

<p>10am Participant Support Group (In-person & Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>1 11am Gentle Yoga (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>2 2pm Chair Yoga with Rita (In-person & FB Live) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)</p>	<p>3 Closed for Holiday</p>  <p>Scan QR code to visit calendar on website</p>	<p>4 10am Walking Warriors (In-person at Winterthur)</p> <p>5 <u>Types of Programs:</u> 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 New Castle County (Virtual options listed if available)</p>
<p>8 10am Participant Support Group (In-person & Zoom) 6:30pm The Next Step (In-person & Zoom)</p>	<p>9 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>10 12n Tai Chi with Jessica (In-person & FB Live) 2pm Chair Yoga (In-person & FB Live) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)</p>	<p>11 10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)</p>	<p>12 10am Walking Warriors (In-person at Winterthur)</p>
<p>15 10am Participant Support Group (In-person & Zoom) 1pm Intuitive Painting (In-person) 4pm Mental Health & Cancer (Zoom & FB Live) 6:30pm Prostate Cancer Support Group (In-person & Zoom)</p>	<p>16 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>17 12p Cooking with Chef Dave (Hybrid - Sussex) 2pm Chair Yoga (In-person & FB Live) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)</p>	<p>18 10am Chair Yoga with Reber (Hybrid - Sussex) 10:30am KnitWits (In-person) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 5pm Meditation with Clare (Zoom) 6:30pm Metastatic Breast Cancer Support Group (Zoom)</p>	<p>19 10am Walking Warriors (In-person at Winterthur)</p>
<p>22 10am Participant Support Group (In-person & Zoom) 6:00pm Blood Cancer Support Group (Zoom)</p>	<p>23 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>24 2pm Chair Yoga (In-person & FB Live) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)</p>	<p>25 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 4pm Sound Meditation with Mary (Zoom & FB Live) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom)</p>	<p>26 10am Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person & Zoom)</p>
<p>29 10am Participant Support Group (In-person & Zoom) 4:30pm Nutrition with Elena (Zoom) 7:30pm Welcome Meeting (Zoom)</p>	<p>30 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>31 12n Tai Chi with Jessica (In-person & FB Live) 2pm Chair Yoga with Rita (In-person & FB Live) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)</p>	<p>July 2024 Program Calendar—New Castle County 302-995-2850 4810 Lancaster Pike Wilmington DE 19807</p>  <p>CANCER SUPPORT COMMUNITY DELAWARE www.cancersupportdelaware.org</p>	