



302-645-9150
18947 John J Williams Hwy Ste 312
Rehoboth Beach DE 19971

May 2025

Program Calendar—Sussex County

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 (will specify if virtual option is also available)

www.cancersupportdelaware.org

10am Chair Yoga with Reber (In-person & Zoom) **1**
11am Beginner's Yoga with Reber (In-person & Zoom)
1:30pm Participant Support Group (In-person & Zoom)
1:30pm Caregiver Support Group (In-person & Zoom)
6:30pm Breast Cancer Support Group (Zoom)



Scan QR code to visit calendar on website

<p>5</p> <p>5pm Caregiver Support Group (In-person & Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>6</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>7</p> <p>10a Walking Warriors (Rehoboth Beach) 12n Cooking with Chef Dave (In-person & Zoom) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (In-person & Zoom)</p>	<p>8</p> <p>10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 4pm Sound Meditation (In-person at Metta Studio) 5pm Meditation w/ Clare (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p>9</p>
<p>12</p> <p>5pm Caregiver Support Group (In-person & Zoom)</p>	<p>13</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>14</p> <p>10a Walking Warriors (Rehoboth Beach) 12n Tai Chi with Jessica (FB Live)</p>	<p>15</p> <p>10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 6:30pm Metastatic Breast Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p>16</p>
<p>19</p> <p>10am The Next Step (In-person) 4:30pm Nutrition with Elena: Women's Health & Nutrition (Zoom) 5pm Caregiver Support Group (In-person & Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle) 7pm Welcome Meeting (Zoom)</p>	<p>20</p> <p>1:30pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom)</p>	<p>21</p> <p>10a Walking Warriors (Rehoboth Beach) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (In-person & Zoom)</p>	<p>22</p> <p>10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 4pm Sound Meditation (Zoom & FB Live) 5pm Meditation w/ Clare (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom)</p>	<p>23</p>
<p>26</p> <p>Offices Closed</p> 	<p>27</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>28</p> <p>9am Coffee & Conversation: Men's Group (In-person) 10am Walking Warriors (Rehoboth Beach) 12n T'ai Chi Chih with Jessica (FB Live)</p>	<p>29</p> <p>10am Chair Yoga w/ Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 5pm Sun, Skin and Safety (Zoom & FB Live)</p>	<p>30</p> <p>10am READ Book Club (Hybrid - New Castle)</p> <p>Sat 5/31 & Sun 6/1</p> <p>Crush Out Cancer Weekend</p>