



302-645-9150
18947 John J Williams Hwy Ste 312
Rehoboth Beach, DE 19971

March 2024

Program Calendar—Sussex 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 Sussex County (will specify if virtual option is also available)

www.cancersupportdelaware.org

<div>1</div>				
<div>4</div> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<div>5</div> <p>1pm Poetry of Wellness (Zoom)</p>	<div>6</div> <p>10:30am Expressive Arts (In-person) 12n Walking Warriors (Various locations) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (In-person & Zoom)</p>	<div>7</div> <p>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) 4pm Biomarkers: Precision Medicine in Cancer Care (Zoom & FB Live) 5pm Meditation (Zoom) 6:30pm Breast Cancer Support Group (Zoom)</p>	<div>8</div>
<div>11</div> <p>1p Zentangle (Hybrid - New Castle) 6:30pm The Next Step (Hybrid - New Castle)</p>	<div>12</div> <p>9am-12n After Ringing the Bell: Survivorship Conference (Lewes Public Library) 1pm Poetry of Wellness (Zoom)</p>	<div>13</div> <p>12n Tai Chi with Jessica (FB Live) 12n Walking Warriors (Various locations) 2pm Chair Yoga with Rita (FB Live)</p>	<div>14</div> <p>10am Chair Yoga w/ Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person only) 1:30pm Caregiver Support Group (In-person & Zoom) 4pm Sound Meditation (In-person at Metta Studio) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)</p>	<div>15</div> <p>10am Welcome Meeting (Zoom)</p>
<div>18</div> <p>6:30pm Prostate Cancer Support Group (Hybrid- New Castle)</p>	<div>19</div> <p>1pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom)</p>	<div>20</div> <p>12n Walking Warriors (Various locations) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (In-person & Zoom)</p>	<div>21</div> <p>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 Metastatic Breast Cancer Support Group (Zoom)</p>	<div>22</div> <p>10am READ Book Club (Hybrid - New Castle)</p>
<div>25</div> <p>4:30pm Nutrition with Elena: Making Breakfast a Priority (Zoom) 6:00pm Blood Cancer Support Group (Zoom) 7pm Welcome Meeting (Zoom)</p>	<div>26</div> <p>1pm Poetry of Wellness (Zoom)</p>	<div>27</div> <p>12n Tai Chi with Jessica (FB Live) 12n Walking Warriors (Various locations) 2pm Chair Yoga with Rita (FB Live) 6:30pm Conversation Café (Zoom)</p>	<div>28</div> <p>10am Chair Yoga w/ 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) 4pm Sound Meditation (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom)</p>	<div>29</div> <p>Offices Closed</p>  <p>Scan QR code to visit program calendar on website</p>