

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Important: All classes, events, and support groups require advanced registration. These events are free to CHCC patients.	Support Groups: 	Wellness Classes: 	Questions? Contact our social worker @ 609.303.4068 Please scan the QR codes to register.		30	31
1	2 Strength Class 11-11:45am In person Hopewell Gentle Yoga 6-7pm In-person Ewing AND Zoom	3 GYN Cancer Support Group 5:00-6:00pm Zoom	4 Gentle Yoga 5:00-6:00pm Zoom	5	6 Tai Chi 10:30-11:30am In person Hopewell	7
8 	9 Strength Class 11-11:45am In person Hopewell Gentle Yoga 6-7pm In-person Ewing AND Zoom	10 Living with Cancer 5:30-7:00pm In person Hopewell & Zoom	11 Gentle Yoga 5:00-6:00pm Zoom	12	13 Tai Chi 10:30-11:30am In person Hopewell	14 
15	16 Presidents Day Strength Class 11-11:45am In person Hopewell Gentle Yoga 6-7pm In-person Ewing AND Zoom	17 Breast Cancer Support Group 6:00pm – 7:30pm Via Zoom	18 Gentle Yoga 5:00-6:00pm Zoom	19	20	21
22	23 Strength Class 11-11:45am In person Hopewell Gentle Yoga 6-7pm In-person Ewing AND Zoom	24 Advanced Stage Cancer Support Group 5:00-6:00pm Zoom	25 Gentle Yoga 5:00-6:00pm Zoom	26 Restore and Renew Patient Wellness Retreat 5-7pm via Zoom	27	28

Blue: Wellness Classes

Purple: Support Groups