

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	
	<ul style="list-style-type: none"> 12:00–12:30pm Intro to Breathing Techniques 5:30–6:30pm Living with Cancer Support Group 5:30–6:30pm Pilates 	<ul style="list-style-type: none"> 10:00–11:00am Body Balance 11:15am–12:15pm Pilates & Foam Roller 12:30–2:30pm Fatigue Management Workshop 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 9:30–10:00am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Bone Building Exercise Series 12:00–1:00pm Gentle Yoga 1:00–2:00pm Triple Negative Support 6:30–7:30pm Meditative Yoga 	<ul style="list-style-type: none"> 12:00–12:30pm Guided Meditation 	<ul style="list-style-type: none"> 10:00–11:00am Marietta Support Group 11:30am–12:45pm Austell Chair Yoga 	
7	<ul style="list-style-type: none"> 11:00am–1:00pm Stretching the Imagination 12:30–1:30pm Oncology Nutrition 101 5:30pm–6:30pm Living with Cancer Support Group 5:30–6:30pm Pilates 	<ul style="list-style-type: none"> 10:00–11:00am Body Balance 11:15am–12:15pm Pilates & Foam Roller 1:00–2:00pm CNC Walking Group 12:00–1:00pm Living with Adv. Breast and GYN 	<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 5:00pm–7:00pm Artist Trading Cards 5:30–6:30pm Yin Yoga 6:00–7:00pm GYN Cancer Support Group 	<ul style="list-style-type: none"> 9:30–10:00am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Bone Building Exercise Series 12:00–1:00pm Gentle Yoga 1:30–3:40pm Yoga4Cancer Workshop 5:30–6:30pm Family and Friends Support 6:30–7:30pm Meditative Yoga 	<ul style="list-style-type: none"> 12:00–12:30pm Guided Meditation 	<ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga 	
14	<ul style="list-style-type: none"> 11:00am–1:00pm Artist Trading Cards 12:00–12:30pm Intro to Breathing Techniques 5:30pm–6:30pm Living with Cancer Support Group 5:30–6:30pm Pilates 	<ul style="list-style-type: none"> 10:00–11:00am Body Balance 11:15am–12:15pm Pilates & Foam Roller 12:00–1:00pm Nutrition Seminar 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 11:00am–12:00pm Head and Neck Support 12:00–1:30pm 15-Minute Meals with Kip 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 	<ul style="list-style-type: none"> 9:30–10:00am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Bone Building Exercise Series 12:00–1:00pm Gentle Yoga 1:00–2:00pm Triple Negative Support 2:00–3:30pm Pond Canoeing at CNC 6:30–7:30pm Meditative Yoga 	<ul style="list-style-type: none"> 12:00–12:30pm Guided Meditation 		
21	<ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga 11:00am–1:00pm Mindfully Celebrating Our Earth 12:00–12:30pm Intro to Breathing Techniques 5:30–6:30pm Living with Cancer Support Group 5:30–6:30pm Pilates 	<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 CNC Walking Group 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 11:30–1:00pm Frankly Speaking about Colorectal Cancer 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 	<ul style="list-style-type: none"> 9:30–10:00am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Bone Building Exercise Series 12:00–1:00pm Gentle Yoga 12:00pm–1:30pm Lunch with Chef Mike 12:00–2:00pm Prostate Support 5:30–6:30pm Family and Friends Support 6:30–7:30pm Meditative Yoga 	<ul style="list-style-type: none"> 10:30am–1:15pm Mind, Body, Breath Retreat 12:00–12:30pm Guided Meditation 	<ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga 	
28	<ul style="list-style-type: none"> 12:00–12:30pm Intro to Breathing Techniques 5:30–6:30pm Living with Cancer Support Group 5:30–6:30pm Pilates 	<ul style="list-style-type: none"> 10:00–11:00am Body Balance 11:15am–12:15pm Pilates with a Foam Roller 					