

September PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><input checked="" type="checkbox"/> PRE-REGISTRATION OR RSVP REQUIRED Programs marked with this symbol require pre-registration or RSVP. Please contact us.</p> <p><input type="checkbox"/> OPEN PROGRAMS are offered on a drop-in basis, so feel free to stop in when you can. No RSVP or pre-registration is required.</p>				<p>1</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stretch and Tone 11:00 AM <input type="checkbox"/> Welcome Meeting 12:00 PM <input type="checkbox"/> Quilting 1:30 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM 	<p>2</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Mindfulness Meditation I Week 5 10:00 AM <input type="checkbox"/> Yoga Nidra 12:30 PM New Time! 	<p>3</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 9:00 AM <input type="checkbox"/> Couples Support Group 10:15 AM
<p>4</p>	<p>5</p> <p style="text-align: center;">HOPEWELL CLOSED LABOR DAY HOLIDAY</p> <p style="text-align: center;">NO STRETCHOUT & WALK NO BREAST CANCER GROUP NO QIGONG CLASS</p>	<p>6</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 10:45 AM <input type="checkbox"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="checkbox"/> Welcome Meeting 7:00 PM <input checked="" type="checkbox"/> Adult Bereavement Group 7:00 PM 	<p>7</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 6:00 PM <input type="checkbox"/> Meditations 7:15 PM 	<p>8</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stretch and Tone 11:00 AM <input type="checkbox"/> Welcome Meeting 12:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM <input type="checkbox"/> Ovarian Cancer Group 7:30 PM 	<p>9</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Mindfulness Meditation I Week 6 10:00 AM <input checked="" type="checkbox"/> HopeWell SongFest 12:30 PM 	<p>10</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 9:00 AM <input checked="" type="checkbox"/> Community "Work"Shop Birdhouse Maintenance and Care 10:00 AM
<p>11</p>	<p>12</p> <ul style="list-style-type: none"> <input type="checkbox"/> StretchOut & Walk 9:30 AM <input type="checkbox"/> Strength and Tone 11:00 AM <input type="checkbox"/> Metastatic Breast Cancer Group 1:00 PM <input type="checkbox"/> QiGong 6:00 PM 	<p>13</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 10:45 AM <input type="checkbox"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="checkbox"/> Welcome Meeting 7:00 PM 	<p>14</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 6:00 PM <input type="checkbox"/> Meditations 7:15 PM 	<p>15</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stretch and Tone 11:00 AM <input type="checkbox"/> Welcome Meeting 12:00 PM <input checked="" type="checkbox"/> PROJECT 10 1:30 PM <input checked="" type="checkbox"/> Kids Circle Orientation 6:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM 	<p>16</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Professional Orientation Coffee 9:00 AM <input checked="" type="checkbox"/> Mindfulness Meditation I Week 7 10:00 AM <input checked="" type="checkbox"/> Yoga Nidra 12:30 PM New Time! 	<p>17</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 9:00 AM <input checked="" type="checkbox"/> Kids Circle Week 1 10:00 AM <input type="checkbox"/> Couples Support Group 10:15 AM
<p>18</p>	<p>19</p> <ul style="list-style-type: none"> <input type="checkbox"/> StretchOut & Walk 9:30 AM <input type="checkbox"/> Strength and Tone 11:00 AM <input checked="" type="checkbox"/> HopeWell Song Fest 12:30 PM <input type="checkbox"/> QiGong 6:00 PM <input type="checkbox"/> Breast Cancer Group 7:00 PM SPEAKER! Vered Sterns, M.D. <input type="checkbox"/> Prostate Group 7:00 PM New Day and Time! 	<p>20</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 10:45 AM <input type="checkbox"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="checkbox"/> Welcome Meeting 7:00 PM <input checked="" type="checkbox"/> Adult Bereavement Group 7:00 PM 	<p>21</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 6:00 PM <input type="checkbox"/> Meditations 7:15 PM 	<p>22</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stretch and Tone 11:00 AM <input type="checkbox"/> Welcome Meeting 12:00 PM <input type="checkbox"/> Needlecrafters 12:30 PM <input checked="" type="checkbox"/> Journaling 2:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM <input type="checkbox"/> Ovarian Cancer Group 7:30 PM 	<p>23</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Mindfulness Meditation I Week 8 10:00 AM 	<p>24</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 9:00 AM <input checked="" type="checkbox"/> Kids Circle Week 2 10:00 AM
<p>25</p>	<p>26</p> <ul style="list-style-type: none"> <input type="checkbox"/> StretchOut & Walk 9:30 AM <input type="checkbox"/> Strength and Tone 11:00 AM <input type="checkbox"/> Metastatic Breast Cancer Group 1:00 PM <input type="checkbox"/> QiGong 6:00 PM <input type="checkbox"/> Brain Tumor Group 7:00 PM <input type="checkbox"/> Leukemia, Lymphoma and Myeloma Group 7:00 PM SPEAKER! <input type="checkbox"/> Lung Cancer Group 7:00 PM 	<p>27</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 10:45 AM <input type="checkbox"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="checkbox"/> Welcome Meeting 7:00 PM 	<p>28</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga 6:00 PM <input type="checkbox"/> Meditations 7:15 PM 	<p>29</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stretch and Tone 11:00 AM <input type="checkbox"/> Welcome Meeting 12:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM 	<p>30</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Mindfulness Meditation - Introduction and Review/Practice Session 10:00 AM <input checked="" type="checkbox"/> Yoga Nidra - Bonus Session 12:30 PM 	

Be sure to check out our website for more information on upcoming programs and HopeWell community events.

hopewellcancersupport.org

PHONE 410.832.2719 ADDRESS 10628 Falls Road, Lutherville, MD 21093

September HIGHLIGHTS

Quilting is Back!

Thursday, September 1st 1:30 - 3:00 PM

Join Allison Bachmann and Ava Barron-Shasho, LCSW-C to learn creative applications of this craft. Work on individual projects together. Try a project that can be completed in one session or build on your project from month to month. Either way you will have the chance to learn and practice the skills and techniques. No previous experience required. Experienced quilters are also encouraged to participate.

HopeWell SongFest

Friday, September 9th , 12:30 - 2:00 PM and
Monday, September 19th , 12:30 - 2:00 PM

Did you know that singing can help reduce stress and anxiety? Add to that the benefits of socialization and group support and you've got HopeWell Song Fest! Join fellow HopeWell participants as they share their enthusiasm and love of singing for an afternoon of fun and camaraderie. If you've always wanted to join a singing group, this is your chance to give it a try! No experience required. Feel free to bring music you like to sing. Please RSVP.

Community "Work"Shop: Birdhouse Maintenance & Care

Instructor: Steve Bennett, Naturalist

Saturday, September 10th, 10:00 AM - Noon

Have you been looking for a way to contribute to the HopeWell Community but weren't sure what you could do? Well, we think we've found a fun way you can help and learn at the same time. Steve Bennett, our resident birding expert who has been educating us about the art and science of birding, will lead us in this "hands-on" workshop in birdhouse maintenance and care. This is a perfect opportunity to help HopeWell, enjoy the outdoors and learn more about the birds in our region. Children and families are welcome! Please RSVP to confirm your attendance and for information about what to bring.

Kids Circle Six Week Series

Orientation:

Thursday, September 15th 6:00 – 7:00 PM

Series Begins:

Saturday, September 17th 10:00 – 11:30 AM

This six-week program is for children (between the ages of 5 and 12) and teens (between 13 and 18) who have a parent, grandparent, close relative, or close family friend living with cancer. Children and teens follow a curriculum of activities, discussion, crafts, and other age appropriate activities to support family attachments, diminish false attributions and myths associated with cancer, bolster self-competency, and increase knowledge. Emphasis is also on coping with change, identifying feelings, developing new coping skills, and boosting self-esteem. Pre-registration is required.

Update on Breast Cancer Research

House Calls Speaker: Vered Stearns, MD

Monday, September 19th , 7:00 - 8:30 PM

Please join Dr. Vered Stearns, Co-Director of the Breast Cancer Program at the Johns Hopkins Kimmel Cancer Center, as she discusses her research on cancer prevention and treatment, and the emerging era of personalized medicine. Learn how recent discoveries in genetics and the mapping of the breast cancer genome is allowing researchers to better understand an individual's unique response to treatment, leading to targeted therapies and improved quality of care. This is a great opportunity to hear what's on the horizon in breast cancer care. Please RSVP.

Journaling

Thursday, September 22nd , 2:00 - 3:30 PM

Journal writing can often help to clear the mind and reduce stress. Whether you are curious about journaling and not sure how to start or a seasoned writer and want to learn some new and inspiring techniques, join Ava Barron-Shasho for this very special workshop. Learn and practice new journaling techniques such as Dialoguing, Captured Moments and Alpha Poems and more! Experience the health benefits of journaling in a comfortable, safe and nurturing environment. No previous writing experience necessary. Please RSVP.

Leukemia, Lymphoma & Myeloma Group: Survivor Speakers

Monday, September 26th , 7:00 - 8:30 PM

Join us this month as we celebrate Leukemia, Lymphoma, & Myeloma Awareness Month with a Survivorship Panel. We will have blood cancer survivors available to share their stories of hope and survivorship. Please join us to share your own story of survivorship as well, and connect with others touched by blood cancer.

Mindfulness Meditation Introduction and Review/ Practice Session

Friday, September 30, 10:00 AM- 12:00 PM

If you have been curious about mindfulness meditation or would just like to attend a review and practice session, please join Gina Sager, M.D., RYT as she presents mindfulness meditation, breath work and yoga as critical skills for managing life's challenges. Please RSVP.

Yoga Nidra - Bonus Session

Friday, September 30, 12:30 PM- 1:30 PM

Please join Gina Sager, M.D., RYT as she presents an additional September Yoga Nidra session. Yoga Nidra helps revitalize and restore optimal immune and nervous system function, leading to deeper peace and healing. No experience required. Everyone is welcome! Please RSVP.

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