

# Calendar of Events

## May 2024

Visit [cscatlanta.org](http://cscatlanta.org) to register or learn more about the free oncology support programs available.



**Exercise/Stress Reduction–Blue | Support Groups–Red | Education/Social–Black | Nutrition–Green**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<ul style="list-style-type: none"> <li>11:00am–12:00pm Chair Yoga</li> <li>2:30–3:30pm Tai Chi Qigong at CNC</li> <li>3:00–4:00pm Cherokee County Women's Group</li> <li>5:30–6:30pm Yin Yoga</li> <li>6:00–7:00pm Lung Group</li> </ul>	<ul style="list-style-type: none"> <li>9:00–9:30am Morning Stretch</li> <li>10:00–11:00am Chair Yoga</li> <li>11:00am–12:30pm Cancer Transitions</li> <li>11:00am–12:00pm Neuropathy Exercise Series</li> <li>12:00–1:00pm Gentle Yoga</li> <li>1:00–2:00pm Triple Negative Support</li> <li>6:30–7:30pm Meditative Yoga</li> </ul>	<ul style="list-style-type: none"> <li>10:30am–12:30pm Cultivating Gratitude</li> <li>12:00–12:30pm Guided Meditation</li> </ul>	<ul style="list-style-type: none"> <li>10:00–11:00am Marietta Support Group</li> <li>11:30am–12:45pm Austell Chair Yoga</li> </ul>
5	<ul style="list-style-type: none"> <li>12:00–12:30pm Intro to Breathing Techniques</li> <li>5:30–6:30pm Living with Cancer Support Group</li> <li>5:30–6:30pm Pilates</li> </ul>	<ul style="list-style-type: none"> <li>10:00–11:00am Body Balance</li> <li>10:00am–12:00 pm Spring Floral Arrangements</li> <li>11:15am–12:15pm Pilates &amp; Foam Roller</li> <li>12:45–1:45pm Let's Dance!</li> </ul>	<ul style="list-style-type: none"> <li>10:00am–12:00 pm Spring Floral Arrangements</li> <li>11:00am–12:00pm Chair Yoga</li> <li>12:00–1:00pm Grief and Loss Group</li> <li>12:30–2:30pm Breast Support</li> <li>5:30–6:30pm Yin Yoga</li> <li>6:00–7:00pm GYN Cancer Support Group</li> </ul>	<ul style="list-style-type: none"> <li>9:00–9:30am Morning Stretch</li> <li>10:00–11:00am Chair Yoga</li> <li>10:00–11:00am CNC Walking Group</li> <li>11:00am–12:30pm Cancer Transitions</li> <li>11:00am–12:00pm Neuropathy Exercise Series</li> <li>12:00pm–1:30pm Brunch with Chef Mike</li> <li>12:00–1:00pm Gentle Yoga</li> <li>5:30–6:30pm Family and Friends Support</li> <li>6:30–7:30pm Meditative Yoga</li> </ul>	<ul style="list-style-type: none"> <li>12:00–12:30pm Guided Meditation</li> </ul>	<ul style="list-style-type: none"> <li>11:30am–12:45pm Austell Chair Yoga</li> </ul>
12	<ul style="list-style-type: none"> <li>12:00–12:30pm Intro to Breathing Techniques</li> <li>12:30–1:30pm Oncology Nutrition 101</li> <li>5:30pm–6:30pm Living with Cancer Support Group</li> <li>5:30–6:30pm Pilates</li> </ul>	<ul style="list-style-type: none"> <li>10:00–11:00am Body Balance</li> <li>11:15am–12:15pm Pilates &amp; Foam Roller</li> <li>12:00–1:00pm Living with Adv. Breast and GYN</li> <li>12:45–1:45pm Let's Dance!</li> </ul>	<ul style="list-style-type: none"> <li>11:00am–12:00pm Chair Yoga</li> <li>12:00–12:30pm Summer Smoothies</li> <li>2:30–3:30pm Tai Chi Qigong at CNC</li> <li>3:00–4:00pm Cherokee County Women's Group</li> <li>5:30–6:30pm Yin Yoga</li> <li>6:00–7:00pm Colorectal Support</li> </ul>	<ul style="list-style-type: none"> <li>9:00–9:30am Morning Stretch</li> <li>10:00–11:00am Chair Yoga</li> <li>11:00am–12:30pm Cancer Transitions</li> <li>11:00am–12:00pm Neuropathy Exercise Series</li> <li>12:00–1:00pm Gentle Yoga</li> <li>12:00–2:00pm Prostate Support</li> <li>1:00–2:00pm Triple Negative Support</li> <li>1:30–3:00pm Immerse Yourself in Gardening at CNC</li> <li>6:30–7:30pm Meditative Yoga</li> </ul>	<ul style="list-style-type: none"> <li>12:00–12:30pm Guided Meditation</li> </ul>	<ul style="list-style-type: none"> <li>11:30am–12:45pm Austell Chair Yoga</li> </ul>
19	<ul style="list-style-type: none"> <li>12:00–12:30pm Intro to Breathing Techniques</li> <li>5:30pm–6:30pm Living with Cancer Support Group</li> <li>5:30–6:30pm Pilates</li> </ul>	<ul style="list-style-type: none"> <li>10:00–11:00am Body Balance</li> <li>11:15am–12:15pm Pilates with a Foam Roller</li> <li>12:00–1:00pm Nutrition Seminar</li> <li>12:45–1:45pm Let's Dance!</li> <li>6:00–7:30pm Mandalas Workshop</li> </ul>	<ul style="list-style-type: none"> <li>11:00am–12:00pm Chair Yoga</li> <li>12:00–1:00pm Grief and Loss Group</li> <li>12:30–2:30pm Breast Support</li> <li>2:30–3:30pm Tai Chi Qigong at CNC</li> <li>5:30–6:30pm Yin Yoga</li> <li>6:00–7:00pm GYN Cancer Support Group</li> </ul>	<ul style="list-style-type: none"> <li>9:00–9:30am Morning Stretch</li> <li>10:00–11:00am Chair Yoga</li> <li>10:00–11:00am CNC Walking Group</li> <li>11:00am–12:30pm Cancer Transitions</li> <li>11:00am–12:00pm Neuropathy Exercise Series</li> <li>12:00–1:00pm Gentle Yoga</li> <li>5:30–6:30pm Family and Friends Support</li> <li>6:30–7:30pm Meditative Yoga</li> </ul>	<ul style="list-style-type: none"> <li>12:00–12:30pm Guided Meditation</li> </ul>	
26	<p><b>Memorial Day CSC Atlanta Closed</b></p>	<ul style="list-style-type: none"> <li>10:00–11:00am Body Balance</li> <li>11:15am–12:15pm Pilates with a Foam Roller</li> <li>12:00–1:00pm Creating Connections Lunch</li> <li>12:45–1:45pm Let's Dance!</li> </ul>	<ul style="list-style-type: none"> <li>11:00am–12:00pm Chair Yoga</li> <li>2:30–3:30pm Tai Chi Qigong at CNC</li> <li>5:30–6:30pm Yin Yoga</li> </ul>	<ul style="list-style-type: none"> <li>9:00–9:30am Morning Stretch</li> <li>10:00–11:00am Chair Yoga</li> <li>11:00am–12:00pm Neuropathy Exercise Series</li> <li>12:00–1:00pm Gentle Yoga</li> <li>6:30–7:30pm Meditative Yoga</li> </ul>		