capitalhealth CANCER CENTER | NCI Community Oncology Research Program

Innovative, patient-centric care is closer than ever.

February 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. **Please scan the QR codes to register.**	**Questions?** Contact Lauren Kriegel @ 609.303.4068	Wellness Events:	Support Groups:			1 **Tai-Chi** 10-11am In-person Ewing
2	3 **Gentle Yoga** 6-7pm In-person Ewing AND Zoom	4	5 **Gentle Yoga** 5-6pm Zoom	6 **Caregivers Support Group** 2:00-3:00pm- Zoom **Restorative Yoga** 4:30-6:00pm- Zoom	7 **Strength Class** 11-11:45am In person Hopewell	8 **Tai-Chi** 10-11am In-person Ewing
9	10 **Gentle Yoga** 6-7pm In-person Ewing AND Zoom	11 **GYN Cancer Support Group** 10:00-11:00am Zoom **Living With Cancer** 5:30-7:00pm In person Hopewell & Zoom	12 **Gentle Yoga** 5-6pm Zoom	13 **Advanced Stage Cancer Support Group** 10:30–11:30am Zoom **Brain Tumor Support Group** 10:30–12:00 Zoom	14 **Strength Class** 11-11:45am In person Hopewell	15 **Tai-Chi** 10-11am In-person Ewing
16	17 **Gentle Yoga** 6-7pm In-person Ewing AND Zoom	18 **Breast Cancer Support Group** 6:00pm – 7:30pm In Person Hamilton	19 **Wellness Event** 5-7pm Zoom	20	21 **Strength Class** 11-11:45am In person Hopewell	22 **Tai-Chi** 10-11am In-person Ewing
23	24 **Gentle Yoga** 6-7pm In-person Ewing AND Zoom	25	26 **Gentle Yoga** 5-6pm Zoom	27	28 **Strength Class** 11-11:45am In person Hopewell	

Blue: Wellness Events **Purple: Support Groups** **Green: Wellness Event**