

February PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p> OPEN PROGRAMS are offered on a drop-in basis, so feel free to stop in when you can. No RSVP or pre-registration is required.</p> </div> <div style="width: 45%;"> <p> PRE-REGISTRATION REQUIRED To learn more about our on-going support groups, please attend a Welcome Meeting or contact the Program Director.</p> </div> </div>						
	<p>1</p> <ul style="list-style-type: none"> <input type="radio"/> Strength and Tone 11:00 AM <input type="radio"/> Website Intro Class 12:30 PM <input type="radio"/> QiGong 6:00 PM <input type="radio"/> SPEAKER! 7:00 PM Yvonne Ottaviano, M.D. 	<p>2</p> <ul style="list-style-type: none"> <input type="radio"/> Yoga 10:45 AM <input type="radio"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="radio"/> Welcome Meeting 7:00 PM 	<p>3</p> <ul style="list-style-type: none"> <input type="radio"/> Yoga 6:00 PM <input checked="" type="checkbox"/> Kids Grief Week 4 6:30 PM 	<p>4</p> <ul style="list-style-type: none"> <input type="radio"/> Stretch & Tone 11:00 AM <input type="radio"/> Welcome Meeting 12:00 PM <input type="radio"/> The Art of Quilting 1:30 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM 	<p>5</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Mindfulness Meditation I: Week 5 10:00 AM <input checked="" type="checkbox"/> Mindfulness Meditation II 12:30 PM <input type="radio"/> Yoga Nidra 1:30 PM 	<p>6</p> <ul style="list-style-type: none"> <input type="radio"/> Yoga 9:00 AM <input checked="" type="checkbox"/> Kids/Teens/Family Circle Week 2 10:00 AM <input type="radio"/> Couples Support Group 10:15 AM
7	<p>8</p> <ul style="list-style-type: none"> <input type="radio"/> Strength and Tone 11:00 AM <input type="radio"/> Look Good... Feel Better 12:30 PM <input type="radio"/> QiGong 6:00 PM <input type="radio"/> Metastatic Breast Cancer Group 7:00 PM 	<p>9</p> <ul style="list-style-type: none"> <input type="radio"/> Yoga 10:45 AM <input type="radio"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="radio"/> Welcome Meeting 7:00 PM 	<p>10</p> <ul style="list-style-type: none"> <input type="radio"/> Yoga 6:00 PM <input checked="" type="checkbox"/> Kids Grief Week 5 6:30 PM 	<p>11</p> <ul style="list-style-type: none"> <input type="radio"/> Stretch & Tone 11:00 AM <input type="radio"/> Welcome Meeting 12:00 PM <input type="radio"/> Valentine's Tea 12:30 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM <input type="radio"/> Ovarian Cancer Grp 7:30 PM 	<p>12</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Mindfulness Meditation I: Week 6 10:00 AM <input checked="" type="checkbox"/> Mindfulness Meditation II 12:30 PM 	<p>13</p> <ul style="list-style-type: none"> <input type="radio"/> Yoga 9:00 AM <input checked="" type="checkbox"/> Kids/Teens/Family Circle Week 4 10:00 AM
14	<p>15</p> <p style="text-align: center;">PRESIDENT'S DAY HOPEWELL CLOSED</p> <ul style="list-style-type: none"> <input type="radio"/> QiGong 6:00 PM <input type="radio"/> Breast Cancer Group 7:00 PM 	<p>16</p> <ul style="list-style-type: none"> <input type="radio"/> Prostate Cancer Grp 10:30 AM <input type="radio"/> Yoga 10:45 AM <input type="radio"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="radio"/> Welcome Meeting 7:00 PM 	<p>17</p> <ul style="list-style-type: none"> <input type="radio"/> Yoga 6:00 PM <input checked="" type="checkbox"/> Kids Grief Week 6 6:30 PM 	<p>18</p> <ul style="list-style-type: none"> <input type="radio"/> Stretch & Tone 11:00 AM <input type="radio"/> Welcome Meeting 12:00 PM <input type="radio"/> SPEAKER! Carole O'Toole 1:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM <input type="radio"/> TAKING STOCK 7:00 PM 	<p>19</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Professional Orientation Coffee 9:00 AM <input checked="" type="checkbox"/> Mindfulness Meditation I: Week 7 10:00 AM <input checked="" type="checkbox"/> Mindfulness Meditation II 12:30 PM <input type="radio"/> Yoga Nidra 1:30 PM 	<p>20</p> <ul style="list-style-type: none"> <input type="radio"/> Yoga 9:00 AM <input checked="" type="checkbox"/> Kids/Teens/Family Circle Week 4 10:00 AM <input type="radio"/> Couples Support Group 10:15 AM <input type="radio"/> CONCERT FOR HOPE 7:00 PM
21	<p>22</p> <ul style="list-style-type: none"> <input type="radio"/> Journaling 9:30 AM <input type="radio"/> Strength and Tone 11:00 AM <input type="radio"/> QiGong 6:00 PM <input type="radio"/> Brain Tumor Group 7:00 PM <input type="radio"/> Leukemia, Lymphoma and Myeloma Group 7:00 PM <input type="radio"/> SPEAKER! Neri Cohen, M.D. 7:00 PM 	<p>23</p> <ul style="list-style-type: none"> <input type="radio"/> Yoga 10:45 AM <input type="radio"/> Meditations 12:00 PM <input checked="" type="checkbox"/> Family Support Grp 1:00 PM <input checked="" type="checkbox"/> Participant Group 1:00 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input type="radio"/> Welcome Meeting 7:00 PM 	<p>24</p> <ul style="list-style-type: none"> <input type="radio"/> Yoga 6:00 PM 	<p>25</p> <ul style="list-style-type: none"> <input type="radio"/> Stretch & Tone 11:00 AM <input type="radio"/> Welcome Meeting 12:00 PM <input type="radio"/> Needlecrafters Grp 12:30 PM <input checked="" type="checkbox"/> Participant Group 6:30 PM <input checked="" type="checkbox"/> Family Support Grp 6:30 PM <input type="radio"/> Ovarian Cancer Grp 7:30 PM 	<p>26</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Mindfulness Meditation I: Week 8 10:00 AM <input checked="" type="checkbox"/> Mindfulness Meditation II 12:30 PM 	<p>27</p> <ul style="list-style-type: none"> <input type="radio"/> Yoga 9:00 AM <input checked="" type="checkbox"/> Kids/Teens/Family Circle Week 5 10:00 AM
28						

Introducing the New HopeWell Website!

Monday, February 1st, 12:30–1:30 pm

Go on a guided tour of HopeWell's brand new website with our Communications Specialist, Meg Kimmel. Learn all about the site, what's there, how to use it and new features. A Q&A session to follow. Please RSVP.

Targeted Therapy in Breast Cancer: Moving towards Individualized Treatment

Monday, February 1, 7:00 - 8:30 PM

Dr. Yvonne Ottaviano is Director of Breast Oncology at The Harry and Jeanette Weinberg Cancer Institute at Franklin Square Hospital Center. Get a better understanding of exactly what targeted therapy is, how it works, when it is recommended and where the research is headed. Information about specific therapies will be shared and discussed. Please RSVP.

Complementary Therapy: How To Make Your Own Action Plan

Thursday, February 18th, 1:00 pm–2:00 pm
(Lunch available: 12:30 pm–1:00 pm)

Carole O'Toole, is the Director of Navigation Programs at the Smith Farm Center for Healing and the Arts and is also a cancer survivor. Out of her own experience, she began to research complementary techniques that would support her physically, emotionally and spiritually. She now coaches cancer survivors as to how to create their own unique and personalized integrative treatment plan. Please join her to learn about how to find and select practitioners, what to expect from treatment sessions and how to determine which therapies are most helpful. Please RSVP.

Carole is also the author of *Healing Outside the Margins: The Survivor's Guide to Integrative Cancer Care and Cancer Community Healing Network*.

Taking Stock: Planned Giving

Thursday, February 18th, 7:00–8:30 pm

Join us for Part IV of Taking Stock: A Series Focusing on Financial Issues. This evening we will learn all about planned giving as an option for making charitable donations. In this enlightening overview of the subject, find out what it means, how it works and the benefits it can offer. Please RSVP.

Concert for Hope

Saturday, February 20th 7:00 PM–1:00 AM

The Concert for Hope is a meaningful way to celebrate the our HopeWell community! Enjoy some local, Baltimore bands and show support for the people in your life affected by cancer. The Concert for Hope raises crucial funding for HopeWell Cancer Support's programs and services.

For information and ticket purchase, visit our website: hopewellcancersupport.org

All About Lung Cancer: Managing Your Own Care

Monday, February 22nd, 7:00–8:30 PM

Dr. Neri Cohen, Chief of the Division of Thoracic Surgery and Director of the Thoracic Oncology Program at the Sandra and Malcolm Berman Cancer Institute at Greater Baltimore Medical Center, will lead an informal discussion about various aspects of lung cancer. Topics include understanding and weighing treatment options, clarifying roles among your lung cancer treatment team, who to contact when, and dealing with breathing problems and other side effects and symptoms. Please RSVP.