



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

60 Years of Caring, Community and Changing Lives

# August 2020

## Weekly Calendar

August 16 – August 22



Click logos or links below to be directed to our on demand programs

### Support Groups via Zoom\*

**Tuesday, August 18, 12:30-2pm**

General Cancer Support Group

**Wednesday, August 19, 6-7:30pm**

Family Support Group

**Wednesday, August 19, 6-7:30pm**

General Cancer Support Group

**Friday, August 21, 12:30-2pm**

General Cancer Support Group

### Health & Wellness\*\*

**Monday, August 17, 9am**

Meditation w/ Andrea

[YouTube](#)

**Wednesday, August 19, 11am**

Pantry Cooking

[YouTube](#)

**Tuesday, August 18, 11:30am**

Gentle Yoga LIVE w/ Julie

[Facebook LIVE](#) , [YouTube](#)

**Saturday, August 22, 10am**

Wellness Tips w/ Carin

[YouTube](#)

### Art Classes\*\*

**Friday, August 21, 1pm**

Fiber Art w/ Ashley

[YouTube](#)

### Coming Soon—Details to follow

Ask the Expert: Nutrition Presentation- September 2

[Heroes Ball Celebration Week](#)—September 14-20

\*For questions related to support groups, schedules and how ZOOM group sessions work please contact Diane Morris, Director of Clinical Support Programs – [dmorris@gildasclubrochester.org](mailto:dmorris@gildasclubrochester.org)

\*\*For questions related to health & wellness programs or Art classes please contact Carin Adams, Director of Clubhouse & Community Outreach Programs – [cadams@gildasclubrochester.org](mailto:cadams@gildasclubrochester.org)

Visit [www.gildasclubrochester.org/calendar](http://www.gildasclubrochester.org/calendar) for up-to-date program and Clubhouse information