

<p>October 2024 Program Calendar Kent County</p>  <p>CANCER SUPPORT COMMUNITY DELAWARE</p>	<p>11:15am Chair Yoga with Elena (In-person) 1 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>2 2pm Chair Yoga with Rita (FB Live) 5pm The New You (Hybrid - Sussex)</p>	<p>3 10am Chair Yoga with Lisa (Hybrid - Sussex) 11am Beginner's Yoga with Lisa (Hybrid - Sussex) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p>4</p>  <p>Scan QR code to visit calendar on website</p>
<p>7 10am Tai Chi with Ran (In-person) 5pm Caregiver Support Group (Zoom) 6:30pm Colorectal Cancer Support Group (Hybrid - New Castle)</p>	<p>8 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>9 12n T'ai Chi Chih with Jessica (FB Live)</p>	<p>10 10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p>11</p>
<p>14 Offices Closed 6:30pm A Gentle Path to Healing (Zoom)</p>	<p>15 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>16 12n Cooking with Chef Dave (Hybrid - Sussex) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (Hybrid - Sussex)</p>	<p>17 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) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p>18</p>
<p>21 10am Tai Chi with Ran (In-person) 5pm Caregiver Support Group (Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle) 6:30pm A Gentle Path to Healing (Zoom)</p>	<p>22 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>23 12n T'ai Chi Chih with Jessica (FB Live)</p>	<p>24 10am Chair Yoga with Lisa (Hybrid - Sussex) 11am Gentle Yoga with Lisa (Hybrid - Sussex) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom)</p>	<p>25 10am READ Book Club (Hybrid - New Castle)</p>
<p>28 10am Tai Chi with Ran (In-person) 4:30pm Nutrition with Elena (Zoom) 5pm Caregiver Support Group (Zoom) 6:00pm Blood Cancer Support Group (Zoom) 7:30pm Welcome Meeting (Zoom)</p>	<p>29 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>30</p>	<p>31 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex)</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 (will specify if virtual option is also available)</p> <p>302-645-9150</p>