

## Vidant Cancer Center Support and Survivorship **FREE** Programs

(Programs located in Resource Library, please call 252-847-9450 or 252-714-3905 to schedule)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Massage 10 AM – 2 PM Small Group Exercise 10:30 – 11:30 AM EMERGE ART - 1-3 PM	Meditation 9 – 9:30 AM Yoga 10-11 AM Tai Chi 12:30 – 1:30 PM Reiki 2 – 3 PM	Small Group Exercise 10:30 – 11:30 AM	Yoga 10-11 AM Meditation 1-1:30 PM Reiki 2-3 PM	<b>Journaling Workshop</b> 10:00 AM – 12:00 PM Oak Conference Room	Yoga 11:30 – 12:30 PM
Massage 10 AM – 2 PM Small Group Exercise 10:30 – 11:30 AM EMERGE ART - 1-3 PM Making It Support Group 6 PM	Meditation 9- 9:30 AM Yoga 10 – 11 AM Tai Chi 12:30 – 1:30 PM Reiki 2 -3 PM Caring Conversations 5 – 6:30 PM	Small Group Exercise 10:30 – 11:30 AM	Yoga 10-11 AM Meditation 1-1:30 PM Reiki 2-3 PM		Yoga 11:30 – 12:30 PM
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**Free programs for cancer patients, survivors and caregivers**

Services are subject to change due to holidays and provider availability

Holiday's Observed: New Year's Day, Memorial Day, July 4<sup>th</sup>, Labor Day Thanksgiving Day, Christmas Day

Journaling Workshop held 1st & 3rd Friday of each month  
 Making Support Group meets the 2nd Monday of each month  
 Caring Conversations Support Group meets the 2nd Tuesday of each month