

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>White Plains Hospital Center for Cancer Care 914.849.7500</p>					<p>1 11:00pm - 12:00pm Therapy Dog Visits</p>	<p>2</p>
<p>3</p>	<p>4</p>	<p>5 12:00pm-1:00pm Weight Management 1:00pm-2:00pm Therapy Dog Visits 5:30pm-6:30pm Yoga for Patients & Caregivers</p>	<p>6 10:00am-11:00am Yoga for Patients & Caregivers 12:00pm - 1:00pm Flutist-Music Therapy 12:00pm - 2:00pm Knitting/Crochet Circle</p>	<p>7 2:45pm - 3:45pm Therapy Dog Visits 5:30pm - 7:30pm Wellness Through Writing</p>	<p>8</p>	
	<p>11 1:00pm - 2:00pm Open Support Group</p>	<p>12 1:00pm-2:00pm Therapy Dog Visits 5:30pm-6:30pm Yoga for Patients & Caregivers</p>	<p>13 10:00am-11:00am Yoga for Patients & Caregivers 4:00pm-5:30pm Effective Communication Techniques</p>	<p>14 2:45pm-3:45pm Therapy Dog Visits 5:00pm - 7:00pm Breast Cancer Survivorship</p>	<p>15 11:00pm - 12:00pm Therapy Dog Visits 12:00pm-1:00pm Nutrition Program</p>	<p>16</p>
<p>17</p>	<p>18 1:00pm - 2:00pm Open Support Group 4:00pm - 6:00pm Look Good, Feel Better</p>	<p>19 12:00pm-1:00pm Weight Management 1:00pm-2:00pm Therapy Dog Visits 5:30pm-6:30pm Yoga for Patients & Caregivers</p>	<p>20 10:00am-11:00am Yoga for Patients & Caregivers 11:30am-1:30pm Healing Circle 5:00pm-6:30pm SPOHNC 1:30pm-2:30pm Counseling Series Workshop</p>	<p>21 12:00pm - 2:00pm Creative Activities Workshop 12:15pm-1:15pm Guitar Performance 2:45pm - 3:45pm Therapy Dog Visits</p>	<p>22</p>	<p>23</p>
<p>24</p>	<p>25 1:00pm - 2:00pm Open Support Group</p>	<p>26 1:00pm-2:00pm Therapy Dog Visits 5:30pm-6:30pm Yoga for Patients & Caregivers</p>	<p>27 10:00am - 11:00am Yoga for Patients & Caregivers 11:00am-12:00pm Caregiver Tea</p>	<p>28 12:15pm-1:15pm Guitar Performance 2:45pm - 3:45pm Therapy Dog Visits 5:00pm-6:30pm Drumming Circle</p>	<p>29 11:00pm - 12:00pm Therapy Dog Visits</p>	