



Atrium Health
Levine Cancer

ywbp Monthly Calendar of Classes and Events

April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

Healthy Cooking Club
10:30 to 11:45 a.m.

Yoga for Young Adults
6 to 7 p.m.

7

Breast Cancer Nutrition
4 to 5:15 p.m.

8

9

Lymphedema Education
4:15 to 5 p.m.

10

11

Young Women's online support
and discussion group
Noon to 1 p.m.

14

Heart Healthy Nutrition
10:30 to 11:45 a.m.

15

9 Nutrition Steps for Survivors
10:30 to 11:45 a.m.

16

Talking to Children about Your
Cancer Diagnosis
11:30 a.m. to 12:30 p.m.

17

Sleep 101
3 to 4 p.m.

18

21

22

23

24

Plant Forward- Nutrition
12:30 to 2 p.m.

25

28

29

30

Register for groups and classes at [Atrium Health Levine Cancer](#).

Questions? Contact the Cancer Resource Center by email or phone.
Monday through Friday, 8:30 a.m to 5 p.m.
LCISupportiveOncology@AtriumHealth.org
980-442-1006

Events are for Atrium Health Levine Cancer breast patients.

Registration is required to receive link and information to access online.

For information on **acupuncture, oncology massage and healing touch**, please call 980-442-2500, option 7.

Groups and Class Descriptions

YWBP online support and discussion group: Women who have received a breast cancer diagnosis at age 45 or under can come together every month online. Whether you are newly diagnosed, in treatment or a few years out, please drop in whenever you can. Sharing can be very healing – especially with those who understand. The support group and forums are facilitated by our dedicated, licensed clinical social workers (LCSWs). They create a positive environment for women to have safe, confidential conversations to help connect, encourage and inspire one another.

Lymphedema education: Lymphedema is a common side effect after breast cancer surgery or radiation therapy. It is swelling in the hand, arm, breast or torso that can develop during or after treatment.

Save the date:

Thursday, May 1, Noon to 1 p.m.: *HER2 Positive Breast Cancer Treatment Updates*, by Dr. Neelam Desai, MD, breast medical oncologist, Atrium Health Levine Cancer.

Register for meeting link: [HER2 Positive Breast Cancer: Treatment & Research Updates - 5/1/2025](#)