Surviving Breast Cancer . Org



November 2026



REGISTER FOR PROGRAMS:
SURVIVINGBREASTCANCER.ORG/EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
1 Breast Cancer Book Club	2 Solar Plexus Chakra Meditation Lymph Flow Yoga Artistic Expression	3 Meditation for Self-Care	4	5 Early Stage Support Group MBC Support Group	6	7 Pilates
8	9 Solar Plexus Chakra Meditation Lymph Flow Yoga Expressive Writing	10 DIEP Flap Yoga	11 Veterans Day Mystery Crochet-Along Webinar: Breast Cancer Nutrition	12 All Stages Support Group IBC Support Group	13 MBC Expressive Writing	14 Pilates
15	16 Solar Plexus Chakra Meditation Lymph Flow Yoga Lymphedema Support Group	17 Poetry Workshop Caregiver Huddle	18 Mystery Crochet-Along	19 Early Stage Support Group MBC Support Group	20	21
22	23 Solar Plexus Chakra Meditation Reiki	24 Tai Chi & Qi Gong	25 Mystery Crochet-Along	26 Thanksgiving All Stages Support Group	27	28
29	30 Solar Plexus Chakra Meditation Restorative Yoga					