



Register for programs:
survivingbreastcancer.org/events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Meditation Reflection Artistic Expression	2	3	4 Thursday Night Thrivers Meetup: Early Stage Thursday Night Thrivers Meetup: MBC	5 Pilates	6
7 Breast Cancer Book Club	8 Meditation Reflection Well-Being Club Expressive Writing	9 DIEP Flap Yoga	10	11 Thursday Night Thrivers Meetup: All Stages Thursday Night Thrivers Meetup: IBC	12 Reflective Writing for MBC	13
14	15 Meditation Reflection Restorative Yoga Webinar: Nipple Tattooing	16 Caregiver Huddle Webinar: Intimacy After Cancer Radical Remission for MBC New!	17 Hypnosis MBC Community Conversation	18 Thursday Night Thrivers Meetup: Early Stage Thursday Night Thrivers Meetup: MBC	19 Pilates	20
21	22 Meditation Reflection Well-Being Club Reiki Circle	23	24	25 Thursday Night Thrivers Meetup: All Stages	26	27 Support Group Facilitator Training
28 Support Group Facilitator Training	29 Meditation Reflection	30	New! Radical Remission for MBC: a 5-week virtual healing workshop Tuesdays at 7:00 pm EDT starting 9/16		#TakeAHike registration is now open! Sign up today and get ready to hike or walk with us on October 25! https://givebutter.com/c/wdQlj2	