

August 2025

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>Strength Class</u> 11-11:45am In person Hopewell	2
3	4 <u>Tai Chi</u> 11:00-11:50am In person Hopewell <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	5	6 <u>Gentle Yoga</u> 4:45-5:45pm Zoom	7 <u>Caregivers Support Group</u> 2:00-3:00pm- Zoom <u>Restorative Yoga</u> 4:30-6:00pm- Zoom	8 <u>Strength Class</u> 11-11:45am In person Hopewell	9
10	11 <u>Tai Chi</u> 11:00-11:50am In person Hopewell <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	12 <u>GYN Cancer Support Group</u> 10:00-11:00am Zoom <u>Living With Cancer</u> 5:30-7:00pm In person Hopewell & Zoom	13 <u>Gentle Yoga</u> 4:45-5:45pm Zoom	14	15 <u>Strength Class</u> 11-11:45am In person Hopewell	16
17	18 <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	19 <u>Breast Cancer Support Group</u> 6:00pm – 7:30pm In Person Hamilton	20 <u>Gentle Yoga</u> 4:45-5:45pm Zoom	21 <u>Brain Tumor Support Group</u> 10:30am-12:00pm Zoom <u>Advanced Stage Cancer Support Group</u> 10:30-11:30am Zoom	22 <u>Strength Class</u> 11-11:45am In person Hopewell	23
24/31	25 <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	26	27 <u>Gentle Yoga</u> 4:45-5:45pm Zoom	28	29 <u>Strength Class</u> 11-11:45am In person Hopewell	30

Blue: Wellness Classes

Purple: Support Groups