


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Breast Cancer Awareness Month</b></p>	<p>1 Open Support Group 10:00am - 11:00am Yoga for Patients &amp; Caregivers 11:00am-12:00pm Therapy Dog Visits 1:30pm - 2:30pm Look Good, Feel Better 4:00pm - 6:00pm</p>	<p>2 Weight Management 12:00pm - 1:00pm</p>	<p>3 Yoga for Patients &amp; Caregivers 11:00am-12:00pm Knitting/Crochet Circle 12:00pm - 1:30pm Open Art Studio 2:30pm - 3:30pm Breast Cancer Survivorship 5:00pm - 6:00pm</p>	<p>4 Guitar Performance 12:15pm-1:15pm Beading for Stress Reduction 1:30pm - 3:00pm Wellness Through Writing 5:30pm - 7:30pm</p>	<p>5 Therapy Dog Visits 11:00am - 12:00pm</p>	<p>6 <b>DO GOOD. FEEL GOOD.</b> Yoga fundraiser for Breast Cancer Awareness Month Bikram Yoga Scarsdale 4:00pm, 90min class Sign up or make donation @ wphospital.org/foundation/events/2018-bikram-yoga</p>
	<p>7</p>	<p>8 Open Support Group 10:00am - 11:00am Yoga for Patients &amp; Caregivers 11:00am-12:00pm Therapy Dog Visits 1:30pm - 2:30pm</p>	<p>9</p>	<p>10 Yoga for Patients &amp; Caregivers 11:00am-12:00pm Therapy Dog Visits 1:30pm - 2:30pm Open Art Studio 2:30pm - 3:30pm</p>	<p>11 Therapy Dog Visits 11:00am - 12:00pm Guitar Performance 12:15pm-1:15pm Beading for Stress Reduction 1:30pm - 3:00pm</p>	<p>12</p> 
	<p>15 Open Support Group 10:00am - 11:00am Yoga for Patients &amp; Caregivers 11:00am-12:00pm LLS Family Support Group 6:00pm - 7:30pm</p>	<p>16 Weight Management 12:00pm - 1:00pm</p>	<p>17 Healing Circle 1:00pm - 2:00pm Open Art Studio 2:30pm - 3:30pm SPOHNC 5:00pm-6:30pm</p>	<p>18 Therapy Dog Visits 11:00am - 12:00pm Guitar Performance 12:15pm-1:15pm Beading for Stress Reduction 1:30pm - 3:00pm</p>	<p>19 Nutrition Program: "How to Eat Healthy on a Budget" 12:00pm - 1:00pm</p>	<p>20</p>
<p>21 <b>The American Cancer Society</b> <b>Making Strides Against Breast Cancer Walk</b> <b>Manhattanville College</b> <b>Sign up:</b> <a href="http://main.acsevents.org/goto/WPHteamHOPE2018">http://main.acsevents.org/goto/WPHteamHOPE2018</a></p>	<p>22 Open Support Group 10:00am - 11:00am Yoga for Patients &amp; Caregivers 11:00am-12:00pm Therapy Dog Visits 1:30pm - 2:30pm</p>	<p>23 Young Breast Cancer Support Group 5:00pm - 6:30pm</p>	<p>24 Yoga for Patients &amp; Caregivers 11:00am-12:00pm Therapy Dog Visits 1:30pm - 2:30pm Open Art Studio 2:30pm - 3:30pm</p>	<p>25 Therapy Dog Visits 11:00am - 12:00pm Guitar Performance 12:15pm-1:15pm Beading for Stress Reduction 1:30pm - 3:00pm Therapy Dog Visits 2:45pm - 3:45pm Drumming Circle 5:00pm-6:30pm</p>	<p>26</p> 	
<p>28</p>	<p>29 Open Support Group 10:00am - 11:00am Yoga for Patients &amp; Caregivers 11:00am-12:00pm Therapy Dog Visits 1:30pm - 2:30pm</p>	<p>30</p>	<p>31 Yoga for Patients &amp; Caregivers 11:00am-12:00pm Caregiver Tea 12:00pm-1:00pm Therapy Dog Visits 1:30pm - 2:30pm Open Art Studio 2:30pm - 3:30pm</p>	 <p><b>White Plains Hospital</b> <b>Center for Cancer Care</b> 914.849.7500</p>		