

August 2026



Monday

Wellness Workout

6:00pm - 7:00pm

Survivorship Support Group

7:00pm - 8:30pm

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Living with Cancer Support Group

12:00pm - 1:30pm

Wellness Workout

6:00pm - 7:00pm

10

Wellness Workout

6:00pm - 7:00pm

Survivorship Support Group

7:00pm - 8:30pm

17

Living with Cancer Support Group

12:00pm - 1:30pm

Wellness Workout

6:00pm - 7:00pm

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Wellness Workout

6:00pm - 7:00pm

31

Tuesday

Peaceful Practices for Life: Medical Qi Gong

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

4

Balance, Harmony, Flow: Jin Shin Jyutsu

9:30am - 10:30am

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

Yoga

6:30pm - 7:30pm

11

Peaceful Practices for Life: Spirituality

11:00am - 12:00pm

Sugar & Cancer: Fact vs Fiction

Crossroads4Hope

11:00 am - 12:30 pm

T'ai Chi Chih

12:30pm - 1:30pm

Yoga

6:30pm - 7:30pm

18

Balance, Harmony, Flow: Jin Shin Jyutsu

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

25

Wednesday

Yoga, Breathe & Balance

9:30am - 10:30am

Advanced Breast Cancer Support Group

11:30am - 1:00pm

Yoga Para el Bienestar

7:00pm - 8:00pm

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Yoga, Breathe & Balance

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

12

Yoga, Breathe & Balance

9:30am - 10:30am

Advanced Breast Cancer Support Group

1:30am - 1:00pm

Yoga Para el Bienestar

7:00pm - 8:00pm

19

Yoga, Breathe & Balance

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

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Thursday

Move and Tone

9:00am - 10:00am

Reiki Circle

Crossroads4Hope

11:00am - 12:30pm

Caregiver Support Group

12:00pm - 1:00pm

6

Move and Tone

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

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Move and Tone

9:00am - 10:00am

Reiki Circle

Crossroads4Hope

11:00am - 12:30pm

Caregiver Support Group

12:00pm - 1:00pm

Planificación Para la Tranquilidad: Tomando Decisiones y Hablando con tus Seres Queridos

7:00 pm - 8:00 pm

20

Move and Tone

9:00am - 10:00am

Bereavement Support Group

11:00am - 12:30pm

Group de Apoyo Para el Cancer

7:00pm - 8:30pm

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Friday

7

14

21

28

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



Calendar Legend:

In Person Programs

Mind & Body Programs

Support Groups

Education & Nutrition

Health Champion Workshops (HCW)

September 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Peaceful Practices for Life:
Medical Qi Gong | 11:00am - 12:00pm

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

Building an Understanding Of
Cancer | 12:00 PM - 1:00 PM

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

Yoga | 6:30pm - 7:30pm

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

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

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

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

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

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

Construyendo un Entendimiento
sobre el Cáncer 7:00 PM - 8:00 PM

3

4

7

Office Closed
for Holiday

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

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

Yoga | 6:30pm - 7:30pm

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Yoga, Breathe & Balance
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

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Move and Tone
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

10

11

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

Wellness Workout
6:00pm - 7:00pm

14

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

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

Yoga | 6:30pm - 7:30pm

15

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

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

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

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

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

The Power of the Plate: Eating to
Prevent Cancer | 12:00 PM - 1:00 PM

Caregiver Support Group | 2:00pm - 1:00pm

El Poder del Plato: Comer para
Prevenir el Cáncer | 7:00PM -8:00 PM

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Health Champion Workshop
12:00pm - 1:00pm

18

Wellness Workout
6:00pm - 7:00pm

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

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

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

From Yarn to Wings: A Beginner Crochet
Circle Crossroads4Hope | 10:00 AM- 11:00AM

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

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

Taller: Conoce tus Derechos Laborales
7:00:00 PM - 8:00PM

Yoga | 6:30pm - 7:30pm

22

Yoga, Breathe & Balance
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

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

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

Know Your Rights at Work
12:00PM-1:00PM

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

24

25

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

Wellness Workout
6:00pm - 7:00pm

28

Yoga
6:30pm - 7:30pm

29

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

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

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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/