



# APRIL 2024



## EVENTS & PROGRAMS

ALL INFO & RSVP AT:  
[SURVIVINGBREASTCANCER.ORG/EVENTS](https://survivingbreastcancer.org/events)

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Meditation Affirmations Artistic Expression	2 Forest Bathing	3	4 All Stages & MBC Meetups	5 Pilates Mindfulness	6
7 World Health Day Breast Cancer Book Club	8 Meditation Affirmations Expressive Writing	9 Chair Yoga	10 MBC Webinar	11 All Stages & IBC Meetups	12 Pilates	13
14	15 Patriots' Day Meditation Affirmations	16 DIEP Yoga	17	18 All Stages & MBC Meetups	19 Mindfulness SBC @ LBBC MBC Conference	20
21 SBC @ LBBC MBC Conference	22 Earth Day Meditation Affirmations Restorative Yoga	23 Qi Gong	24 MBC Webinar	25 All Stages & IBC 2.0 Meetups	26 Open Mic Poetry	27
28	29 Meditation Affirmations	30 Triage Cancer Webinar				

Click here to check out all of our programs in Spanish!

