

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"> 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 12:00–1:00pm Adv. Breast/GYN Support 12:00–1:00pm Yoga for Healing (Northside Hospital Duluth) 12:30–2:30pm Healing Through Gratitude: A Simple Journal Practice 1:00–2:00pm Beyond Cancer Support 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 2:30–3:30pm Tai Chi Qigong/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 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"> 12:00–12:30pm Guided Meditation 12:00–1:00pm Yoga for Healing (Northside Hospital Duluth) 	<ul style="list-style-type: none"> 10:00–11:00am Marietta Support
<ul style="list-style-type: none"> 9:00–9:30am Breathe Better, Live Better 12:00–1:00pm 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 11:15am–12:15pm Pilates/Foam Roller 12:00–1:00pm Yoga for Healing (Northside Hospital Duluth) 12:00–1:00pm Grief and Loss Group 12:45–1:45pm Sound Bath Meditation 3:00–4:00pm Cherokee County Women's Support Group 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 12:30–2:30pm Breast Support 2:30–3:30pm Tai Chi Qigong/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 (Virtual Only) 5:30–6:30pm Family & Friends Support 	<ul style="list-style-type: none"> 9:00–10:00am Lymphedema Exercise Series 12:00–12:30pm Guided Meditation 12:00–1:00pm Yoga for Healing (Northside Hospital Duluth) 	<ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga 	
<ul style="list-style-type: none"> 9:00–9:30am Breathe Better, Live Better 12:00–1:00pm Oncology Nutrition 101 5:30pm–6:30pm Living with Cancer Support Group 	<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 11:30am–1:00pm The State of Cancer Care in 2025: A Town Hall Event at Northside Hospital Duluth 1:00–2:00pm Beyond Cancer Support 1:00–2:00pm Chastain Chase Walking Group at CNC 	<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/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–12:30pm Cancer Transitions Support 11:00am–12:00pm Neuropathy Exercise Series 12:00–1:00pm Gentle Yoga 1:00–2:00pm Triple Negative Support 1:30–4:00pm Pond Canoeing at CNC 	<ul style="list-style-type: none"> 9:00–10:00am Lymphedema Exercise Series 12:00–12:30pm Guided Meditation 12:00–1:00pm Yoga for Healing (Northside Hospital Duluth) 	<ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga 	
<ul style="list-style-type: none"> 9:00–9:30am Breathe Better, Live Better 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–12:30pm Painting the Earth: An Art Class for Earth Day 11:15am–12:15pm Pilates/Foam Roller 12:00–1:00pm Yoga for Healing (Northside Hospital Duluth) 1:00–2:00pm Chastain Chase Walking Group at CNC 12:00–1:00pm Grief and Loss Group 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 11:30am–12:30pm Painting the Earth: Earth Day Art Class (Duluth) 12:30–2:30pm Breast Support 2:30–3:30pm Tai Chi/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–12:30pm Cancer Transitions Support 11:00am–12:00pm Neuropathy Exercise Series 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"> 9:00–10:00am Lymphedema 12:00–1:00pm Frankly Speaking About Bone Health 12:00–12:30pm Guided Meditation 12:00–1:00pm Yoga for Healing (Northside Hospital Duluth) 	<ul style="list-style-type: none"> 11:30am–12:45pm Austell Chair Yoga 	
<ul style="list-style-type: none"> 1:00–2:00pm Chastain Chase Walking Group at CNC 	<ul style="list-style-type: none"> 9:00–9:30am Breathe Better, Live Better 11:00am–12:00pm Book Club 12:00–1:00pm Nutrition Seminar 1:00–2:00pm 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/Foam Roller 12:00–1:00pm Yoga for Healing (Northside Hospital Duluth) 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 12:00–1:30pm Lunch with Chef Mike 2:30–3:30pm Tai Chi Qigong/CNC 4:00–5:00pm Yin Yoga 			