

# August 2025



Office Hours:  
9:00 AM - 5:00 PM  
Monday - Friday

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Address: 10628 Falls Road, Lutherville, MD, 21093

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Seated Qigong - 10:00 AM	2 Awaken with Yoga - 8:30 AM Tai Chi - 10:00 AM Art & Healing Worksop - 1:00 PM
3	4 Gentle Flow Yoga - 10:00 AM Relaxation & Meditation - 11:30 AM Breast Cancer Support Group - 7:00 PM	5 Qigong - 10:00 AM Coping with Cancer & Survivorship - 1:00 PM Gentle Flow Yoga - 6:30 PM Coping with Cancer & Survivorship - 6:30 PM	6 Strength & Tone - 10:00 AM Midday Meetup - 12:30 PM Welcome Meeting - 2:00 PM Art & Healing - 6:30 PM Yoga Nidra - 8:00 PM	7 Caregivers, Family, & Friends - 6:30 PM Coping with Cancer & Survivorship - 6:30 PM	8 Seated Qigong - 10:00 AM	9 Awaken with Yoga - 8:30 AM Tai Chi - 10:00 AM Couples Support Group - 11:00 AM
10	11 Gentle Flow Yoga - 10:00 AM Relaxation & Meditation - 11:30 AM Yarn, Hooks, and Needles - 1:00 PM Young Adults - 7:00 PM	12 Qigong - 10:00 AM Coping with Cancer & Survivorship - 1:00 PM Metastatic Breast Cancer Support Group - 3:00 PM Blood Cancer Support Group - 6:30 PM Caregivers, Family, & Friends - 6:30 PM Gentle Flow Yoga - 6:30 PM	13 Strength & Tone - 10:00 AM Midday Meetup - 12:30 PM Welcome Meeting - 2:00 PM Feeling & Dealing - 5:30 PM Raising Children, Facing Cancer - 5:30 PM Yoga Nidra - 8:00 PM	14 Caregivers, Family, & Friends - 6:30 PM Coping with Cancer & Survivorship - 6:30 PM Ovarian Cancer Support Group - 7:00 PM	15 Seated Qigong - 10:00 AM	16 Awaken with Yoga - 8:30 AM Tai Chi - 10:00 AM
17	18 Gentle Flow Yoga - 10:00 AM Relaxation & Meditation - 11:30 AM Lung Cancer Support Group - 6:300 PM Breast Cancer Support Group - 7:00 PM	19 Qigong - 10:00 AM Coping with Cancer & Survivorship - 1:00 PM Gentle Flow Yoga - 6:30 PM Coping with Cancer & Survivorship - 6:30 PM	20 Strength & Tone - 10:00 AM Midday Meetup - 12:30 PM Welcome Meeting - 2:00 PM Art & Healing - 6:30 PM Yoga Nidra - 8:00 PM	21 Pancreatic Cancer Support Group - 4:00 PM Family Circle at Morgan CARES - 5:30 PM Caregivers, Family, & Friends - 6:30 PM Coping with Cancer & Survivorship - 6:30 PM	22 Seated Qigong - 10:00 AM	23 Awaken with Yoga - 8:30 AM Tai Chi - 10:00 AM Blood Cancer Support Group - 2:00 PM
24	25 Gentle Flow Yoga - 10:00 AM Relaxation & Meditation - 11:30 AM Young Adults - 7:00 PM	26 Qigong - 10:00 AM Coping with Cancer & Survivorship - 1:00 PM Metastatic Breast Cancer Support Group - 3:00 PM Adult Bereavement Support Group - 6:30 PM Caregivers, Family, & Friends - 6:30 PM Gentle Flow Yoga - 6:30 PM	27 Strength & Tone - 10:00 AM Midday Meetup - 12:30 PM Welcome Meeting - 2:00 PM Feeling & Healing - 5:30 PM Parenting Through Grief - 5:30 PM Yoga Nidra - 8:00 PM	28 Caregivers, Family, & Friends - 6:30 PM Coping with Cancer & Survivorship - 6:30 PM Ovarian Cancer Support Group - 7:00 PM	29 Seated Qigong - 10:00 AM	30 Awaken with Yoga - 8:30 AM Tai Chi - 10:00 AM Blood Cancer Support Group - 2:00 PM
31	1	NOTES  Groups and Classes in RED are In Person If you are interest in joining a group, please reach out to us at 410.832.2719				