

August 2024



Monday

Tuesday

Wednesday

Thursday

Friday

Wellness Workout 5
6:00pm - 7:00pm

Peaceful Practices for Life 6
11:00am - 12:00pm

Men's Cancer Support Group
Steeplechase Cancer Center
11:00am - 12:30pm

T'ai Chi Chih
12:30pm - 1:30pm

Yoga
6:30pm - 7:30pm

Yoga, Breathe & Balance 7
9:30am - 10:30am

Advanced Breast Cancer Support Group
11:30am - 1:00pm

Reiki Circle
Bridgewater Library, Room C
2:00pm - 3:30pm

Feeding a Healthy Family (Bilingual)
7:30pm - 8:30pm

Move and Tone 1
9:00am - 10:00am

Caregiver Support Group
12:00pm - 1:30pm

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Visual Arts Workshop 12
Pluckemin Presbyterian Church
2:00pm - 3:00pm

HCW: Newark Public Main Library, 4th Floor Auditorium
2:00pm - 4:00pm

Wellness Workout
6:00pm - 7:00pm

Balance, Harmony, Flow: Jin Shin Jyutsu 13
9:30am - 10:30am

Peaceful Practices for Life
11:00am - 12:00pm

T'ai Chi Chih
12:30pm - 1:30pm

Yoga
6:30pm - 7:30pm

Yoga, Breathe & Balance 14
9:30am - 10:30am

Men's Cancer Support Group
6:30pm - 8:00pm

Move and Tone 8
9:00am - 10:00am

Bereavement Support Group
11:00am - 12:30pm

HCW: Elmwood Park Library
2pm - 4pm

Latino Support Group
7:00pm - 8:30pm

9

Move and Tone 15
9:00am - 10:00am

Caregiver Support Group
12:00pm - 1:30pm

HCW: Pluckemin Presbyterian Church 16
10:00am - 12:00pm

Wellness Workout 19
6:00pm - 7:00pm

HCW: Mercer County Library System- Hickory Corner Branch
6:30pm - 8:00pm

Navigating Transitions: Back to School & Coping with Change
7:00pm - 8:00pm

Peaceful Practices for Life 20
11:00am - 12:00pm

T'ai Chi Chih
12:30pm - 1:30pm

Yoga
6:30pm - 7:30pm

Yoga, Breathe & Balance 21
9:30am - 10:30am

Advanced Breast Cancer Support Group
11:30am - 1:00pm

Reiki Circle
Bridgewater Library, Room C
2:00pm - 3:30pm

Move and Tone 22
9:00am - 10:00am

Bereavement Support Group
11:00am - 12:30pm

Latino Support Group
7:00pm - 8:00pm

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Wellness Workout 26
6:00pm - 7:00pm

Balance, Harmony, Flow: Jin Shin Jyutsu 27
9:30am - 10:30am

T'ai Chi Chih
12:30pm - 1:30pm

Yoga
6:30pm - 7:30pm

Yoga, Breathe & Balance 28
9:30am - 10:30am

Men's Cancer Support Group
6:30pm - 8:00pm

Move and Tone 29
9:00am - 10:00am

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Calendar Legend:

In Person Programs **Mind & Body Programs** **Support Groups** **Education & Nutrition** **Health Champion Workshops (HCW)**

*For real time updates of our general programs and support group schedules, please visit our website at: crossroads4hope.org/generalprograms/ | crossroads4hope.org/support-groups/ | crossroads4hope.org/health-champion-program/