

# June 2026



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**Wellness Workout** 1  
6:00pm - 7:00pm

**Genetic Counseling and Testing**  
**Crossroads4Hope**  
4:30pm - 5:30pm

**Survivorship Support Group**  
7:00pm - 8:30pm

**Peaceful Practices for Life: Medical Qi Gong** 2  
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** 3  
9:30am - 10:30am

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

**Yoga Para el Bienestar**  
7:00pm - 8:00pm

**Move and Tone** 4  
9:00am - 10:00am

**Reiki Circle**  
**Crossroads4Hope**  
11:00am - 12:30pm

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

5

**Living with Cancer Support Group** 8  
12:00pm - 1:30pm

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

**Jin Shin Jyutsu** - 9:30am - 10:30am 9

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

**Group de Apoyo Para el Cancer** - 12:00pm - 1:30pm

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

**Survivorship Panel, Crossroads4Hope** - 4:00 - 5:00pm

**Yoga** - 6:30pm - 7:30pm

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

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

**Reiki Circle**  
**Crossroads4Hope**  
4:30pm - 6:00pm

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

**Move and Tone** 11  
9:00am - 10:00am

**Balance, Harmony, Flow: Jin Shin Jyutsu**  
11:00am - 12:00pm

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

**Group de Apoyo Para el Cancer**  
7:00pm - 8:30pm

**Breast Cancer Post-Treatment - Ask the RD** 12  
**Crossroads4Hope**  
11:00am - 12:30pm

**Wellness Workout** 15  
6:00pm - 7:00pm

**Survivorship Support Group**  
7:00pm - 8:30pm

**Peaceful Practices for Life: Spirituality** 16  
11:00am - 12:00pm

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

**Yoga** | 6:30pm - 7:30pm

**Yoga, Breathe & Balance** 17  
9:30am - 10:30am

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

**Yoga Para el Bienestar**  
7:00pm - 8:00pm

**Move and Tone** 18  
9:00am - 10:00am

**Reiki Circle**  
**Crossroads4Hope**  
11:00am - 12:30pm

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

19

**Living with Cancer Support Group** 22  
12:00pm - 1:30pm

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

**Balance, Harmony, Flow: Jin Shin Jyutsu** 23  
9:30am - 10:30am

**Peaceful Practices for Life: Spirituality** | 11:00am - 12:00pm

**Group de Apoyo Para el Cancer**  
12:00pm - 1:30pm

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

**Yoga** | 6:30pm - 7:30pm

**Yoga, Breathe & Balance** 24  
9:30am - 10:30am

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

**Reiki Circle**  
**Crossroads4Hope**  
4:30pm - 6:00pm

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

**Move and Tone** 25  
9:00am - 10:00am

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

**Group de Apoyo Para el Cancer**  
7:00pm - 8:30pm

26

**Wellness Workout** 29  
6:00pm - 7:00pm

**Yoga** 30  
6:30pm - 7:30pm

## Calendar Legend:

In Person Programs

Mind & Body Programs

Support Groups

Education & Nutrition

Health Champion Workshops (HCW)

# July 2026



Monday

Tuesday

Wednesday

Thursday

Friday

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

**Survivorship Support Group**  
7:00pm - 8:30pm

**Peaceful Practices for Life: Medical Qi Gong** 7  
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** 8  
9:30am - 10:30am

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

**Reiki Circle**  
**Crossroads4Hope**  
4:30pm - 6:00pm

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

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

**Balance, Harmony, Flow: Jin Shin Jyutsu**  
11:00am - 12:00pm

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

**Group de Apoyo Para el Cancer**  
7:00pm - 8:30pm

**Living with Cancer Support Group** 13  
12:00pm - 1:30pm

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

**Peaceful Practices for Life: Meditation** 14  
11:00am - 12:00pm

**Group de Apoyo Para el Cancer**  
12:00pm - 1:30pm

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

**Yoga** | 6:30pm - 7:30pm

**Yoga, Breathe & Balance** 15  
9:30am - 10:30am

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

**Yoga Para el Bienestar**  
7:00pm - 8:00pm

**Move and Tone** 16  
9:00am - 10:00am

**Reiki Circle**  
**Crossroads4Hope**  
11:00am - 12:30pm

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

**Wellness Workout** 20  
6:00pm - 7:00pm

**Survivorship Support Group**  
7:00pm - 8:30pm

**Peaceful Practices for Life: Spirituality** 21  
11:00am - 12:00pm

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

**Yoga** | 6:30pm - 7:30pm

**Yoga, Breathe & Balance** 22  
9:30am - 10:30am

**Advanced Breast Cancer Support Group**  
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6:30pm - 8:00pm

**Move and Tone** 23  
9:00am - 10:00am

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

**Group de Apoyo Para el Cancer**  
7:00pm - 8:30pm

**Living with Cancer Support Group** 27  
12:00pm - 1:30pm

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

**Balance, Harmony, Flow: Jin Shin Jyutsu** 28 | 9:30am - 10:30am

**Peaceful Practices for Life: Spirituality** | 11:00am - 12:00pm

**Group de Apoyo Para el Cancer**  
12:00pm - 1:30pm

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

**Yoga** | 6:30pm - 7:30pm

**Yoga, Breathe & Balance** 29  
9:30am - 10:30am

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

**Move and Tone** 30  
9:00am - 10:00am

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Health Champion Workshops (HCW)