



FEBRUARY 2025

EVENTS & PROGRAMS

[Click here to check out all of our programs in Spanish!](#)

ALL INFO & RSVP AT:
[SURVIVINGBREASTCANCER.ORG/EVENTS](https://www.survivingbreastcancer.org/events)

SUN MON TUE WED THU FRI SAT

Encourage & Empower (E&E) for the Newly Diagnosed: 8-week program Tuesdays at 10 a.m. Eastern starting February 4

Black History Month Starts

2	3	4	5	6	7	8
Breast Cancer Book Club	Meditation Reflection Artistic Expression	Encourage & Empower World Cancer Day		All Stages & MBC Meetups	Pilates	
9	10	11	12	13	14	15
	Well-Being Club Meditation Reflection	DIEP Yoga Expressive Writing		All Stages & IBC Meetups	Valentine's Day Mugs	Support Group Facilitator Training
16	17	18	19	20	21	22
Support Group Facilitator Training	Meditation Reflection Restorative Yoga	Caregiver Huddle		All Stages & MBC Meetups	Pilates	
23	24	25	26	27	28	
	Well-Being Club Meditation Reflection	Reiki Circle	SBC @ Carfang Nursing & Healthcare Ethics Conference Feb. 26-28	All Stages Meetup		



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