

JUNE PROGRAM CALENDAR



Visit our
website
calendar here!



SUN	MON	TUE	WED	THU	FRI	SAT
				1 9am - Yoga 11:30am - LWC 4pm - Melanated Support	2 10:30am Friday Fun with Friends	3
4 ✨ Tristate Cancer Survivor Day 1 - 3pm	5 CLUBHOUSE CLOSED 6pm - Intro to Meditation (at Wesselman Woods)	6 9am - Yoga 4pm - LWC, LBC, F&F 5:30pm - LWG, Previvor	7 📖 10am - Yoga 10am - Book Club 1pm - Tai Chi 4:30pm - Open Studio	8 9am - Yoga 1pm - HLS 11:30am - LWC	9 ☕ 9am Coffee & Connect	10
11	12 10am - Yoga 2pm - Open Studio 5pm - Yoga (New) 6pm - Intro to Meditation	13 9am - Yoga 4pm - LWC, LBC, F&F 5:30pm - LWG	14 10am - Yoga 1pm - Tai Chi 4:30pm - Open Studio 5:30pm - RC	15 9am - Yoga 11:30am - LWC 5:30pm - Guy Time	16	17
18	19 🧠 10am - Yoga 12:30pm - MHM 2pm - Open Studio 5pm - Yoga (New) 6pm - Intro to Meditation	20 9am - Yoga 4pm - LWC, LBC, F&F 5:30pm - LWG	21 10am - Yoga 5:30pm - Treatments & Side Effects 4:30pm - Open Studio	22 9am - Yoga 11:30am - LWC	23 10:30am Plant to Plate	24
25	26 10am - Yoga 2pm - Open Studio 5pm - Yoga (New) 6pm - Intro to Meditation	27 9am - Yoga 4pm - LWC, LBC, F&F 5:30pm - LWG	28 10am - Yoga 1pm - Tai Chi 4:30pm - Open Studio 5:30pm - RC, H&N	29 9am - Yoga 11:30am - LWC	30	

For more information or to RSVP, call 812-402-8667 or scan the QR code on the front

All activities located at Cancer Pathways Midwest (5740 Vogel Rd) unless otherwise listed



Support

- F&F - Family and Friends - for loved ones of those with a diagnosis
- Guy Time - For all our guys (diagnosed, in survivorship, loved one, bereaved)
- H&N - Head and Neck - networking group for those with a head or neck diagnosis
- LBC - Living Beyond Cancer - Survivorship
- LWC - Living with Cancer - Those in active treatment
- LWG - Living with Grief - Those who have lost someone due to cancer
- Melanated Support - for people of color who have been diagnosed
- Open Studio - Open Art Studio with Board Certified Art Therapists Amber and Robin
- Previvor - for those diagnosed with a genetic mutation that increases their risk of developing cancer or have had or considering prophylactic surgeries
- RC - Ribbon Chicks - Women diagnosed <50 years of age (any cancer)

Must meet with Support Specialist before initially attending a group

Yoga

- Monday - 10am at the Ascension (Breast) Wellness Center on Epworth Rd. with Sarah
- Monday - 5pm at Wesselman Woods Nature Center with Yin Yang Yoga 4 You **New** ✨
- Tuesday - 9am at the Ascension (Breast) Wellness Center on Epworth Rd. with Barb
- Wednesday - 10am at the Deaconess Chancellor Center in the Atrium with Barb
- Thursday - 9am at the Deaconess Chancellor Center in the Atrium with Barb

Tai Chi - 1pm on Wednesday's at the Dunigan YMCA with Ron *Available with CPM Card*

Tristate SilverStretch, SilverFit & Aqua Classes: Available with CPM Card (Scan QR Code on front for classes & times)

Intro to Meditation - 5 week series at Wesselman Woods Nature Center, facilitated by Karen Johnson L.Ac, RN

Plant to Plate - Join us for hands on cooking demos and other nutrition education. This month Mariah Cowling (B.S. Nutrition) will focus on how to read and apply nutrition labels and portion sizes to your diet.

MHM - Mental Health Matters - Different topics focused on a specific area of mental health that will provide education and tools to help you better navigate your journey. This month will focus on **Self Esteem**



Wellness

All support, activities, and programs are at no cost to you and your family thanks to our generous donors and sponsors

Social

- Friday Fun with Friends - Socialize with friends; playing cards, board games, knitting, doing puzzles, etc.
- Coffee & Connect - Grab a cup of your favorite beverage and connect with others who "get it"
- Book Club - Facilitated by the Evansville Public Library. This month's discussion: Pineapple Street by Jenny Jackson

Educational

- HLS - Healthy Living Series - Bimonthly series facilitated by Purdue Extension. This month will focus on herb gardening
- Treatments and Side Effects - Learn how to navigate cancer treatments, side effects, and partner with your health care team. Facilitated by Sheila L. Hauck DNP, RN, OCN Oncology Nurse Practitioner.