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Cancer Wellness Calendar

NOVEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 **10a** - Gentle Yoga **Reiki by Appt.**	3 **10:30a** - Exercise Is Medicine **Massage by Appt.**	4 **10a** - Spiritual Wellness Book Club: The Red Sea Rules **12p** - Men's Support Group **1:30p** - Gentle Yoga **Reiki by Appt.**	5 **10a -** Exercise Is Medicine **10:50a -** Gentle Pilates **1:15p -** Line Dancing **Massage /Reflexology by Appt.**	6	7
8	9 **10a** - Gentle Yoga **12:30p** - Bumble Beads **2p** - Why Me? **3p** - Recover, Relate, Renew: Swedish Death Cleaning **Reiki by Appt.**	10 **10:30a** - Exercise Is Medicine **Massage/Reflexology by Appt.**	11 **1:30p** - Gentle Yoga **Reflexology/Reiki by Appt.**	12 **10a -** Exercise Is Medicine **10:50a -** Gentle Pilates **1:15p -** Line Dancing **Massage/Reflexology by Appt.**	13	14
15	16 **10a** - Gentle Yoga **11:30a** - Sound Bath **2p** - Why Me? **3p** - Recover, Relate, Renew: Swedish Death Cleaning	17 **10:30a** - Exercise Is Medicine **1p** - Everything's Gone To Pot **1:30p** - Art & Soul **Massage/Reflexology by Appt.**	18 **10a** - Spiritual Wellness Book Club: The Red Sea Rules **12p** - Men's Support Group **1:30p** - Gentle Yoga **3p** - Breast Cancer Support Group **Reflexology by Appt.**	19 **10a -** Exercise Is Medicine **10:50a -** Gentle Pilates ***12p - Friendsgiving Potluck*** **1:15p -** Line Dancing **Massage/Reflexology by Appt.**	20 **Massage by Appt.**	21
22	23 **10a** - Gentle Yoga **Reiki by Appt.**	24 **10:30a** - Exercise Is Medicine **Massage by Appt.**	25 **Reiki by Appt.**	26 **CLOSED FOR THANKSGIVING**	27	28
29	30 **10a** - Gentle Yoga **12:30p** - Bumble Beads **2p** - Why Me? **3p** - Recover, Relate, Renew: Swedish Death Cleaning					



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Cancer Wellness is a free program for anyone who has ever been diagnosed with cancer at any point in their cancer journey whether treated at Piedmont or not. Our classes and services focus on six aspects of wellness: Creativity, Nutrition, Knowledge, Exercise, Relaxation and Socialization. Please stop by or call to learn more!

DECEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **10:30a** - Exercise Is Medicine **1:30p** - Art & Soul **Massage/Reflexology by Appt.**	2 **10a** - Spiritual Wellness Book Club: The Red Sea Rules **12p** - Men's Support Group **1:30p** - Gentle Yoga **Reflexology/Reiki by Appt.**	3 **10a -** Exercise Is Medicine **10:50a -** Gentle Pilates **1:15p -** Line Dancing **Massage/Reflexology by Appt.**	4 **Reflexology by Appt.**	5
6	7 **10a** - Gentle Yoga **11:30a** - Sound Bath **12:30p** - Bumble Beads **2p** - Why Me? **3p** - Recover, Relate, Renew: Swedish Death Cleaning **Reiki by Appt.**	8 **10:30a** - Exercise Is Medicine **12p** - Good Food Good Fuel **Massage/Reflexology by Appt.**	9 ***12p - Holly Jolly Potluck*** **1:30p** - Gentle Yoga **3p** - Breast Cancer Support Group **Reflexology/Reiki by Appt.**	10 **10a -** Exercise Is Medicine **10:50a -** Gentle Pilates **1:15p -** Line Dancing **Massage/Reflexology by Appt.**	11	12
13	14 **10a** - Gentle Yoga **2p** - Why Me? **3p** - Recover, Relate, Renew: Swedish Death Cleaning **Reiki by Appt.**	15 **10:30a** - Exercise Is Medicine **12p** - Taste & Savor **Massage by Appt.**	16 **10a** - Spiritual Wellness Book Club: The Red Sea Rules **12p** - Men's Support Group **1:30p** - Gentle Yoga **Reiki by Appt.**	17 **10a -** Exercise Is Medicine **10:50a -** Gentle Pilates **1:15p -** Line Dancing **Massage by Appt.**	18 **Massage by Appt.**	19
20	21 **10a** - Gentle Yoga **12:30p** - Bumble Beads **2p** - Why Me? **3p** - Recover, Relate, Renew: Swedish Death Cleaning	22 **10:30a** - Exercise Is Medicine **Massage by Appt.**	23 **CLOSED FOR CHRISTMAS**	24	25 	26
27	28 **10a** - Gentle Yoga	29 **10:30a** - Exercise Is Medicine **1:30p** - Art & Soul **Massage by Appt.**	30 **CLOSED FOR NEW YEARS** **2027**	31		

Cancer Wellness Online - a virtual home for wellness. Visit **piedmontcancerwellness.org** for unlimited access to online classes, videos, articles, community support and more.

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