

<p>1</p> <p>10am Tai Chi with Ran (In-person) 5pm Caregiver Support Group (Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>2</p> <p>11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (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>Closed for Holiday</p>	<p>5</p> <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 (Virtual options listed if available)</p>
<p>8</p> <p>10am Tai Chi with Ran (In-person) 5pm Caregiver Support Group (Zoom) 6:30pm The Next Step (Hybrid - New Castle)</p>	<p>9</p> <p>11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (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) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)</p>	<p>12</p>
<p>15</p> <p>10am Tai Chi w/ Ran (In-person) 1pm Zentangle (In-person) 4pm Mental Health & Cancer (Zoom & FB Live) 5pm Caregiver Support Group (Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle)</p>	<p>16</p> <p>11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 2:30pm GYN Cancer Support Group (Zoom)</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)</p>	<p>18</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 5pm Meditation with Clare (Zoom) 6:30pm Metastatic Breast Cancer Support Group (Zoom)</p>	<p>19</p> <div style="text-align: center;">  <p>Scan QR code to visit calendar on website</p> </div>
<p>22</p> <p>10am Tai Chi with Ran (In-person) 5pm Caregiver Support Group (Zoom) 6:00pm Blood Cancer Support Group (Zoom)</p>	<p>23</p> <p>11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</p>	<p>24</p> <p>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 with Mary (Zoom & FB Live) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom)</p>	<p>26</p> <p>10am READ Book Club (Hybrid - New Castle)</p>
<p>29</p> <p>10am Tai Chi with Ran (In-person) 4:30pm Nutrition with Elena: How-To in the Kitchen (Zoom) 5pm Caregiver Support Group (Zoom) 7:30pm Welcome Meeting (Zoom)</p>	<p>30</p> <p>11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</p>	<p>31</p> <p>12n Tai Chi with Jessica (FB Live) 2pm Chair Yoga with Rita (FB Live)</p>	<div style="text-align: center;"> <h1>July 2024</h1> <p>Program Calendar—Kent County 302-645-9150 812 S Bradford St Dover DE 19904</p>  <p>CANCER SUPPORT COMMUNITY DELAWARE</p> <p>www.cancersupportdelaware.org</p> </div>	