

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Important: All classes, events, and support groups require advanced registration. These events are free to CHCC patients.	Questions? Contact Lauren Kriegel @ 609.303.4068 Please scan the QR codes to register.	Wellness Classes: 	Support Groups: 	1 <u>Caregivers Support Group</u> 2:00-3:00pm- Zoom <u>Restorative Yoga</u> 4:30-6:00pm- Zoom	2 <u>Strength Class</u> 11-11:45am In person Hopewell	3
4	5 <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	6	7 <u>Gentle Yoga</u> 5-6pm Zoom	8	9 <u>Strength Class</u> 11-11:45am In person Hopewell	10 <u>NJ Brain Tumor Walk</u> 7:30am Asbury Park
11	12 <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	13 <u>GYN Cancer Support Group</u> 10:00-11:00am Zoom <u>Living With Cancer</u> 5:30-7:00pm In person Hopewell & Zoom	14 <u>Gentle Yoga</u> 5-6pm Zoom	15 <u>Brain Tumor Support Group</u> 10:30am-12:00pm Zoom <u>Advanced Stage Cancer Support Group</u> 10:30-11:30am Zoom	16 <u>Strength Class</u> 11-11:45am In person Hopewell	17
18	19 <u>Gentle Yoga</u> 6-7pm Zoom only	20 <u>Breast Cancer Support Group</u> 6:00pm – 7:30pm In Person Hopewell	21 <u>Patient Wellness Event</u> 5-7pm Ewing	22	23 <u>Strength Class</u> 11-11:45am In person Hopewell	24
25	26 	27	28 <u>Gentle Yoga</u> 5-6pm Zoom	29	30 <u>Strength Class</u> 11-11:45am In person Hopewell	31

Blue: Wellness Classes

Purple: Support Groups

Red: Awareness Event

Green: Wellness Event