

March 2021 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
1 10am Zoom Qi Gong with Michael (3rd party resource--visit www.michaelsieverts.com for link) 10am Mindfulness and Self Care During Challenging Times w/ Diane	2 10am Yoga with Victoria **NEW** 1pm Young Adult Support Group 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	3 1:15pm Guided Imagery 2:30pm In Treatment Support Group 3pm The Real Talk 5:30pm Partner Grief Support 6pm Family Grief Support	4 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo	5 10am Post Treatment Support Group 2pm Breast Cancer Support Group	6 11am Children's Support Group with Jaime 2:15pm Yoga with Yovanni
8 10am Zoom Qi Gong with Michael (3rd party resource--visit www.michaelsieverts.com for link)	9 10am Yoga with Victoria **NEW** 1pm Young Adult Support Group 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	10 1:15pm Guided Imagery 2:30pm In Treatment Support Group 3pm The Real Talk 5:30pm Partner Grief Support 6pm Family Grief Support	11 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo	12 10am Post Treatment Support Group 2pm Breast Cancer Support Group	13 11am Children's Support Group with Jaime 2:15pm Yoga with Yovanni
15 10am Zoom Qi Gong with Michael (3rd party resource--visit www.michaelsieverts.com for link)	16 10am Yoga with Victoria **NEW** 1pm Young Adult Support Group 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	17 1:15pm Guided Imagery 2:30pm In Treatment Support Group 3pm The Real Talk 5:30pm Partner Grief Support 6pm Family Grief Support	18 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support ***4:00pm "COVID-19 & Cancer" Presented by Cancer Treatment Centers of America 5pm Doing Cancer Solo	19 10am Post Treatment Support Group 2pm Breast Cancer Support Group	20 11am Children's Support Group with Jaime 2:15pm Yoga with Yovanni
22 10am Zoom Qi Gong with Michael (3rd party resource--visit www.michaelsieverts.com for link) ***6pm Jewelry Workshop with Holly	23 10am Yoga with Victoria **NEW** 1pm Young Adult Support Group 3pm Qi Gong & Meditation for Cancer Support w/Ed ***5:00pm "Colorectal Cancer Awareness Presentation" Presented by Dr. Leslie Botnick, from City of Hope 6pm Caregiver Support Group	24 1:15pm Guided Imagery 2:30pm In Treatment Support Group 3pm The Real Talk 5:30pm Partner Grief Support 6pm Family Grief Support	25 10:15am Ongoing/Metastatic Support Group 2:30pm Men's Support 5pm Doing Cancer Solo	26 10am Post Treatment Support Group 2pm Breast Cancer Support Group 5pm Game Night, hosted by Juan	27 11am Children's Support Group with Jaime 2:15pm Yoga with Yovanni
29 10am Zoom Qi Gong with Michael (3rd party resource--visit www.michaelsieverts.com for link)	30 10am Yoga with Victoria **NEW** 1pm Young Adult Support Group *** 2pm Spilling The Tea, with Nancy Allen 3pm Qi Gong & Meditation for Cancer Support w/Ed 6pm Caregiver Support Group	31 ***11am "Self Care Lymphatic Health" Movement Workshop 1:15pm Guided Imagery 2:30pm In Treatment Support Group 3pm The Real Talk 5:30pm Partner Grief Support 6pm Family Grief Support			