

Monday	Tuesday	Wednesday	Thursday	Friday
<div>  <h1>March 2023</h1> <p>Kent County 302-734-0898</p> </div> <div> <p><u>Types of Programs:</u> Zoom /FB Live: Program is fully virtual Hybrid: Program is at another location but you can join virtually In-Person: Program is happening in-person in Kent County (will specify if virtual option is available)</p> <p>www.cancersupportdelaware.org</p> </div>				
		<p>1</p> <p>2pm Chair Yoga with Rita (Hybrid - New Castle) 5pm The New You (Hybrid - Sussex)</p>	<p>2</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 5pm Meditation (via Zoom) 6:00pm Cancer Support Group (In-person at Bayhealth) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p>3</p>  <p>Scan QR code to visit program calendar on website</p>
<p>6</p> <p>10am Tai Chi with Ran (In-person) 6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>7</p> <p>12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1pm Poetry of Wellness (Zoom) 1:45pm Tai Chi with Ran (In-person in Middletown)</p>	<p>8</p> <p>12n Tai Chi (Hybrid - New Castle) 2pm Chair Yoga with Rita (Hybrid - New Castle)</p>	<p>9</p> <p>10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)</p>	<p>10</p>
<p>13</p> <p>10am Tai Chi with Ran (In-person) 6:30pm The Next Step (Hybrid - New Castle)</p>	<p>14</p> <p>12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1pm Poetry of Wellness (Zoom) 1:45pm Tai Chi with Ran (In-person in Middletown)</p>	<p>15</p> <p>2pm Chair Yoga with Rita (Hybrid - New Castle) 5pm The New You (Hybrid - Sussex)</p>	<p>16</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 5pm Meditation (Zoom) 6:00pm Cancer Support Group (In-person at Bayhealth)</p>	<p>17</p>
<p>20</p> <p>10am Tai Chi with Ran (In-person) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle)</p>	<p>21</p> <p>12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1pm Poetry of Wellness (Zoom) 1:45pm Tai Chi with Ran (In-person in Middletown) 2:30pm GYN Cancer Support Group (Zoom)</p>	<p>22</p> <p>10am Expressive Art Journaling (Hybrid - Sussex) 10am Cooking with Chef Dave (Hybrid - Sussex) 12n Tai Chi (Hybrid - New Castle) 2pm Chair Yoga with Rita (Hybrid - New Castle) 6:30pm Conversation Café (Zoom)</p>	<p>23</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 3pm The Next Step (Hybrid - New Castle) 4pm Sound Meditation (FB Live and Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p>24</p>
<p>27</p> <p>10am Tai Chi with Ran (In-person) 12:30pm Zentangle (Hybrid - New Castle) 4:30pm Nutrition with Elena (Zoom) 6pm Blood Cancer Support Group (Zoom) 7pm Welcome Meeting (Zoom)</p>	<p>28</p> <p>12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1pm Poetry of Wellness (Zoom) 1:45pm Tai Chi with Ran (In-person in Middletown) 6pm The John Lennon Real Love Project (Zoom)</p>	<p>29</p> <p>2pm Chair Yoga with Rita (Hybrid - New Castle)</p>	<p>30</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 6:00pm Cancer Support Group (In-person at Bayhealth)</p>	<p>31</p> <p>10am READ Book Club (Hybrid - New Castle)</p>