

# Resource Toolkit During Treatment

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

## Nutrition

### Oncology Nutrition 101

Second Monday of the Month, 12:30pm-1:30pm

Virtual and In-person

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



## Support Groups

### Living with Cancer Weekly Support Group

Mondays • 5:30pm - 6:30pm Virtual & In-Person

Group members are encouraged to support one another while discussing topics related to treatment options, and navigating the health care arena.

### Family & Friends Support Group

Second and Fourth Thursdays of the Month, 5:30pm - 6:30pm Virtual

## Stress Reduction Classes

### Introduction to Breathing Techniques

Mondays • 12:00-12:30pm Virtual

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 • 11:00am-12:00pm In-Person

Thursdays • 10:00am-11:00am 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.



## 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.

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

phone 404.843.1880 • fax 404.843.1780

1100 Johnson Ferry Road NE • Building 2, LL90 • Atlanta, GA 30342

[www.cscatlanta.org](http://www.cscatlanta.org)

