

<p>1</p> <p>10am Tai Chi with Ran (In-person) 6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>2</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 Jessica (In-person in Middletown)</p>	<p>3</p> <p>2pm Chair Yoga with Rita (FB Live) 5pm The New You (Hybrid - Sussex)</p>	<p>4</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 3pm Giving the Gift of Gratitude (Zoom) 5pm Meditation (Zoom) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p>5</p>  <p>Scan QR code to visit calendar on website</p>
<p>8</p> <p>10am Tai Chi with Ran (In-person) 6:30pm The Next Step (Hybrid - New Castle)</p>	<p>9</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 Jessica (In-person in Middletown)</p>	<p>10</p> <p>12n Tai Chi with Jessica (FB Live) 2pm Chair Yoga with Rita (FB Live)</p>	<p>11</p> <p>10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 3pm Giving the Gift of Gratitude (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)</p>	<p>12</p>
<p>15</p> <p>10am Tai Chi with Ran (In-person) 6:30pm Prostate Cancer Support Group (Hybrid- New Castle)</p>	<p>16</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) 2:30pm GYN Cancer Support Group (Zoom) 1:45pm Tai Chi with Jessica (In-person in Middletown)</p>	<p>17</p> <p>12p Cooking with Chef Dave (Hybrid - Sussex) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (Hybrid - Sussex) 6:30pm Conversation Café (Zoom)</p>	<p>18</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 3pm Giving the Gift of Gratitude (Zoom) 5pm Meditation (Zoom) 6:30pm Metastatic Breast Cancer Support Group (Zoom)</p>	<p>19</p> <p>10am READ Book Club (Hybrid - New Castle)</p>
<p>22</p> <p>10am Tai Chi with Ran (In-person) 4:30pm Nutrition with Elena: Learning about Minerals (Zoom) 6:00pm Blood Cancer Support Group (Zoom)</p>	<p>23</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 Jessica (In-person in Middletown)</p>	<p>24</p> <p>12n Tai Chi with Jessica (FB Live) 2pm Chair Yoga with Rita (FB Live)</p>	<p>25</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 4pm Sound Meditation (Zoom & FB Live) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom)</p>	<p>26</p>
<p>29</p> <p>10am Tai Chi with Ran (In-person) 4pm Zentangle (Hybrid - New Castle) 7pm Welcome Meeting (Zoom)</p>	<p>30</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 Jessica (In-person in Middletown)</p>	<div style="text-align: center;">  <p>CANCER SUPPORT COMMUNITY DELAWARE</p> <p>302-645-9150 812 S Bradford St. Dover DE 19904</p> </div> <div style="text-align: right;"> <h2>April 2024</h2> <p>Program Calendar—Kent County</p> <div style="border: 1px solid black; padding: 5px;"> <p>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)</p> </div> <p>www.cancersupportdelaware.org</p> </div>		