

Monday	Tuesday	Wednesday	Thursday	Friday
<div>  <div> <b>March 2023</b>  <b>Sussex County</b>  302-645-9150 </div> </div> <div> <b>Types of Programs:</b>  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 Sussex County (will specify if virtual option is available) </div> <div> <a href="http://www.cancersupportdelaware.org">www.cancersupportdelaware.org</a> </div>				
		<b>1</b> 2pm Chair Yoga with Rita (Hybrid - New Castle) 5pm The New You (In-person & Zoom)	<b>2</b> 10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 5pm Meditation (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	<b>3</b>  Scan QR code to visit program calendar on website
<b>6</b> 6:30pm Colorectal Cancer Support Group (Zoom)	<b>7</b> 1pm Poetry of Wellness (Zoom)	<b>8</b> 12n Tai Chi (Hybrid - New Castle) 2pm Chair Yoga with Rita (Hybrid - New Castle)	<b>9</b> <b>10am Welcome Meeting (Zoom)</b> 10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)	<b>10</b>
<b>13</b> 6:30pm The Next Step (Hybrid - New Castle)	<b>14</b> 1pm Poetry of Wellness (Zoom)	<b>15</b> 2pm Chair Yoga with Rita (Hybrid - New Castle) 5pm The New You (In-person & Zoom)	<b>16</b> 10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 5pm Meditation (Zoom)	<b>17</b>
<b>20</b> 6:30pm Prostate Cancer Support Group (Hybrid - New Castle)	<b>21</b> 1pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom)	<b>22</b> 10am Expressive Art Journaling (In-person & Zoom) 12n Cooking with Chef Dave (In-person & Zoom) 12n Tai Chi (Hybrid - New Castle) 2pm Chair Yoga with Rita (Hybrid - New Castle) 6:30pm Conversation Café (Zoom)	<b>23</b> 10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga w/ Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 3pm The Next Step (Hybrid - New Castle) 4pm Sound Meditation (FB Live and Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom)	<b>24</b>
<b>27</b> 12:30pm Zentangle (Hybrid - New Castle) 4:30pm Nutrition with Elena (Zoom) 6pm Blood Cancer Support Group (Zoom) <b>7pm Welcome Meeting (Zoom)</b>	<b>28</b> 1pm Poetry of Wellness (Zoom) <b>6pm The John Lennon Real Love Project (Zoom)</b>	<b>29</b> 2pm Chair Yoga with Rita (Hybrid - New Castle)	<b>30</b> 10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom)	<b>31</b> 10am READ Book Club (Hybrid - New Castle)