IN PERSON  VIRTUAL  HYBRID (virtual and in-person)

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>In the event of inclement weather, we will follow Fulton County Schools' decision regarding closures and will follow accordingly.</p>			Closed for the Holidays	Closed for the Holidays	Closed for the Holidays	Closed for the Holidays
<p>5</p> <ul style="list-style-type: none"> <li>3:00-4:00pm Virtual Art Club</li> <li>5:30pm-6:30pm Living with Cancer Support Group</li> <li>5:30-6:30pm Pilates</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>10:00-11:00am Body Balance</li> <li>11:00am-12:00pm Active Treatment Support Group</li> <li>11:00am-12:00pm Caregiver Coffee</li> <li>11:15am-12:15pm Pilates &amp; Foam Roller</li> <li>1:00-2:00pm Beyond Cancer Support Group</li> <li>2:00pm-3:00pm Salsa for Beginners</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>9:00-9:30am Breathe Better, Live Better Series</li> <li>12:30-2:30pm Breast Support</li> <li>2:30-3:30pm Tai Chi Qigong at CNC</li> <li>6:00-7:00pm GYN Cancer Support Group</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>8:30-9:15am Morning Stretch</li> <li>10:00-11:00am Chair Yoga</li> <li>10:30am-12:30pm Homage to The Masters: Frida Kahlo</li> <li>11:00am-12:00pm Jumpstart Fitness Series</li> <li>12:00-1:00pm Gentle Yoga</li> <li>12:30-1:30pm Communicating with Children: A Guide to Discussing Cancer with Kids</li> <li>5:30-6:30pm Family &amp; Friends Support</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>10:30am-12:30pm Word of the Year: A Creative Mixed Media Journey</li> <li>12:00-12:30pm Guided Meditation</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>11:30am-12:45pm Austell Chair Yoga</li> </ul>	
<p>12</p> <ul style="list-style-type: none"> <li>12:00-1:00pm Oncology Nutrition 101</li> <li>5:30pm-6:30pm Living with Cancer Support Group</li> <li>5:30-6:30pm Pilates</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>10:00-11:00am Body Balance</li> <li>11:15am-12:15pm Pilates with a Foam Roller</li> <li>12:00-1:00pm Grief and Loss Group</li> <li>12:00-1:00pm Living with Adv. Breast and GYN</li> <li>2:00pm-3:00pm Salsa for Beginners</li> <li>3:00-4:00pm Cherokee County Women's Support Group</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>9:00-9:30am Breathe Better, Live Better Series</li> <li>11:00am-12:00pm Ostomy Support Group</li> <li>2:30-3:30pm Tai Chi Qigong at CNC</li> <li>6:00-7:00pm Colorectal Cancer Support Group</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>8:30-9:15am Morning Stretch</li> <li>10:00-11:00am Chair Yoga</li> <li>11:00am-12:00pm Jumpstart Fitness Series</li> <li>12:00-1:30pm Cooking Demo with Chef Kip</li> <li>12:00-1:00pm Gentle Yoga</li> <li>1:00-2:00pm Triple Negative Support</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>12:00-12:30pm Guided Meditation</li> <li>2:00-3:30pm Georgia Wildlife Journey at CNC</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>11:30am-12:45pm Austell Chair Yoga</li> </ul>	
<p>19</p> <p>Closed for Martin Luther King, Jr. Day</p>	<p>20</p> <ul style="list-style-type: none"> <li>10:00-11:00am Body Balance</li> <li>11:00am-12:00pm Active Treatment Support Group</li> <li>11:00am-12:00pm Caregiver Coffee</li> <li>11:15am-12:15pm Pilates with a Foam Roller</li> <li>12:00-1:00pm Nutrition Seminar</li> <li>1:00-2:00pm Beyond Cancer Support Group</li> <li>2:00pm-3:00pm Salsa for Beginners</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>9:00-9:30am Breathe Better, Live Better Series</li> <li>10:00-11:00am Caregiver Calm</li> <li>11:00am-12:00pm Chair Yoga</li> <li>12:30-2:30pm Breast Support</li> <li>2:30-3:30pm Tai Chi Qigong at CNC</li> <li>4:00-5:00pm Yin Yoga</li> <li>6:00pm-8:00pm Game Night</li> <li>6:00-7:00pm GYN Cancer Support Group</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>8:30-9:15am Morning Stretch</li> <li>10:00-11:00am Chair Yoga</li> <li>11:00am-12:00pm Jumpstart Fitness Series</li> <li>11:00am-1:00pm Vision Board Workshop</li> <li>12:00-1:00pm Gentle Yoga</li> <li>12:00-2:00pm Prostate Support</li> <li>5:30-6:30pm Family &amp; Friends Support</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>12:00-12:30pm Guided Meditation</li> <li>1:00-2:00pm Sound Bath Meditation</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>11:30am-12:45pm Austell Chair Yoga</li> </ul>	
<p>26</p> <ul style="list-style-type: none"> <li>11:00am-12:00pm In-Person Book Club</li> <li>12:00-1:00pm Virtual Book Club</li> <li>5:30pm-6:30pm Living with Cancer Support Group</li> <li>5:30-6:30pm Pilates</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>10:00-11:00am Body Balance</li> <li>11:00am-1:00pm Winter Skincare Seminar</li> <li>11:15am-12:15pm Pilates with a Foam Roller</li> <li>12:00-1:00pm Grief and Loss Group</li> <li>2:00pm-3:00pm Salsa for Beginners</li> <li>3:00-4:00pm Cherokee County Women's Support Group</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>9:00-9:30am Breathe Better, Live Better Series</li> <li>11:00am-12:00pm Chair Yoga</li> <li>12:00-1:30pm Lunch with Chef Mike</li> <li>2:30-3:30pm Tai Chi Qigong at CNC</li> <li>4:00-5:00pm Yin Yoga</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>8:30-9:15am Morning Stretch</li> <li>10:00-11:00am Chair Yoga</li> <li>11:00am-12:00pm Jumpstart Fitness Series</li> <li>12:00-1:00pm Gentle Yoga</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>12:00-12:30pm Guided Meditation</li> </ul>	<p>31</p>	