

Gynecological Cancer Resource Toolkit

Free Workshops Presented by **Cancer Support Community Atlanta**

Nutrition

Newly Diagnosed Nutrition 101

First Monday of the Month 1pm-2pm

Virtual and In-person

Led by an oncology dietitian to prepare those newly diagnosed for nutrition and eating during treatment.



Support Groups

Gynecological Support Group

Second and Fourth Wednesdays of the Month, 6:00pm - 7:00pm Virtual & In-Person

Family & Friends Support Group

Second and Fourth Mondays of the Month, 6:45pm - 7:45pm Virtual

Stress Reduction Classes

Introduction to Breathing Techniques

Mondays • 12:00-12:30pm Virtual

12:30-1:00pm In-Person

Cope with anxiety and nervousness by learning breathing techniques that allow you to relax your muscles, calm your mind, and boost your immune system.

Chair Yoga

Wednesdays • 3:00pm-4:15pm In-Person

Thursdays • 1:00pm-2:00pm Virtual

These classes are perfect for those who prefer not to get down on the floor, who have difficulty with balance, who have some limitations in strength, or who want to ease in to yoga to maintain their range of motion.



[cscatlanta.org/get-started](https://www.cscatlanta.org/get-started)

Get Started

Monthly Newcomer Orientation

Learn more about what we offer: support groups, cooking demonstrations, educational seminars, gentle exercise classes and above all, new friendships.

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www.cscatlanta.org

