

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 Open Support Group 10:00am - 11:00am	1 <b>CLOSED</b> <b>HAPPY NEW YEAR!</b> 	2 Open Art Studio 2:30pm - 3:30pm Breast Cancer Survivorship 5:00pm - 6:00pm	3 Guitar Performance 12:15pm-1:15pm Beading for Stress Reduction 1:30pm - 3:00pm	4	
6	7 Open Support Group 10:00am - 11:00am Yoga for Patients & Caregivers 11:00am-12:00pm Look Good, Feel Better 4:00pm - 6:00pm	8 Weight Management 12:00pm - 1:00pm	9 Yoga for Patients & Caregivers 11:00am-12:00pm Knitting/Crochet Circle 12:00pm - 1:30pm Open Art Studio 2:30pm - 3:30pm	10 Guitar Performance 12:15pm-1:15pm Beading for Stress Reduction 1:30pm - 3:00pm Wellness Through Writing 5:30pm - 7:30pm	11	12
	14 Open Support Group 10:00am - 11:00am Yoga for Patients & Caregivers 11:00am-12:00pm	15	16 Yoga for Patients & Caregivers 11:00am-12:00pm Healing Circle 1:30pm - 2:30pm Open Art Studio 2:30pm - 3:30pm SPOHNC 5:00pm-6:30pm	17 Guitar Performance 12:15pm-1:15pm Beading for Stress Reduction 1:30pm - 3:00pm	18 Nutrition Program: How to eliminate sugar from your diet 12:00pm - 1:00pm	
20	21 Open Support Group 10:00am - 11:00am Yoga for Patients & Caregivers 11:00am-12:00pm LLS Family Support Group 6:00pm - 7:30pm	22 Caregiver Tea 12:00pm-1:00pm Weight Management 12:00pm - 1:00pm Young Breast Cancer Support Group 5:00pm - 6:30pm	23 Yoga for Patients & Caregivers 11:00am-12:00pm Open Art Studio 2:30pm - 3:30pm	24 Guitar Performance 12:15pm-1:15pm Beading for Stress Reduction 1:30pm - 3:00pm	25	26
	28 Open Support Group 10:00am-11:00am Yoga for Patients & Caregivers 11:00am-12:00pm	29	30 Yoga for Patients & Caregivers 11:00am-12:00pm Open Art Studio 2:30pm - 3:30pm	31 Guitar Performance 12:15pm-1:15pm Beading for Stress Reduction 1:30pm - 3:00pm Drumming Circle 5:00pm-6:30pm	 <p>White Plains Hospital Center for Cancer Care 914.849.7500</p>	