

<p>1</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>2pm Sound Meditation (In-person)</p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>2</p> <p>11am Gentle Yoga w/ Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p> <p>1:45pm Tai Chi w/ Jessica (In-person in Middletown)</p> <p>1pm Poetry of Wellness (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>3</p> <p>2pm Chair Yoga with Rita (In-person & FB Live)</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Participant Support Group (Zoom)</p> <p>6:30pm Caregiver Support Group (Zoom)</p>	<p>4</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>10:30am KnitWits (In-person)</p> <p>11am Beginner's Yoga with Reber (Hybrid - Sussex)</p> <p>1:30pm Foundations of Meditation (In-person)</p> <p>3pm Giving the Gift of Gratitude (Zoom)</p> <p>5pm Meditation (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p>5</p> <p>10am Walking Warriors (In-person at Winterthur)</p>  <p>Scan QR code to visit calendar on website</p>
<p>8</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>6:30pm The Next Step (In-person & Zoom)</p>	<p>9</p> <p>11am Gentle Yoga w/ Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p> <p>1:45pm Tai Chi w/ Jessica (In-person in Middletown)</p> <p>1pm Poetry of Wellness (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>10</p> <p>12n Tai Chi with Jessica (In-person & FB Live)</p> <p>2pm Chair Yoga with Rita (In-person & FB Live)</p> <p>6:30pm Participant Support Group (Zoom)</p> <p>6:30pm Caregiver Support Group (Zoom)</p>	<p>11</p> <p>10am Welcome Meeting (Zoom)</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p> <p>1:30pm Foundations of Meditation (In-person)</p> <p>3pm Giving the Gift of Gratitude (Zoom)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>7pm Young Adult Survivors Support Group (Zoom)</p>	<p>12</p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p>15</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>1pm Forest Bathing (In-person)</p> <p>6:30pm Prostate Cancer Support Group (In-person & Zoom)</p>	<p>16</p> <p>11am Gentle Yoga w/ Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p> <p>1:45pm Tai Chi w/ Jessica (In-person in Middletown)</p> <p>1pm Poetry of Wellness (Zoom)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>17</p> <p>12p Cooking with Chef Dave (Hybrid - Sussex)</p> <p>2pm Chair Yoga with Rita (In-person & FB Live)</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Participant Support Group (Zoom)</p> <p>6:30pm Caregiver Support Group (Zoom)</p> <p>6:30pm Conversation Café (Zoom)</p>	<p>18</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>10:30am KnitWits (In-person)</p> <p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p> <p>1:30pm Foundations of Meditation (In-person)</p> <p>3pm Giving the Gift of Gratitude (Zoom)</p> <p>5pm Meditation (Zoom)</p> <p>6:30pm Metastatic Breast Cancer Support Group (Zoom)</p>	<p>19</p> <p>10am Walking Warriors (In-person at Winterthur)</p> <p>10am READ Book Club (In-person & Zoom)</p>
<p>22</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>4:30pm Nutrition with Elena: Learning about Minerals (Zoom)</p> <p>6:00pm Blood Cancer Support Group (Zoom)</p>	<p>23</p> <p>11am Gentle Yoga w/ Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p> <p>1:45pm Tai Chi w/ Jessica (In-person in Middletown)</p> <p>1pm Poetry of Wellness (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>24</p> <p>12n Tai Chi with Jessica (In-person & FB Live)</p> <p>2pm Chair Yoga with Rita (In-person & FB Live)</p> <p>6:30pm Participant Support Group (Zoom)</p> <p>6:30pm Caregiver Support Group (Zoom)</p>	<p>25</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p> <p>1:30pm Foundations of Meditation (In-person)</p> <p>4pm Sound Meditation (Zoom & FB Live)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>6:30pm Lung Cancer Support Group (Zoom)</p>	<p>26</p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p>29</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>4pm Zentangle (In-person & Zoom)</p> <p>7pm Welcome Meeting (Zoom)</p>	<p>30</p> <p>11am Gentle Yoga w/ Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p> <p>1:45pm Tai Chi w/ Jessica (In-person in Middletown)</p> <p>1pm Poetry of Wellness (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<div style="text-align: center;">  <h1>April 2024</h1> <h2>Program Calendar—New Castle County</h2> <p>CANCER SUPPORT COMMUNITY DELAWARE</p> <p>302-995-2850 4810 Lancaster Pike Wilmington DE 19807</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Types of Programs:</p> <p>Zoom /FB Live: Program is fully virtual</p> <p>Hybrid: Program is at another location but you can join virtually</p> <p>In-Person: Program is happening in-person in New Castle County (will specify if virtual option is also available)</p> </div> <p style="text-align: right;">www.cancersupportdelaware.org</p>		