

JULY 2020 weSPARK PROGRAM CALENDAR

To register for a class or group please email registration@wespark.org
Please visit www.wespark.org for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Navigating Health Through Wellness®</p>		1 12pm Guided Imagery-this week only 2:30pm In Treatment Support Group 4pm *new*The Real Talk - A Support Group for Teens with Cancer 5:30pm Partner Grief Support 6pm Family Grief Support	2 10:15am Ongoing/Metastatic Support Group 1:30pm Men's Support 5pm Doing Cancer Solo	3 11am Spanish Speaking Support Group 12:30pm Yoga with Yovanni -- day/time change this week only! 2pm Breast Cancer Support Group	4 Closed in observance of Independence Day
6 10am *new* Self Help Mindfulness w/Diane 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link)	7 10am *new* Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	8 1:15pm Guided Imagery 2:30pm In Treatment Support Group 4pm *new*The Real Talk - A Support Group for Teens with Cancer 5:30pm Partner Grief Support 6pm Family Grief Support	9 10:15am Ongoing/Metastatic Support Group 1:30pm Men's Support 5pm Doing Cancer Solo	10 11am Spanish Speaking Support Group 2pm Breast Cancer Support Group	11 1:15pm Yoga with Yovanni
13 10am *new* Self Help Mindfulness w/Diane 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link)	14 10am *new* Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	15 1:15pm Guided Imagery 2:30pm In Treatment Support Group 4pm *new*The Real Talk - A Support Group for Teens with Cancer 5:30pm Partner Grief Support 6pm Family Grief Support	16 10:15am Ongoing/Metastatic Support Group 1:30pm Men's Support 5pm Doing Cancer Solo	17 11am Spanish Speaking Support Group 2pm Breast Cancer Support Group	18 1:15pm Yoga with Yovanni
20 10am *new* Self Help Mindfulness w/Diane 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) 7pm Sounds Healing Workshop with Pamela Robins	21 10am *new* Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	22 1:15pm Guided Imagery 2:30pm In Treatment Support Group 4pm *new*The Real Talk - A Support Group for Teens with Cancer 5:30pm Partner Grief Support 6pm Family Grief Support	23 10:15am Ongoing/Metastatic Support Group 1:30pm Men's Support 5pm Doing Cancer Solo	24 11am Spanish Speaking Support Group 12:30pm Yoga with Yovanni -- day/time change this week only! 2pm Breast Cancer Support Group	25 1:15pm Yoga with Yovanni -- cancelled (this week only)
27 10am *new* Self Help Mindfulness w/Diane 10am Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link)	28 10am *new* Yoga with Victoria 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	29 1:15pm Guided Imagery 2:30pm In Treatment Support Group 4pm *new*The Real Talk - A Support Group for Teens with Cancer 5:30pm Partner Grief Support 6pm Family Grief Support	30 10:15am Ongoing/Metastatic Support Group 1:30pm Men's Support 5pm Doing Cancer Solo	31 11am Spanish Speaking Support Group 2pm Breast Cancer Support Group	August 1 1:15pm Yoga with Yovanni