

July

Programs offered free of charge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	3 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	4 Office Closed	5 Knitting 1:00-3:00 PM Summer Fun Kids Camp Parent Orientation 4:30-6:30 PM BC Networker 6:00-7:30 PM	6 Gentle Yoga 10:00-11:00 AM	7 Yoga 10:00-11:00 AM
8	9 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	10 Nutrition Ammunition noon-1:30 PM Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	11 Wellness Workout noon-1:00 PM Yoga 3:00-4:00 PM Indian Cooking Class 6:00-7:30 PM	12	13 Gentle Yoga 10:00-11:00 AM	14 Yoga 10:00-11:00 AM Prostate Cancer Networker 10:00-11:30 AM
15	16 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	17 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	18 Wellness Workout noon-1:00 PM Finding & Writing the Stories of Your Life 1:30-3:00 PM Yoga 3:00-4:00 PM	19 Knitting 1:00-3:00 PM BC Networker 6:00-7:30 PM	20 Gentle Yoga 10:00-11:00 AM	21 Yoga 10:00-11:00 AM
	Summer Fun Kids Camp 9:00 AM-2:00 PM		Summer Fun Kids Camp 9:00 AM-2:00 PM			
22	23 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	24 Ask the Doctor: Hospice & Palliative Care noon-1:30 PM Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM	25 Wellness Workout noon-1:00 PM Healing Through Art 1:00-3:00 PM Yoga 3:00-4:00 PM	26 Getting Your Affairs in Order 6:00-7:30 PM	27 Gentle Yoga 10:00-11:00 AM	28 Yoga 10:00-11:00 AM Mindfulness in Everyday Life 10:00 AM-noon
29	30 Wellness Workout noon-1:00 PM Chair Yoga 1:00-1:45 PM Group 6:00-7:30 PM	31 Qigong 5:00-6:00 PM Orientation 5:00-6:00 PM Groups 6:00-7:30 PM				All programs are held at: Cancer Support Community 2230 Sutherland Avenue Knoxville, TN 37919 unless noted. www.CancerSupportET.org (865) 546-4661