

Calendar of Events

July 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
	<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 12:30pm–1:30pm Wellness Workout for Weight Loss 	<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 	CSC Atlanta Closed for Independence Day	<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
	<ul style="list-style-type: none"> 10:30am–12:30pm Visiting Mexico from the Art Studio 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 	<ul style="list-style-type: none"> 10:00–11:00am Body Balance 10:30am–11:15am Bagel Bar Social 11:15am–12:15pm Pilates & Foam Roller 12:00–1:00pm Living with Adv. Breast and GYN 12:30pm–1:30pm Wellness Workout for Weight Loss 2:00–3:00pm Nutrition for Reducing Cancer Risk 	<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 	<ul style="list-style-type: none"> 9:00–9:30am Morning Stretch 10:00–11:00am Chair Yoga 10:00–11:00am CNC River Walk 11:00am–12:00pm Bone Building Exercise Series 12:00–1:00pm Gentle Yoga 1:00–2:00pm Weight & Cancer 5:30–6:30pm Family & 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"> 10:00–11:00am Marietta Support Group
	<ul style="list-style-type: none"> 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 with a Foam Roller 12:00–1:00pm Nutrition Seminar 12:30pm–1:30pm Wellness Workout for Weight Loss 2:00–3:00pm Nutrition for Reducing Cancer Risk 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 11:00am–12:00pm Head and Neck Cancer 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 	<ul style="list-style-type: none"> 9:00–9:30am Morning Stretch 10:00–11:00am Chair Yoga 10:30am–12:30pm Introduction to Calligraphy 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"> 10:30am–12:30pm Cultivating Gratitude 12:00–12:30pm Guided Meditation 	
<ul style="list-style-type: none"> 10:00am–12:00pm Butterfly Meditation at the CNC 11:30am–12:45pm Austell Chair Yoga 	<ul style="list-style-type: none"> 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 with a Foam Roller 12:00–1:00pm Creating Connections Lunch 12:30pm–1:30pm Wellness Workout for Weight Loss 2:00–3:00pm Nutrition for Reducing Cancer Risk 6:00–7:30pm Introduction to Calligraphy 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 12:00–1:00pm Grief and Loss Group 12:00pm–1:30pm Lunch with Chef Mike 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"> 9:00–9:30am Morning Stretch 10:00–11:00am Chair Yoga 10:00–11:00am CNC River Walk 11:00am–12:00pm Bone Building Exercise Series 12:00–2:00pm Prostate Support 5:30–6:30pm Family & 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
	<ul style="list-style-type: none"> 10:30am–12:30pm Visiting Mexico from the Art Studio Part 2 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 with a Foam Roller 12:30pm–1:30pm Wellness Workout for Weight Loss 2:00–3:00pm Nutrition for Reducing Cancer Risk 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 2:30–3:30pm Tai Chi Qigong at CNC 5:30–6:30pm Yin Yoga 			