

Calendar of Events

November 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"> 10:30-11:30am Therapeutic Yoga Series 11:00am–12:30pm Cancer Transitions 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
<ul style="list-style-type: none"> 12:00-2:30pm Wilderness Inquiry at CNC 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 	<ul style="list-style-type: none"> 12:00–1:00pm Caregiver Luncheon 12:00–1:00pm Chair Yoga 1:30–2:30pm CNC Walking Group 2:30–3:30pm Tai Chi Qigong at CNC 4:00–5:00pm Yin Yoga 6:00–7:00pm Lung Group 	<ul style="list-style-type: none"> 8:30–9:15am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Bone Building Exercise Series 12:00–1:00pm Communicating with Children: A Guide to Discussing Cancer with Kids 12:00–1:00pm Gentle Yoga 1:00–2:00pm Triple Negative Support 2:00–3:30pm Nature Journaling at CNC 	<ul style="list-style-type: none"> 10:30am–12:30pm Cultivating Gratitude 10:30-11:30am Therapeutic Yoga Series 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"> 3:00-4:00pm Celebrating the Me Yet to Come: Journal Writing for Reclaiming Oneself 	<ul style="list-style-type: none"> 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 12:00–1:00pm Grief and Loss Group 12:00–1:00pm Living with Adv. Breast and GYN 3:00–4:00pm Cherokee County Women's Support Group 	<ul style="list-style-type: none"> 12:00–1:00pm Chair Yoga 12:00–1:00pm Social Security 101 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 Bone Building Exercise Series 12:00–1:00pm Gentle Yoga 12:00–2:00pm Lunch and Learn: Lung Cancer 5:30–6:30pm Family & Friends Support 	<ul style="list-style-type: none"> 10:30-11:30am Therapeutic Yoga Series 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"> 1:30-3:30pm Sanctuary Mandala 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 	<ul style="list-style-type: none"> 11:00am–12:00pm Ostomy Support Group 12:00–1:00pm Chair Yoga 1:30–2:30pm CNC Walking 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 Bone Building Exercise Series 12:00–1:00pm Gentle Yoga 12:00–2:00pm Thanksgiving Cooking Demo 12:00–2:00pm Prostate Support 1:00–2:00pm Triple Negative Support 	<ul style="list-style-type: none"> 10:30-11:30am Therapeutic Yoga Series 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"> 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 with a Foam Roller 12:00–1:00pm Creating Connections Lunch 12:00–1:00pm Grief and Loss Group 3:00–4:00pm Cherokee County Women's Support Group 	<p>Closed for Thanksgiving</p>	<p>Closed for Thanksgiving</p>	<p>Closed for Thanksgiving</p>	<p>Closed for Thanksgiving</p>	<p>Closed for Thanksgiving</p>