

# March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Gentle Yoga</b> 6-7pm In-person Ewing AND Zoom	3 <b>GYN Cancer Support Group</b> 5:00-6:00pm Zoom	4 <b>Gentle Yoga</b> 5:00-6:00pm Zoom	5	6 <b>Strength Class</b> 11-11:45am In person Hopewell	7
8 Daylight Savings 	9 <b>Gentle Yoga</b> 6-7pm In-person Ewing AND Zoom	10 <b>Living with Cancer</b> 5:30-7:00pm In person Hopewell & Zoom	11 <b>'Rollin' Colon Day'</b> <b>11am- 1pm Hopewell</b>  <b>Gentle Yoga</b> 5:00-6:00pm Zoom	12 <b>Restorative Yoga</b> 4:30-6:00pm- Zoom	13 <b>Strength Class</b> 11-11:45am In person Hopewell	14
15	16 <b>Tai Chi</b> <b>10:30-11:30am</b> In person Hopewell <b>Gentle Yoga</b> 6-7pm In-person Ewing AND Zoom	17 <b>Breast Cancer Support Group</b> 6:00pm - 7:30pm Via Zoom and at Hopewell 	18 <b>Gentle Yoga</b> 5:00-6:00pm Zoom	19	20 <b>Strength Class</b> 11-11:45am In person Hopewell 	21
22	23 <b>Tai Chi</b> <b>10:30-11:30am</b> In person Hopewell <b>Gentle Yoga</b> 6-7pm In-person Ewing AND Zoom	24 <b>Advanced Stage Cancer Support Group</b> 5:00-6:00pm Zoom	25 <b>Gentle Yoga</b> 5:00-6:00pm Zoom	26 	27 <b>Strength Class</b> 11-11:45am In person Hopewell	28
29	30 <b>Tai Chi</b> <b>10:30-11:30am</b> In person Hopewell <b>Gentle Yoga</b> 6-7pm In-person Ewing AND Zoom	31	<b>Important:</b> All classes, events, and support groups require advanced registration. These events are free to CHCC patients.	<b>Support Groups:</b> 	<b>Wellness Classes:</b> 	<b>Questions?</b> Contact our social worker @ 609.303.4068  Please scan the QR codes to register.

Blue: Wellness Classes      Purple: Support Groups