

December 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
30	1 10:00 AM - <i>Gentle Flow Yoga</i> 11:30 AM - <i>Relaxation & Meditation</i> 7:00 PM - <i>Breast Cancer Support Group</i>	2 10:00 AM - <i>Qigong</i> 1:00 PM - <i>Coping with Cancer & Survivorship</i> 6:30 PM - <i>Gentle Flow Yoga</i> 6:30 PM - <i>Coping with Cancer & Survivorship</i>	3 10:00 AM - <i>Strength & Tone</i> 12:30 PM - <i>Midday Meetup</i> 2:00 PM - <i>Welcome Meeting</i> 6:30 PM - <i>Art & Healing</i> 8:00 PM - <i>Yoga Nidra</i>	4 6:30 PM - <i>Caregivers, Family & Friends</i> 6:30 PM - <i>Coping with Cancer & Survivorship</i>	5 10:00 AM - <i>Seated Qigong</i>	6 8:30 AM - <i>Awaken with Yoga</i> 10:00 AM - <i>Tai Chi</i>
7 1:00 PM - <i>Workshop; Navigating the Holidays After Loss</i>	8 10:00 AM - <i>Gentle Flow Yoga</i> 11:30 AM - <i>Relaxation & Meditation</i> 1:00 PM - <i>Yarn, Needles, & Hooks</i> 7:00 PM - <i>Young Adults Facing Cancer</i>	9 10:00 AM - <i>Qigong</i> 1:00 PM - <i>Coping with Cancer & Survivorship</i> 3:00 PM - <i>Metastatic Breast Cancer Support</i> 6:30 PM - <i>Gentle Flow Yoga</i> 6:30 PM - <i>Blood Cancer Support</i> 6:30 PM - <i>Caregivers, Family, & Friends</i>	10 10:00 AM - <i>Strength & Tone</i> 12:30 PM - <i>Midday Meetup</i> 2:00 PM - <i>Welcome Meeting</i> 5:30 PM - <i>Feeling & Dealing</i> 5:30 PM - <i>Raising Children, Facing Cancer</i> 8:00 PM - <i>Yoga Nidra</i>	11 6:30 PM - <i>Caregivers, Family & Friends</i> 6:30 PM - <i>Coping with Cancer & Survivorship</i> 7:00 PM - <i>Ovarian Cancer Support</i>	12 10:00 AM - <i>Seated Qigong</i>	13 8:30 AM - <i>Awaken with Yoga</i> 10:00 AM - <i>Tai Chi</i> 11:00 AM - <i>Couples Support</i>
14	15 10:00 AM - <i>Gentle Flow Yoga</i> 11:30 AM - <i>Relaxation & Meditation</i> 6:30 PM - <i>Lung Cancer Support</i> 7:00 PM - <i>Breast Cancer Support Group</i>	16 10:00 AM - <i>Qigong</i> 1:00 PM - <i>Coping with Cancer & Survivorship</i> 6:30 PM - <i>Gentle Flow Yoga</i> 6:30 PM - <i>Coping with Cancer & Survivorship</i>	17 10:00 AM - <i>Strength & Tone</i> 12:30 PM - <i>Midday Meetup</i> 2:00 PM - <i>Welcome Meeting</i> 5:30 PM - <i>Feeling & Dealing</i> 5:30 PM - <i>Parenting Through Grief</i> 6:30 PM - <i>Art & Healing</i> 8:00 PM - <i>Yoga Nidra</i>	18 4:00 PM - <i>Pancreatic Cancer Support</i> 6:30 PM - <i>Caregivers, Family & Friends</i> 6:30 PM - <i>Coping with Cancer & Survivorship</i>	19 10:00 AM - <i>Seated Qigong</i>	20 8:30 AM - <i>Awaken with Yoga</i> 10:00 AM - <i>Tai Chi</i>
21 4:00 PM - <i>Winter Solstice</i>	22 10:00 AM - <i>Gentle Flow Yoga</i> 11:30 AM - <i>Relaxation & Meditation</i> 7:00 PM - <i>Young Adults Facing Cancer</i>	23 10:00 AM - <i>Qigong</i> 1:00 PM - <i>Coping with Cancer & Survivorship</i> 3:00 PM - <i>Metastatic Breast Cancer Support</i> 6:30 PM - <i>Gentle Flow Yoga</i> 6:30 PM - <i>Adult Bereavement Support</i> 6:30 PM - <i>Caregivers, Family, & Friends</i>	24 10:00 AM - <i>Strength & Tone</i> Closing at 12:00 PM for the Holiday	25 CLOSED FOR THE HOLIDAY	26 CLOSED FOR THE HOLIDAY	27 CLOSED FOR THE HOLIDAY
28	29 CLOSED FOR THE HOLIDAY	30 CLOSED FOR THE HOLIDAY	31 CLOSED FOR THE HOLIDAY	1 2 3		
<div>4</div> <div>5</div> <div>NOTES</div> <div>Groups and Classes in RED are In Person, <i>ITALICS</i> are on Zoom, Events and Speakers are in PURPLE. Check our website for further details on Zoom availability. If you are interested in joining a group, please reach out to us at 410-832-2719</div>						