

# Calendar of Events

## May 2025

Visit [cscatlanta.org](https://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
				<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 Bone Building Exercise Series</li> <li>11:00am–12:30pm Cancer Transitions Support</li> <li>12:00–1:00pm Gentle Yoga</li> <li>12:00–1:00pm Palliative Care</li> <li>12:30–1:30pm Communicating with Children About Cancer</li> <li>1:00–2:00pm Triple Negative Support</li> </ul>	<ul style="list-style-type: none"> <li>9:00–10:00am Yoga for Beginners</li> <li>12:00–12:30pm Guided Meditation</li> <li>12:00–1:00pm Yoga for Healing (Northside Hospital Duluth)</li> </ul>	<ul style="list-style-type: none"> <li>10:00–11:00am Marietta Support</li> <li>11:30am–12:45pm Austell Chair Yoga</li> </ul>
<ul style="list-style-type: none"> <li>1:00–2:00pm Chastain Chase Walking Group at CNC</li> </ul>	<ul style="list-style-type: none"> <li>12:00–1:00pm Virtual Art Club</li> <li>5:30pm–6:30pm Living with Cancer Support Group</li> <li>5:30–6:30pm Pilates</li> </ul>	<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/Foam Roller</li> <li>12:00–1:00pm Yoga for Healing (Northside Hospital Duluth)</li> <li>1:00–2:00pm Beyond Cancer Support</li> </ul>	<ul style="list-style-type: none"> <li>11:00am–12:00pm Chair Yoga</li> <li>4:00–5:00pm Yin Yoga</li> <li>6:00–7:00pm Lung Cancer Support Group</li> </ul>	<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 Bone Building Exercise Series</li> <li>11:00am–12:30pm Cancer Transitions Support</li> <li>12:00–1:00pm Gentle Yoga</li> <li>1:30–3:00pm Hands-On Gardening Workshop at CNC</li> <li>5:30–6:30pm Family &amp; Friends Support</li> </ul>	<ul style="list-style-type: none"> <li>9:00–10:00am Yoga for Beginners</li> <li>12:00–12:30pm Guided Meditation</li> <li>12:00–1:00pm Yoga for Healing (Northside Hospital Duluth)</li> </ul>	<ul style="list-style-type: none"> <li>11:30am–12:45pm Austell Chair Yoga</li> </ul>
<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>		<ul style="list-style-type: none"> <li>10:00–11:00am Body Balance</li> <li>11:15am–12:15pm Pilates/Foam Roller</li> <li>12:00–1:00pm Yoga for Healing (Northside Hospital Duluth)</li> <li>12:00–1:00pm Grief and Loss Group</li> <li>12:00–1:00pm Adv. Breast/GYN Support</li> <li>2:00–3:00pm Zumba</li> <li>3:00–4:00pm Cherokee County Women's Support Group</li> </ul>	<ul style="list-style-type: none"> <li>11:00am–12:00pm Chair Yoga</li> <li>11:30am–1:00pm The State of Oncology Nutrition in 2025 (Duluth)</li> <li>12:00–1:15pm Breast Support</li> <li>2:30–3:30pm Tai Chi Qigong/CNC</li> <li>4:00–5:00pm Yin Yoga</li> <li>6:00–7:00pm GYN Cancer Support Group</li> </ul>	<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 Bone Building Exercise Series</li> <li>12:00–1:30pm Brunch with Chef Mike</li> <li>12:00–1:00pm Gentle Yoga</li> <li>1:00–2:00pm Triple Negative Support</li> </ul>	<ul style="list-style-type: none"> <li>9:00–10:00am Yoga for Beginners</li> <li>12:00–12:30pm Guided Meditation</li> <li>12:00–1:00pm Yoga for Healing (Northside Hospital Duluth)</li> <li>1:00–2:00pm Sound Bath Meditation</li> </ul>	<ul style="list-style-type: none"> <li>11:30am–12:45pm Austell Chair Yoga</li> </ul>
<ul style="list-style-type: none"> <li>11:00am–12:00pm Book Club</li> <li>1:00–2:00pm Book Club</li> <li>5:30pm–6:30pm Living with Cancer Support Group</li> <li>5:30–6:30pm Pilates</li> </ul>		<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/Foam Roller</li> <li>12:00–1:00pm Nutrition Seminar</li> <li>12:00–1:00pm Yoga for Healing (Northside Hospital Duluth)</li> <li>1:00–2:00pm Beyond Cancer Support</li> <li>2:00–3:00pm Zumba</li> </ul>	<ul style="list-style-type: none"> <li>11:00am–12:00pm Chair Yoga</li> <li>11:00am–12:00pm Ostomy Support Group</li> <li>2:30–3:30pm Tai Chi Qigong/CNC</li> <li>4:00–5:00pm Yin Yoga</li> <li>5:30–7:30pm Game Night and Pizza Party</li> <li>6:00–7:00pm Colorectal Cancer Support Group</li> </ul>	<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 Bone Building Exercise Series</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>	<ul style="list-style-type: none"> <li>9:00–10:00am Yoga for Beginners</li> <li>12:00–12:30pm Guided Meditation</li> <li>12:00–1:00pm Yoga for Healing (Northside Hospital Duluth)</li> </ul>	<ul style="list-style-type: none"> <li>11:30am–12:45pm Austell Chair Yoga</li> </ul>
CSC Atlanta Closed for Memorial Day		<ul style="list-style-type: none"> <li>10:00–11:00am Body Balance</li> <li>11:15am–12:15pm Pilates/Foam Roller</li> <li>12:00–1:00pm Grief and Loss Group</li> <li>12:00–1:00pm Yoga for Healing (Northside Hospital Duluth)</li> <li>1:00–2:00pm Chastain Chase Walking Group at CNC</li> <li>3:00–4:00pm Cherokee County Women's Support Group</li> </ul>	<ul style="list-style-type: none"> <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/CNC</li> <li>4:00–5:00pm Yin Yoga</li> <li>6:00–7:00pm GYN Cancer Support Group</li> </ul>	<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 Bone Building Exercise Series</li> <li>12:00–1:30pm Cooking Demo with Chef Kip</li> <li>12:00–1:00pm Gentle Yoga</li> </ul>	<ul style="list-style-type: none"> <li>9:00–10:00am Yoga for Beginners</li> <li>12:00–12:30pm Guided Meditation</li> <li>12:00–1:00pm Yoga for Healing (Northside Hospital Duluth)</li> </ul>	<ul style="list-style-type: none"> <li>11:30am–12:45pm Austell Chair Yoga</li> </ul>