

INSPIRE SURVIVE THRIVE

**An Event Designed for You to Live Well!
For Patients, Survivors, Caregivers and Families
Join Us!**

Friday, May 20th
Zangmeister Cancer Center
3100 Plaza Properties, Columbus, Ohio 43219

Join us for a fun afternoon showcasing programs from Cancer Support Community. Participate in these mini-classes or just relax and enjoy the day.

1:00 p.m. - 1:15 p.m.

Welcome, Debbie Beyer, Cancer Support Community

1:00 p.m. - 3:00 p.m.

Arts, crafts, ice cream and snacks

1:20 p.m. - 1:50 p.m.

Cooking demonstration with Chef Jason Johnson and Michelle Mills, RD

1:50 p.m. - 2:10 p.m.

Tai Chi demonstration with John Carnes

2:15 p.m. - 2:35 p.m.

Qigong demonstration with Debra Weisenberger Liptez

2:40 p.m. - 3:00 p.m.

Healing Rhythms Drumming Circle

3:00 p.m.

Wrap up



Please register for the event:

<https://www2.cancersupportohio.org/Events/Calendar?eviid=21347>