

August

Programs offered free of charge!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All programs are held at: Cancer Support Community 2230 Sutherland Avenue Knoxville, TN 37919 unless noted. www.CancerSupportET.org (865) 546-4661</p>			<p>1 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM</p> <p>Guest Artist: Watercolor with Dana Barnes 6:00-8:00 PM</p>	<p>2 Knitting 1:00-3:00 PM BC Networker 6:00-7:30 PM</p>	<p>3 Gentle Yoga 10:00-11:00 AM</p>	<p>4 Yoga 10:00-11:00 AM</p>
	<p>5</p>	<p>6 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM</p>	<p>7 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM</p>	<p>8 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM</p>	<p>9 Oak Ridge Series: How am I Supposed to Feel? 5:30-7:30 PM (*off-site*)</p>	<p>10 Gentle Yoga 10:00-11:00 AM</p>
<p>12</p>	<p>13 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM</p>	<p>14 Nutrition Ammunition noon-1:30 PM Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM</p>	<p>15 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM 5 Essential Skills for Managing Pain 6:00-7:30 PM</p>	<p>16 Knitting 1:00-3:00 PM BC Networker 6:00-7:30 PM</p>	<p>17 Gentle Yoga 10:00-11:00 AM</p>	<p>18 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 10:00 AM-noon</p>
<p>19</p>	<p>20 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM</p>	<p>21 Quick & Tasty Cooking noon-1:30 PM Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM</p>	<p>22 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM</p>	<p>23 Caring for the Caregiver 6:00-7:30 PM</p>	<p>24 Gentle Yoga 10:00-11:00 AM</p>	<p>25 Yoga 10:00-11:00 AM Family Fun with Collage 11:00 AM-12:30 PM</p>
<p>26</p>	<p>27 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM</p>	<p>28 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM</p>	<p>29 Wellness Workout 12-1 PM Finding & Writing the Stories of Your Life 1:30-3:00 PM Yoga 3:00-4:00 PM Summer Potluck Social 6:00-7:30 PM</p>	<p>30 Knitting 1:00-3:00 PM Healing Through Art 1:00-3:00 PM</p>	<p>31 Gentle Yoga 10:00-11:00 AM</p>	

Please RSVP to events in a RED BOX by calling (865) 546-4661 or registering online at www.CancerSupportET.org. Most other events are "drop-in" and registration is not required. Please note, groups or networkers may require a phone call or interview. Cancer Support Community can provide supportive, structured play for children of members attending monthly education or featured programs. Reservations for structured play must be made 48 hours in advance by calling (865) 546-4661.