

April 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.	1	2	3 <u>Caregivers Support Group</u> 2:00-3:00pm- Zoom <u>Restorative Yoga</u> 4:30-6:00pm- Zoom	4 <u>Strength Class</u> 11-11:45am In person Hopewell	5
6	7 <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	8 <u>GYN Cancer Support Group</u> 10:00-11:00am Zoom <u>Living With Cancer</u> 5:30-7:00pm In person Hopewell & Zoom	9 <u>Gentle Yoga</u> 5-6pm Zoom	10 <u>Patient Social Event: Trivia Night!</u> 5:30-7pm Hopewell	11 <u>Strength Class</u> 11-11:45am In person Hopewell	12
13	14 <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	15	16 <u>Gentle Yoga</u> 5-6pm Zoom	17 <u>Brain Tumor Support Group</u> 10:30-12:00 Zoom	18 <u>Strength Class</u> 11-11:45am In person Hopewell	19
20	21 <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	22 <u>Breast Cancer Support Group</u> 6:00pm – 7:30pm In Person Hamilton	23 <u>Gentle Yoga</u> 5-6pm Zoom	24 <u>Advanced Stage Cancer Support Group</u> 10:30-11:30am Zoom	25 <u>Strength Class</u> 11-11:45am In person Hopewell <u>Mindfulness Group</u> 12-12:30pm Zoom	26
27	28 <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	29	30 <u>Gentle Yoga</u> 5-6pm Zoom		Wellness Classes: 	Support Groups: 

Blue: Wellness Classes

Purple: Support Groups

Green: Social Event