



302-645-9150  
812 S Bradford St  
Dover DE 19904

# March 2024

## Program Calendar—Kent County

### Types of Programs:

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 also available)

[www.cancersupportdelaware.org](http://www.cancersupportdelaware.org)

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<p><b>4</b></p> <p>10am Tai Chi with Ran (In-person) 6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p><b>5</b></p> <p>12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>) 12:30pm Cancer Support Group (In-person &amp; Zoom) 1pm Poetry of Wellness (Zoom) 1:45pm Tai Chi with Jessica (In-person in <b>Middletown</b>)</p>	<p><b>6</b></p> <p>2pm Chair Yoga with Rita (FB Live) 5pm The New You (Hybrid - Sussex)</p>	<p><b>7</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) <b>4pm Biomarker: Precision Medicine in Cancer Care (Zoom &amp; FB Live)</b> 5pm Meditation (Zoom) 6pm Bayhealth Cancer Support Group (Zoom) 6:30pm Breast Cancer</p>	<p><b>8</b></p>
<p><b>11</b></p> <p>10am Tai Chi with Ran (In-person) 1p Zentangle (Hybrid - New Castle) 6:30pm The Next Step (Hybrid - New Castle)</p>	<p><b>12</b></p> <p>12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>) 12:30pm Cancer Support Group (In-person &amp; Zoom) 1pm Poetry of Wellness (Zoom) 1:45pm Tai Chi with Jessica (In-person in <b>Middletown</b>)</p>	<p><b>13</b></p> <p>12n Tai Chi with Jessica (FB Live) 2pm Chair Yoga with Rita (FB Live)</p>	<p><b>14</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 4pm Sound Meditation (In-person Rehoboth) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)</p>	<p><b>15</b></p> <p>10am Welcome Meeting (Zoom)</p>
<p><b>18</b></p> <p>10am Tai Chi with Ran (In-person) 6:30pm Prostate Cancer Support Group (Hybrid- New Castle)</p>	<p><b>19</b></p> <p>12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>) 12:30pm Cancer Support Group (In-person &amp; Zoom) 1pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom) 1:45pm Tai Chi with Jessica (In-person in <b>Middletown</b>)</p>	<p><b>20</b></p> <p>2pm Chair Yoga with Rita (FB Live) 5pm The New You (Hybrid - Sussex)</p>	<p><b>21</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 5pm Meditation (Zoom) 6:30pm Metastatic Breast Cancer Support Group (Zoom)</p>	<p><b>22</b></p> <p>10am READ Book Club (Hybrid - New Castle)</p>
<p><b>25</b></p> <p>10am Tai Chi with Ran (In-person) 4:30pm Nutrition with Elena: Making Breakfast a Priority (Zoom) 6:00pm Blood Cancer Support Group (Zoom) 7pm Welcome Meeting (Zoom)</p>	<p><b>26</b></p> <p>12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>) 12:30pm Cancer Support Group (In-person &amp; Zoom) 1pm Poetry of Wellness (Zoom) 1:45pm Tai Chi with Jessica (In-person in <b>Middletown</b>)</p>	<p><b>27</b></p> <p>12n Tai Chi with Jessica (FB Live) 2pm Chair Yoga with Rita (FB Live) 6:30pm Conversation Café (Zoom)</p>	<p><b>28</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 4pm Sound Meditation (Zoom &amp; FB Live) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom)</p>	<p><b>29</b></p> <p>Offices Closed</p>  <p>Scan QR code to visit program calendar on website</p>