

# March 2021 WeSPARK PROGRAM CALENDAR

To register for a class or group please email [registration@wespark.org](mailto:registration@wespark.org)  
Please visit [www.wespark.org](http://www.wespark.org) for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit <a href="http://www.michaelsieverts.com">www.michaelsieverts.com</a> for link) <b>10am</b> Mindfulness and Self Care During Challenging Times w/ Diane	<b>2</b> <b>10am</b> Yoga with Victoria <b>**NEW** 1pm Young Adult Support Group</b> <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>3</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>3pm</b> The Real Talk <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>4</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>5</b> <b>10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group	<b>6</b> <b>11am</b> Children's Support Group with Jaime <b>2:15pm</b> Yoga with Yovanni
<b>8</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit <a href="http://www.michaelsieverts.com">www.michaelsieverts.com</a> for link)	<b>9</b> <b>10am</b> Yoga with Victoria <b>**NEW** 1pm Young Adult Support Group</b> <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>10</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>3pm</b> The Real Talk <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>11</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>12</b> <b>10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group	<b>13</b> <b>11am</b> Children's Support Group with Jaime <b>2:15pm</b> Yoga with Yovanni
<b>15</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit <a href="http://www.michaelsieverts.com">www.michaelsieverts.com</a> for link)	<b>16</b> <b>10am</b> Yoga with Victoria <b>**NEW** 1pm Young Adult Support Group</b> <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>17</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>3pm</b> The Real Talk <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>18</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>***4:00pm "COVID-19 &amp; Cancer"</b> Presented by Cancer Treatment Centers of America <b>5pm</b> Doing Cancer Solo	<b>19</b> <b>10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group	<b>20</b> <b>11am</b> Children's Support Group with Jaime <b>2:15pm</b> Yoga with Yovanni
<b>22</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit <a href="http://www.michaelsieverts.com">www.michaelsieverts.com</a> for link) <b>***6pm Jewelry Workshop with Holly</b>	<b>23</b> <b>10am</b> Yoga with Victoria <b>**NEW** 1pm Young Adult Support Group</b> <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>***5:00pm "Colorectal Cancer Awareness Presentation"</b> Presented by Dr. Leslie Botnick, from City of Hope <b>6pm</b> Caregiver Support Group	<b>24</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>3pm</b> The Real Talk <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>25</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>26</b> <b>10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group <b>5pm Game Night, hosted by Juan</b>	<b>27</b> <b>11am</b> Children's Support Group with Jaime <b>2:15pm</b> Yoga with Yovanni
<b>29</b> <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit <a href="http://www.michaelsieverts.com">www.michaelsieverts.com</a> for link)	<b>30</b> <b>10am</b> Yoga with Victoria <b>**NEW** 1pm Young Adult Support Group</b> <b>*** 2pm Spilling The Tea, with Nancy Allen</b> <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>31</b> <b>***11am "Self Care Lymphatic Health" Movement Workshop</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>3pm</b> The Real Talk <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support			