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9am - Yoga | 9am - Yoga | 10am - Yoga, Book Club | 9am - Yoga | 11:30am - LWC | 9am Coffee & Connect | 9am |
4pm - LWC, LBC, F&F | 4pm - LWC, LBC, F&F | 1pm - Tai Chi | 4pm - Melanated Support | 4pm - Guy Time |
5:30pm - LWG, Previvor | 5:30pm - RC | 5:30pm - LWC, LBC, F&F | 5:30pm - LWC |
|   | 16 | 17 | 18 | 19 | 20 | 21 |
10am - Yoga | 10:30pm - MHM | 9am - Yoga | 10am - Yoga | 9am - Yoga | 10:30am - LWC | 10:30am |
1pm - Bonsai Workshop | 2pm - Open Studio | 10:30am - LWC | 10:30am - KRAFTING | 4pm - Tai Chi | 11:30am - LWC | Plant to Plate - Farmers Market Magic Magnificence |
5pm - Yoga (New) | 2pm - Open Studio | 2pm - Intention Tiles | 2pm - Tai Chi | 5pm - Guy Time | 4pm - Open Studio |
|   | 22 | 23 | 24 | 25 | 26 | 27 |
|   | 28 | 29 | 30 | 31 | | |
2pm - Yoga (New) | 10am - Yoga | 9am - Yoga | 9am - Yoga | 10:30am - LWC |
2pm - Open Studio | 4pm - LWC, LBC, F&F | 1pm - Tai Chi | 4pm - LWC | 11:30am - LWC |
5pm - Yoga (New) | 5pm - QPR | 5:30pm - LWC | 4:30pm - Open Studio | 5:30pm - RC, H&N |
|   |   |   |   |   | | |
RSVPs are required, as some programs and activities include a meal | See Program descriptions and other Wellness classes on the back |
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

- 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)

**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
- 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** - Last week at Wesselman Woods Nature Center, facilitated by Karen Johnson L.Ac, RN

**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 **Communication/Relationships**

**Plant to Plate** - Join us for hands on cooking demos and other nutrition education. This month led by Robin Mallery

**Intention Tiles** - Explore intention setting through art therapy. An intention can be a commitment to oneself, a way to navigate challenging times, work towards goals, and increase self-awareness and mindfulness. Enamel paint and alcohol inks will be utilized during this process. No art experience necessary.

**Social**
- 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: The Thursday Murder Club by Richard Osman
- Krafting - Krafting with Kelly - Join Kelly Rode for a fun summer craft!

**Educational**
- QPR Training- Innovative, practical, and proven suicide prevention training led by Amber Ellis, LMHC, ATR-BC
- Bonsai Workshop - Learn about the history & styles of bonsai trees and how to care for them

*Must meet with Support Specialist before initially attending a group*