

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Important: All classes, events, and support groups require advanced registration. These events are free to CHCC patients.	Wellness Classes: 	Support Groups: 	1 <u>Gentle Yoga</u> 5:00-6:00pm Zoom	2 <u>Restorative Yoga</u> 4:30-6:00pm- Zoom	3 <u>Strength Class</u> 11-11:45am In person Hopewell	4
5	6 <u>Tai Chi</u> 11:00-11:50am In person Hopewell <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	7 <u>GYN Cancer Support Group</u> 10:00-11:00am Zoom <u>Pottery Night</u> 5:30-7:30pm Pennington	8 <u>Gentle Yoga</u> 5:00-6:00pm Zoom	9	10 <u>Strength Class</u> 11-11:45am In person Hopewell	11
12	13 <u>Tai Chi</u> 11:00-11:50am In person Hopewell <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	14 <u>Living With Cancer</u> 5:30-7:00pm In person Hopewell & Zoom	15 <u>Gentle Yoga</u> 5:00-6:00pm Zoom <u>Wellness Event</u> 5:00-7:00pm Ewing & Zoom	16	17 <u>Strength Class</u> 11-11:45am In person Hopewell	18
19	20 <u>Tai Chi</u> 11:00-11:50am In person Hopewell <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	21 <u>Breast Cancer Support Group</u> 6:00pm – 7:30pm In Person Hamilton	22 <u>Gentle Yoga</u> 5:00-6:00pm Zoom	23	24 <u>Strength Class</u> 11-11:45am In person Hopewell	25 <u>Hope is in the Bag</u> 9:00am Pennington Market
26	27 <u>Tai Chi</u> 11:00-11:50am In person Hopewell <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	28 <u>Advanced Stage Cancer Support Group</u> 5:00-6:00pm Zoom	29 <u>Gentle Yoga</u> 5:00-6:00pm Zoom	30	31 <u>Strength Class</u> 11-11:45am In person Hopewell	Questions? Contact our social worker @ 609.303.4068 Please scan the QR codes to register.

Blue: Wellness Classes

Purple: Support Groups

Pink: Special Event