

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10am Tai Chi with Ran (In-person)</p> <p>5pm Caregiver Support Group (Zoom)</p>	<p>3</p> <p>11:15am Chair Yoga with Elena (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>)</p> <p>12:30pm Cancer Support Group (<b>In-person only</b>)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>4</p> <p>2pm Chair Yoga with Rita (FB Live)</p> <p>5pm The New You (Hybrid - Sussex)</p>	<p>5</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p> <p>5pm Meditation w/ Clare (Zoom)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>6:30pm Lung Cancer Support Group (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p>6</p>
<p>9</p> <p>10am Tai Chi with Ran (In-person)</p> <p>4:30pm Nutrition with Elena: Let's Talk About Fiber (Zoom)</p> <p>5pm Caregiver Support Group (Zoom)</p>	<p>10</p> <p>11:15am Chair Yoga with Elena (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>)</p> <p>12:30pm Cancer Support Group (In-person &amp; Zoom)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p>	<p>11</p> <p>12n T'ai Chi Chih with Jessica (FB Live)</p>	<p>12</p> <p><b>10am Welcome Meeting (Zoom)</b></p> <p>10am Chair Yoga with Lisa (Hybrid - Sussex)</p> <p>11am Gentle Yoga with Lisa (Hybrid - Sussex)</p> <p>7pm Young Adult Survivors Support Group (Zoom)</p>	<p>13</p> <p>10am READ Book Club (Hybrid - New Castle)</p>
<p>16</p> <p>10am Tai Chi with Ran (In-person)</p> <p>5pm Caregiver Support Group (Zoom)</p> <p>6:30pm Prostate Cancer Support Group (Hybrid - New Castle)</p>	<p>17</p> <p>11:15am Chair Yoga with Elena (In-person)</p> <p><b>12pm-3pm Holiday Open House</b></p> <p>12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>)</p> <p>12:30pm Cancer Support Group (<b>In-person only</b>)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p>	<p>18</p> <p>12pm Cooking with Chef Dave (Hybrid - Sussex)</p> <p>2pm Chair Yoga with Rita (FB Live)</p> <p><b>3pm Celiac &amp; Cancer Educational Session (Zoom &amp; FB Live)</b></p> <p>5pm The New You (Hybrid - Sussex)</p>	<p>19</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p> <p>5pm Meditation with Clare (Zoom)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>6:30pm Metastatic Breast Cancer Support Group (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p>20</p> <p>1p Sound Meditation with Mary (Zoom &amp; FB Live)</p>
<p>23</p> <p>10am Tai Chi with Ran (In-person)</p> <p>6:00pm Blood Cancer Support Group (Zoom)</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<b>Offices Closed</b>				
<p>30</p> <p>5pm Caregiver Support Group (Zoom)</p>	<p>31</p> <p><b>Offices Closed</b></p>	 <p><b>CANCER SUPPORT COMMUNITY DELAWARE</b></p> <p>302-645-9150 812 S Bradford St Wilmington DE 19904</p>	<h2 style="text-align: center;">December 2024</h2> <h3 style="text-align: center;">Program Calendar—Kent County</h3> <div style="border: 1px solid black; padding: 5px;"> <p><b>Types of Programs:</b>  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> </div> <p style="text-align: center;"><a href="http://www.cancersupportdelaware.org">www.cancersupportdelaware.org</a></p>	