

Calendar of Events

May 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"> 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"> 9:00–9:30am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:30pm Cancer Transitions 11:00am–12:00pm Neuropathy 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"> 10:00–11:00am Marietta Support Group 11:30am–12:45pm Austell Chair Yoga
5	<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 10:00am–12:00 pm Spring Floral Arrangements 11:15am–12:15pm Pilates & Foam Roller 12:45–1:45pm Let's Dance! 	<ul style="list-style-type: none"> 10:00am–12:00 pm Spring Floral Arrangements 11:00am–12:00pm Chair Yoga 12:00–1:00pm Grief and Loss Group 12:30–2:30pm Breast Support 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–12:30pm Cancer Transitions 11:00am–12:00pm Neuropathy Exercise Series 12:00pm–1:30pm Brunch with Chef Mike 12:00–1:00pm Gentle Yoga 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
12	<ul style="list-style-type: none"> 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 11:15am–12:15pm Pilates & Foam Roller 12:00–1:00pm Living with Adv. Breast and GYN 12:45–1:45pm Let's Dance! 	<ul style="list-style-type: none"> 11:00am–12:00pm Chair Yoga 12:00–12:30pm Summer Smoothies 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"> 9:00–9:30am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:30pm Cancer Transitions 11:00am–12:00pm Neuropathy Exercise Series 12:00–1:00pm Gentle Yoga 12:00–2:00pm Prostate Support 1:00–2:00pm Triple Negative Support 1:30–3:00pm Immerse Yourself in Gardening at CNC 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
19	<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 12:45–1:45pm Let's Dance! 6:00–7:30pm Mandalas Workshop 	<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–12:30pm Cancer Transitions 11:00am–12:00pm Neuropathy Exercise Series 12:00–1:00pm Gentle Yoga 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 	
26	<p>Memorial Day CSC Atlanta Closed</p>	<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 12:45–1:45pm Let's Dance! 	<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 	<ul style="list-style-type: none"> 9:00–9:30am Morning Stretch 10:00–11:00am Chair Yoga 11:00am–12:00pm Neuropathy Exercise Series 12:00–1:00pm Gentle Yoga 6:30–7:30pm Meditative Yoga 		