



Week of March 23 Schedule for Online Programming

To register for a group or class, please sign-up via Regpack or email info@cancercarepoint.org.

Monday, March 23

- 12:00 pm *Massage & Movement*

Tuesday, March 24

- 12:00 pm *Mid-day Meditation Break*
- 1:00 pm *Mind-body Group: Self-Hypnosis for Anxiety Reduction*

Wednesday, March 25

- 2:00 pm *Qigong*
- 4:00 pm *Support Group for All Cancers*
- 6:00 pm *Breast Cancer Support Group*

Thursday, March 26

- 9:00 am *Gentle Yoga*
- 12:00 pm *Living & Thriving with Grace Support Group*
- 6:00 pm *Evening Yin Yoga*

Friday, March 27

- 9:00 am *Tai Chi & Qigong Meld for Stress Relief*
- 10:00 am *Caregivers Support Group*
- 12:00 pm *Mid-day Meditation Break*

Saturday, March 28

- 11:00 am *Restorative Yoga*

All week:

Counseling available by appointment (Individual, couples, family)