

Calendar of Events

March 2024

Visit 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
					1 ■ 12:00–12:30pm Guided Meditation	2 ■ 10:00–11:00am Marietta Support Group ■ 11:30am–12:45pm Austell Chair Yoga
3 ■ 11:00am–1:00pm SoulCollage® ■ 12:00–12:30pm Intro to Breathing Techniques ■ 5:30–6:30pm Living with Cancer Support Group ■ 5:30–6:30pm Pilates	4 ■ 10:00–11:00am Body Balance ■ 11:15am–12:15pm Pilates & Foam Roller ■ 1:00–2:30pm Salsa and Bachata with Maria ■ 6:00–8:00pm Empowering Intimacy for Men	5 ■ 11:00am–12:00pm Chair Yoga ■ 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	6 ■ 9:30–10:00am Morning Stretch ■ 10:00–11:00am Chair Yoga ■ 11:00am–12:00pm Lymphedema Exercise Series ■ 12:00–1:00pm Gentle Yoga ■ 1:00–2:00pm Triple Negative Support ■ 6:30–7:30pm Meditative Yoga	7 ■ 12:00–12:30pm Guided Meditation	8 ■ 11:30am–12:45pm Austell Chair Yoga	9
10 ■ 11:00am–1:00pm SoulCollage® ■ 12:00–12:30pm Intro to Breathing Techniques ■ 12:30–1:30pm Oncology Nutrition 101 ■ 5:30pm–6:30pm Living with Cancer Support Group ■ 5:30–6:30pm Pilates	11 ■ 10:00–11:00am Body Balance ■ 11:15am–12:15pm Pilates & Foam Roller ■ 1:00–2:30pm Salsa and Bachata with Maria ■ 1:00–2:00pm CNC Walking Group ■ 12:00–1:00pm Living with Adv. Breast and GYN	12 ■ 11:00am–12:00pm Chair Yoga ■ 12:00–1:00pm Men's Pelvic Floor: The Science & Strategies ■ 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	13 ■ 9:30–10:00am Morning Stretch ■ 10:00–11:00am Chair Yoga ■ 11:00am–12:00pm Lymphedema Exercise Series ■ 12:00–1:00pm Gentle Yoga ■ 5:30–6:30pm Family and Friends Support ■ 6:00–7:00pm Pizza Talk ■ 6:30–7:30pm Meditative Yoga	14 ■ 12:00–12:30pm Guided Meditation ■ 10:30am–12:30pm Cultivating Gratitude	15 ■ 11:30am–12:45pm Austell Chair Yoga	16
17 ■ 11:00am–1:00pm SoulCollage® ■ 12:00–12:30pm Intro to Breathing Techniques ■ 5:30pm–6:30pm Living with Cancer Support Group ■ 5:30–6:30pm Pilates	18 ■ 10:00–11:00am Body Balance ■ 11:15am–12:15pm Pilates & Foam Roller ■ 12:00–1:00pm Nutrition Seminar ■ 1:00–2:30pm Salsa and Bachata with Maria	19 ■ 11:00am–12:00pm Chair Yoga ■ 11:00am–1:00pm An Art Play Date ■ 11:00am–12:00pm Head and Neck Support ■ 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 Colorectal Support	20 ■ 9:30–10:00am Morning Stretch ■ 10:00–11:00am Chair Yoga ■ 11:00am–12:00pm Lymphedema Exercise Series ■ 12:00–1:00pm Gentle Yoga ■ 12:00pm–1:30pm Lunch with Chef Mike ■ 1:00–2:00pm Triple Negative Support ■ 6:30–7:30pm Meditative Yoga	21 ■ 12:00–12:30pm Guided Meditation	22 ■ 11:30am–12:45pm Austell Chair Yoga	23
24 ■ 11:00am–1:00pm SoulCollage® ■ 12:00–12:30pm Intro to Breathing Techniques ■ 5:30–6:30pm Living with Cancer Support Group ■ 5:30–6:30pm Pilates	25 ■ 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 CNC Walking Group ■ 6:00–8:00pm Empowering Intimacy for Women	26 ■ 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	27 ■ 9:30–10:00am Morning Stretch ■ 10:00–11:00am Chair Yoga ■ 11:00am–12:00pm Lymphedema Exercise Series ■ 12:00–1:00pm Gentle Yoga ■ 12:00–2:00pm Prostate Support ■ 5:30–6:30pm Family and Friends Support ■ 6:30–7:30pm Meditative Yoga	28 ■ 12:00–12:30pm Guided Meditation ■ 2:00–4:30pm Guided Forest Bathing at CNC	29	30
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