

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				9:30 - 10:30 AM: Chair Yoga* ■		9:30 - 10:30 AM: Group Strength & Stretch* ■		9:30 - 10:45 AM: Gentle Yoga* ■	
				10:30 AM - 12:00 PM: Inspired Conversations: Healthy Communication Part 2 ●		11:00 AM - 12:30 PM: Sexual Well-Being & Cancer ♦		11:00 - 11:30 AM: Orientation Session	
				1:30 - 2:45 PM: Gentle Yoga* ■		1:00 - 2:30 PM: Cooking Class: Cooking in Colour ▲			
						5:00 - 5:30 PM: Orientation Session			
						7:00 - 7:45 PM: Guided Meditation ☼			
6		7		8		9		10	
9:30 - 10:30 AM: Group Strength & Cardio* ■		9:30 - 10:30 AM: Group Strength & Stretch* ■		9:30 - 10:30 AM: Chair Yoga* ■		9:30 - 10:30 AM: Group Strength & Stretch* ■		9:30 - 10:45 AM: Gentle Yoga* ■	
11:00 AM - 12:00 PM: Mindfulness Meditation ☼		11:00 AM - 12:00 PM: Nutrition Workshop: Mindful Eating ▲		10:30 AM - 12:00 PM: Inspired Conversations: Navigating Change, Grief & Loss ●		11:00 AM - 12:30 PM: Lymphedema Education Session ♦		11:00 - 11:30 AM: Orientation Session	
1:30 - 2:30 PM: Restorative Yoga* ■		1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■		1:30 - 2:45 PM: Gentle Yoga* ■		1:00 - 2:30 PM: Cooking Class: Fresh Spring Bowls▲			
3:00 - 3:30 PM: Orientation Session		5:00 - 5:30 PM: Gratitude Meditation ☼				5:00 - 5:30 PM: Orientation Session			
		7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■				7:00 - 7:45 PM: Guided Meditation ☼			
13		14		15		16		17	
9:30 - 10:30 AM: Group Strength & Cardio* ■		9:30 - 10:30 AM: Group Strength & Stretch* ■		9:30 - 10:30 AM: Chair Yoga* ■		9:30 - 10:30 AM: Group Strength & Stretch* ■		9:30 - 10:45 AM: Gentle Yoga* ■	
11:00 AM - 12:00 PM: Mindfulness Meditation ☼		11:00 AM - 12:00 PM: Nutrition Workshop: Cancer-Protective Nutrition ▲		10:30 AM - 12:00 PM: Inspired Conversations: Exploring Emotions ●		11:00 AM - 12:30 PM: Breast Cancer Surgery Education Session ♦		11:00 - 11:30 AM: Orientation Session	
1:30 - 2:30 PM: Restorative Yoga* ■		1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■		1:30 - 2:45 PM: Gentle Yoga* ■		1:00 - 2:30 PM: Cooking Class: Pancakes Three Ways ▲			
3:00 - 3:30 PM: Orientation Session		5:00 - 5:30 PM: Gratitude Meditation ☼				5:00 - 5:30 PM: Orientation Session			
		7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■				7:00 - 7:45 PM: Guided Meditation ☼			
20		21		22		23		24	
9:30 - 10:30 AM: Group Strength & Cardio* ■		9:30 - 10:30 AM: Group Strength & Stretch* ■		9:30 - 10:30 AM: Chair Yoga* ■		9:30 - 10:30 AM: Group Strength & Stretch* ■		9:30 - 10:45 AM: Gentle Yoga* ■	
11:00 AM - 12:00 PM: Mindfulness Meditation ☼		11:00 AM - 12:00 PM: Nutrition Workshop: Nutrition & Cancer 101 ▲		10:30 AM - 12:00 PM: Inspired Conversations: Building Resilience ●		1:00 - 2:30 PM: Cooking Class: Cooking with Seasonal Foods ▲		11:00 - 11:30 AM: Orientation Session	
1:30 - 2:30 PM: Restorative Yoga* ■		1:00 - 2:00 PM: Creating Through Cancer ●		1:30 - 2:45 PM: Gentle Yoga* ■		5:00 - 5:30 PM: Orientation Session			
3:00 - 3:30 PM: Orientation Session		1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■				7:00 - 7:45 PM: Guided Meditation ☼			
		5:00 - 5:30 PM: Gratitude Meditation ☼							
		7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■							
27		28		29		30		31	
9:30 - 10:30 AM: Group Strength & Cardio* ■		9:30 - 10:30 AM: Group Strength & Stretch* ■		9:30 - 10:30 AM: Chair Yoga* ■		9:30 - 10:30 AM: Group Strength & Stretch* ■		9:30 - 10:45 AM: Gentle Yoga* ■	
11:00 AM - 12:00 PM: Mindfulness Meditation ☼		11:00 AM - 12:00 PM: Nutrition Workshop: Supporting Your Immune System with Nutrition ▲		1:30 - 2:45 PM: Gentle Yoga* ■		1:00 - 2:30 PM: Cooking Class: Indian Inspired Dishes ▲		11:00 - 11:30 AM: Orientation Session	
1:30 - 2:30 PM: Restorative Yoga* ■		1:30 - 2:30 PM: Beginner's Group Strength & Stretch* ■				5:00 - 5:30 PM: Orientation Session			
3:00 - 3:30 PM: Orientation Session		5:00 - 5:30 PM: Gratitude Meditation ☼				7:00 - 7:45 PM: Guided Meditation ☼			
		5:30 - 7:00 PM: Self-Care Workshop for Support People●							
		7:00 - 8:00 PM: Qigong for Sleep & Relaxation* ■							
Nutrition ▲		■ Exercise (* Pre-consultation required)		● Self-Care Workshop		♦ Education Session		☼ Stress Reduction	

Contact us today to get started with an information session or program, or to book an individual session with a Supportive Care Physician, Registered Dietitian, Exercise Therapist, or Clinical Counsellor.