

Calendar of Events February 2025

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
<p>In the event of inclement weather, we will follow Fulton County Schools' decision regarding closures and will follow accordingly.</p>						<ul style="list-style-type: none"> 10:00–11:00am Marietta Support 11:30am–12:45pm Austell Chair Yoga
<ul style="list-style-type: none"> 3:00–4:00pm Reflect & Renew: A Journaling Practice 	<ul style="list-style-type: none"> 10:00–11:00am Yoga for Beginners 3:00–4:00pm Virtual Art Club 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 11:00am–12:00pm Active Treatment Support Group 11:00am–12:00pm Caregiver Coffee 11:15am–12:15pm Pilates & Foam Roller 12:30–1:30pm Heart Strong: A Wellness Workout 1:00–2:00pm Beyond Cancer Support Group 2:00–3:00pm Nutrition for Reducing Cancer Risk Series 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 1:00–2:30pm Empowering Intimacy: Introduction to Intimacy, Body Image, and Sexual Dysfunction 2:30–3:30pm Tai Chi Qigong at CNC 4:00–5:00pm Yin Yoga 6:00–7:00pm Lung Cancer Support Group 	<ul style="list-style-type: none"> 8:30–9:15am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Neuropathy Exercise Series 11:30am–2:00pm Balanced Living: Habits for Weight Maintenance and Wellness 12:00–1:00pm Gentle Yoga 12:30–1:30pm Communicating with Children: A Guide to Discussing Cancer with Kids 1:00–2:00pm Triple Negative Support 	<ul style="list-style-type: none"> 11:00am–12:30pm Cancer Transitions 12:00–12:30pm Guided Meditation 2:00–4:00pm Love in the Wild: A Valentine's Hike & Campfire Adventure at CNC 	<ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga
	<ul style="list-style-type: none"> 10:00–11:00am Yoga for Beginners 12:00–1:00pm 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 with a Foam Roller 12:00–1:00pm Grief and Loss Group 12:00–1:00pm Living with Adv. Breast and GYN 12:30–1:30pm Heart Strong: A Wellness Workout 2:00–3:00pm Nutrition for Reducing Cancer Risk Series 3:00–4:00pm Cherokee County Women's Support Group 5:30–7:30pm Galentine's Day 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 12:00–1:30pm Lunch with Chef Mike 12:30–2:30pm Breast Support 2:30–3:30pm Tai Chi Qigong at CNC 4:00–5:00pm Yin Yoga 6:00–7:00pm GYN Cancer Support Group 	<ul style="list-style-type: none"> 8:30–9:15am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Neuropathy Exercise Series 12:00–1:00pm Gentle Yoga 5:30–6:30pm Family & Friends Support 	<ul style="list-style-type: none"> 11:00am–12:30pm Cancer Transitions 12:00–12:30pm Guided Meditation 1:00–2:00pm Sound Bath Meditation 	<ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga
	<ul style="list-style-type: none"> 10:00–11:00am Yoga for Beginners 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 11:00am–12:00pm Active Treatment Support Group 11:00am–12:00pm Caregiver Coffee 11:15am–12:15pm Pilates with a Foam Roller 12:00–1:00pm Nutrition Seminar 12:30–1:30pm Heart Strong: A Wellness Workout 1:00–2:00pm Beyond Cancer Support Group 2:00–3:00pm Nutrition for Reducing Cancer Risk Series 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 11:00am–12:00pm Ostomy Support Group 2:30–3:30pm Tai Chi Qigong at CNC 4:00–5:00pm Yin Yoga 6:00–7:00pm Colorectal Cancer Support Group 	<ul style="list-style-type: none"> 8:30–9:15am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Neuropathy Exercise Series 12:00–1:00pm Gentle Yoga 1:00–2:00pm Triple Negative Support 	<ul style="list-style-type: none"> 10:00am–2:00pm Nurturing Self-Love: A Creative Retreat 11:00am–12:30pm Cancer Transitions 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"> 10:00–11:00am Yoga for Beginners 11:00am–12:00pm In-Person Book Club 1:00–2:00pm Virtual Book Club 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 Grief and Loss Group 12:30–1:30pm Heart Strong: A Wellness Workout 2:00–3:00pm Nutrition for Reducing Cancer Risk Series 3:00–4:00pm Cherokee County Women's Support Group 	<ul style="list-style-type: none"> 10:00–11:00am Caregiver Calm 11:00am–12:00pm Chair Yoga 12:30–2:30pm Breast Support 1:00–2:00pm Music Therapy 2:30–3:30pm Tai Chi Qigong at CNC 4:00–5:00pm Yin Yoga 6:00–7:00pm GYN Cancer Support Group 	<ul style="list-style-type: none"> 8:30–9:15am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Neuropathy Exercise Series 12:00–1:00pm Cancer and the Heart: What You Should Know 12:00–1:00pm Gentle Yoga 12:00–2:00pm Prostate Support 5:30–6:30pm Family & Friends Support 	<ul style="list-style-type: none"> 11:00am–12:30pm Cancer Transitions 12:00–12:30pm Guided Meditation 	