March 2026

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

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HopeWell CANCER SUPPORT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 10:00 AM - Gentle Flow Yoga 11:30 AM - Relaxation & Meditation 7:00 PM - *Breast Cancer Support Group*	3 10:00 AM - Qigong 1:00 PM - Coping with Cancer & Survivorship 6:30 PM - *Gentle Flow Yoga* 6:30 PM - Coping with Cancer & Survivorship	4 10:00 AM - Strength & Tone 12:30 PM - Midday Meetup 2:00 PM - Welcome Meeting 6:30 PM - *Art & Healing* 8:00 PM - *Yoga Nidra*	5 6:30 PM - *Caregivers, Family, & Friends* 6:30 PM - *Coping with Cancer & Survivorship*	6 10:00 AM - Seated Qigong	7 8:30 AM - *Awaken with Yoga* 10:00 AM - *Tai Chi*
8	9 10:00 AM - Gentle Flow Yoga 11:30 AM - Relaxation & Meditation 1:00 PM - Yarn, Hooks, and Needles 6:00 PM - **Workshop: Your Health, Your Voice** 7:00 PM - *Young Adults*	10 10:00 AM - Qigong 1:00 PM - Coping with Cancer & Survivorship 3:00 PM - Metastatic Breast Cancer Support 6:30 PM - *Gentle Flow Yoga* 6:30 PM - Caregivers, Family, & Friends	11 10:00 AM - Strength & Tone 12:30 PM - Midday Meetup 2:00 PM - Welcome Meeting 5:30 PM - Feeling & Dealing 5:30 PM - Raising Children, Facing Cancer 6:30 PM - Blood Cancer Support Group 8:00 PM - *Yoga Nidra*	12 6:30 PM - *Caregivers, Family, & Friends* 6:30 PM - *Coping with Cancer & Survivorship* 7:00 PM - *Ovarian Cancer Support Group*	13 10:00 AM - Seated Qigong	14 8:30 AM - *Awaken with Yoga* 10:00 AM - *Tai Chi* 11:00 AM - *Couples Support Group*
15	16 10:00 AM - Gentle Flow Yoga 11:30 AM - Relaxation & Meditation 6:30 PM - *Lung Cancer Support Group* 7:00 PM - *Breast Cancer Support Group*	17 10:00 AM - Qigong 1:00 PM - Coping with Cancer & Survivorship 6:30 PM - *Gentle Flow Yoga* 6:30 PM - Coping with Cancer & Survivorship	18 10:00 AM - Strength & Tone 12:30 PM - Midday Meetup 2:00 PM - Welcome Meeting 6:30 PM - *Art & Healing* 8:00 PM - *Yoga Nidra*	19 4:00 PM - Pancreatic Cancer Support Group 5:30 PM - Family Circle at Morgan CARES 6:30 PM - *Caregivers, Family, & Friends* 6:30 PM - *Coping with Cancer & Survivorship*	20 10:00 AM - Seated Qigong	21 8:30 AM - *Awaken with Yoga* 10:00 AM - *Tai Chi* 1:00 PM - Family Circle
22	23 10:00 AM - Gentle Flow Yoga 11:30 AM - Relaxation & Meditation 7:00 PM - *Young Adults*	24 10:00 AM - Qigong 1:00 PM - Coping with Cancer & Survivorship 3:00 PM - Metastatic Breast Cancer Support 6:30 PM - *Gentle Flow Yoga* 6:30 PM - Adult Bereavement Support Group 6:30 PM - Caregivers, Family, & Friends	25 10:00 AM - Strength & Tone 12:30 PM - Midday Meetup 2:00 PM - Welcome Meeting 5:30 PM - Feeling & Healing 5:30 PM - Parenting Through Grief 8:00 PM - *Yoga Nidra*	26 6:30 PM - *Caregivers, Family, & Friends* 6:30 PM - *Coping with Cancer & Survivorship* 7:00 PM - *Ovarian Cancer Support Group*	27 10:00 AM - Seated Qigong	28 8:30 AM - *Awaken with Yoga* 10:00 AM - *Tai Chi* 2:00 PM - *Blood Cancer Support Group*
29	30 10:00 AM - Gentle Flow Yoga 11:30 AM - Relaxation & Meditation	31 10:00 AM - Qigong 1:00 PM - Coping with Cancer & Survivorship 6:30 PM - *Gentle Flow Yoga*	1	2	3	4

NOTES Groups and Classes in RED are In Person, ***ITALICS*** are on Zoom. Events & Speakers are in **PURPLE**.
Check our website for further details on Zoom availability
If you are interest in joining a group, please reach out to us at 410.832.2719