

<p><b>1</b></p> <p>5pm Caregiver Support Group (In-person &amp; Zoom)</p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p><b>2</b></p> <p>1pm Poetry of Wellness (Zoom)</p>	<p><b>3</b></p> <p><b>10:30am Expressive Arts (In-person)</b></p> <p>12n Walking Warriors (Rehoboth Beach)</p> <p>2pm Chair Yoga with Rita (FB Live)</p> <p>5pm The New You (In-person &amp; Zoom)</p>	<p><b>4</b></p> <p>10am Chair Yoga with Reber (In-person &amp; Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person &amp; Zoom)</p> <p>1:30pm Participant Support Group (In-person &amp; Zoom)</p> <p>1:30pm Caregiver Support Group (In-person &amp; Zoom)</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><b>5</b></p>  <p>Scan QR code to visit program calendar on website</p>
<p><b>8</b></p> <p>5pm Caregiver Support Group (In-person &amp; Zoom)</p> <p>6:30pm The Next Step (Hybrid - New Castle)</p>	<p><b>9</b></p> <p>1pm Poetry of Wellness (Zoom)</p>	<p><b>10</b></p> <p>12n Tai Chi with Jessica (FB Live)</p> <p>12n Walking Warriors (Seaford AND Rehoboth Beach groups)</p> <p>2pm Chair Yoga with Rita (FB Live)</p>	<p><b>11</b></p> <p>10am Welcome Meeting (Zoom)</p> <p>10am Chair Yoga w/ Reber (In-person &amp; Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person &amp; Zoom)</p> <p>1:30pm Participant Support Group (In-person &amp; Zoom)</p> <p>1:30pm Caregiver Support Group (In-person &amp; Zoom)</p> <p>3pm Giving the Gift of Gratitude (Zoom)</p> <p><b>4pm Sound Meditation (In-person at Metta Studio)</b></p> <p>6pm Spirituality, Uncertainty &amp; Cancer (Zoom)</p> <p>7pm Young Adult Survivors Support Group (Zoom)</p>	<p><b>12</b></p>
<p><b>15</b></p> <p>5pm Caregiver Support Group (In-person &amp; Zoom)</p> <p>6:30pm Prostate Cancer Support Group (Hybrid- New Castle)</p>	<p><b>16</b></p> <p>1pm Poetry of Wellness (Zoom)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p>	<p><b>17</b></p> <p>12p Cooking with Chef Dave (In-person &amp; Zoom)</p> <p>12p Walking Warriors (Seaford AND Rehoboth Beach groups)</p> <p>2pm Chair Yoga with Rita (FB Live)</p> <p>5pm The New You (In-person &amp; Zoom)</p> <p>6:30pm Conversation Café (Zoom)</p>	<p><b>18</b></p> <p>10am Chair Yoga with Reber (In-person &amp; Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person &amp; Zoom)</p> <p>1:30pm Participant Support Group (In-person &amp; Zoom)</p> <p>1:30pm Caregiver Support Group (In-person &amp; Zoom)</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><b>19</b></p> <p>10am READ Book Club (Hybrid - New Castle)</p>
<p><b>22</b></p> <p>4:30pm Nutrition with Elena: Learning about Minerals (Zoom)</p> <p>5pm Caregiver Support Group (In-person &amp; Zoom)</p> <p>6:00pm Blood Cancer Support Group (Zoom)</p>	<p><b>23</b></p> <p>1pm Poetry of Wellness (Zoom)</p>	<p><b>24</b></p> <p>12n Tai Chi with Jessica (FB Live)</p> <p>12n Walking Warriors (Seaford AND Rehoboth Beach groups)</p> <p>2pm Chair Yoga with Rita (FB Live)</p>	<p><b>25</b></p> <p>10am Chair Yoga w/ Reber (In-person &amp; Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person &amp; Zoom)</p> <p>1:30pm Participant Support Group (In-person &amp; Zoom)</p> <p>1:30pm Caregiver Support Group (In-person &amp; Zoom)</p> <p>4pm Sound Meditation (Zoom &amp; FB Live)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>6:30pm Lung Cancer Support Group (Zoom)</p>	<p><b>26</b></p>
<p><b>29</b></p> <p>4pm Zentangle (Hybrid - New Castle)</p> <p>5pm Caregiver Support Group (In-person &amp; Zoom)</p> <p>7pm Welcome Meeting (Zoom)</p>	<p><b>30</b></p> <p>1pm Poetry of Wellness (Zoom)</p>	<div style="text-align: center;">  <h1>April 2024</h1> <h2>Program Calendar—Sussex County</h2> <p><b>CANCER SUPPORT COMMUNITY DELAWARE</b></p> <p>302-645-9150</p> <p>18947 John J Williams Hwy Ste 312 Rehoboth Beach DE 19971</p> <p><a href="http://www.cancersupportdelaware.org">www.cancersupportdelaware.org</a></p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Types of Programs:</b></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 Sussex County (will specify if virtual option is also available)</p> </div>		