

# 2020

## virtual support programs



Our Cancer Center **virtual** support programs are designed to support your mind, body and spirit. Programs are held each Wednesday at 5:30 PM. For an **e-mail** invite to participate, contact Kari Ann Rennekamp via e-mail at [kari.rennkamp@mmhealth.org](mailto:kari.rennkamp@mmhealth.org) or call 812.933.3741.

### july

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8 Hope Support Group: 'Getting Help for Distress' (KAR)	9	10	11
12	13	14	15 Fueling with Phytonutrients - Your Contribution for Fighting Cancer (SH)	16	17	18
19	20	21	22 Caregiver Support Group: 'Strong, Brave, Loved' (KAR)	23	24	25
26	27	28	29 Gentle Chair Yoga (BW)	30	31	

### august

S	M	T	W	TH	F	S
						1
2	3	4	5 Mindfulness of the Breath (CS)	6	7	8
9	10	11	12 Hope Support Group: 'Strong, Brave, Loved' (KAR)	13	14	15
16	17	18	19 Limitless Flavor while Limiting Sugar (SH)	20	21	22
23	24	25	26 Caregiver Support Group: 'Fearlessly Authentic' (KAR)	27	28	29
30	31					

# september



S	M	T	W	TH	F	S
		1	2 The Pearls of Positivity (CS)	3	4	5
6	7	8	9 Hope Support Group: 'Powerful & Influential' (KAR)	10	11	12
13	14	15	16 Gentle Chair Yoga (BW)	17	18	19
20	21	22	23 Caregiver Support Group: 'Powerful & Influential' (KAR)	24	25	26
27	28	29	30 Eating for Gut Health: Love Your Guts! (SH)			



# october

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7 Refreshing Your Spirit (CS)	8	9	10
11	12	13	14 Hope Support Group: 'Fearlessly Authentic' (KAR)	15	16	17
18	19	20	21 Gentle Chair Yoga (BW)	22	23	24
25	26	27	28 Caregiver Support Group: 'Surviving the Holidays' (KAR)	29	30	31



Classes Led By: KAR - Kari Ann Rennekamp | SH - Sarah Heffron | BW - Brenda Winters | CS - Carla Stenger

# november



S	M	T	W	TH	F	S
1	2	3	4 Super Snacking and Appetizers: Surviving the Holidays (SH)	5	6	7
8	9	10	11 Hope Support Group: 'Surviving the Holidays' (KAR)	12	13	14
15	16	17	18 Reflect with Gratitude (CS)	19	20	21
22	23	24	25 Caregiver Support Group: 'Grateful & Blessed' (KAR)	26	27	28
29	30					



# december

S	M	T	W	TH	F	S
		1	2 Eating for Brain Health (SH)	3	4	5
6	7	8	9 Hope Support Group: 'Grateful & Blessed' (KAR)	10	11	12
13	14	15	16 Gentle Chair Yoga (BW)	17	18	19
20	21	22	23 Wellness Goals for 2021 (SH)	24	25	26
27	28	29	30 A Time for Renewal (CS)	31		



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