

<p>1</p> <p>5pm Caregiver Support Group (In-person & Zoom)</p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>2</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>3</p> <p>12n Walking Warriors (Seaford & Rehoboth Beach)</p> <p>2pm Chair Yoga with Rita (FB Live)</p> <p>5pm The New You (In-person & Zoom)</p>	<p>4</p> <p>Closed for Holiday</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 Sussex County (Virtual options listed if available)</p> </div>	<p>5</p>
<p>8</p> <p>5pm Caregiver Support Group (In-person & Zoom)</p> <p>6:30pm The Next Step (Hybrid - New Castle)</p>	<p>9</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>10</p> <p>12n Tai Chi with Jessica (FB Live)</p> <p>12n Walking Warriors (Seaford & Rehoboth Beach groups)</p> <p>2pm Chair Yoga with Rita (FB Live)</p>	<p>11</p> <p>10am Welcome Meeting (Zoom)</p> <p>10am Chair Yoga w/ Reber (In-person & Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person & Zoom)</p> <p>1:30pm Participant Support Group (In-person & Zoom)</p> <p>1:30pm Caregiver Support Group (In-person & Zoom)</p> <p>3pm Kid Support (In-person)</p> <p>4pm Sound Meditation (In-person at Metta Studio)</p> <p>6pm Spirituality, Uncertainty & Cancer (Zoom)</p> <p>7pm Young Adult Survivors Support Group (Zoom)</p>	<p>12</p>
<p>15</p> <p>4pm Mental Health & Cancer (Zoom & FB Live)</p> <p>5pm Caregiver Support Group (In-person & Zoom)</p> <p>6:30pm Prostate Cancer Support Group (Hybrid - New Castle)</p>	<p>16</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p>	<p>17</p> <p>12p Cooking with Chef Dave (In-person & Zoom)</p> <p>12p Walking Warriors (Seaford & Rehoboth Beach groups)</p> <p>2pm Chair Yoga with Rita (FB Live)</p> <p>5pm The New You (In-person & Zoom)</p>	<p>18</p> <p>10am Chair Yoga with Reber (In-person & Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person & Zoom)</p> <p>1:30pm Participant Support Group (In-person & Zoom)</p> <p>1:30pm Caregiver Support Group (In-person & Zoom)</p> <p>3pm Kid Support (In-person)</p> <p>5pm Meditation w/ Clare (Zoom)</p> <p>6:30pm Metastatic Breast Cancer Support Group (Zoom)</p>	<p>19</p> <div style="text-align: center;">  </div> <p>Scan QR code to visit calendar on website</p>
<p>22</p> <p>5:00pm Caregiver Support Group (In-person & Zoom)</p> <p>6:00pm Blood Cancer Support Group (Zoom)</p>	<p>23</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>24</p> <p>9am Coffee & Conversation: Men's Group (In-person)</p> <p>12n Walking Warriors (Seaford & Rehoboth Beach groups)</p> <p>2pm Chair Yoga with Rita (FB Live)</p>	<p>25</p> <p>10am Chair Yoga w/ Reber (In-person & Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person & Zoom)</p> <p>1:30pm Participant Support Group (In-person & Zoom)</p> <p>1:30pm Caregiver Support Group (In-person & Zoom)</p> <p>4pm Kid Support (In-person)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>6:30pm Lung Cancer Support Group (Zoom)</p>	<p>26</p> <p>10am READ Book Club (Hybrid - New Castle)</p>
<p>29</p> <p>4:30pm Nutrition with Elena (Zoom)</p> <p>5:00pm Caregiver Support Group (In-person & Zoom)</p> <p>7:30pm Welcome Meeting (Zoom)</p>	<p>30</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>31</p> <p>12n Tai Chi with Jessica (FB Live)</p> <p>12n Walking Warriors (Seaford & Rehoboth Beach groups)</p> <p>2pm Chair Yoga with Rita (FB Live)</p>	<div style="text-align: center;"> <h1>July 2024</h1> <p>Program Calendar—Sussex County 302-645-9150 18947 John J Williams Hwy Ste 312 Rehoboth Beach DE 19971</p>  <p>CANCER SUPPORT COMMUNITY DELAWARE</p> <p>www.cancersupportdelaware.org</p> </div>	