

## OVARIAN CANCER ONLINE EDUCATIONAL PROGRAMS

Program	Date	Time	Format
Moving Through Cancer Fitness Classes	<b>Mondays</b> Apr 1, 8, 15, 22, 29 May 6, 13, 20, 27 Jun 3, 10, 17, 24 <b>Tuesdays</b> Apr 2, 9, 16, 23, 30 May 7, 14, 21, 28 Jun 4, 11, 18, 25	<b>Monday:</b> 12-1pm ET <b>Tuesday:</b> 10-11am ET	Zoom
Yoga and Meditation for All Women with <i>Three and Half Acres</i>	<b>Thursdays</b> Apr 4, 18 May 2, 16 Jun 6, 20	6-7pm ET	Zoom
Let's Talk About It: Ovarian Cancer (See it and Catch it! Recognizing the Thought Traps that Negatively Impact How We Feel)	<b>Wednesday</b> Apr 10	1-2:30pm ET	Zoom
Embracing Life's Balancing Act	<b>Friday</b> Apr 12	2-3pm ET	Webinar
Advocating for Better Outcomes: Ovarian Cancer and You <i>*Available in English &amp; Spanish</i>	<b>Thursday</b> Apr 18	5-6pm ET	Webinar
Part I - Anticipatory Grief: Experiencing grief before the loss has happened	<b>Friday</b> Apr 19	12-1pm ET	Webinar
Report Back from SGO: What's the Latest in Ovarian Cancer?	<b>Wednesday</b> May 1	1-2pm ET	Zoom
Let's Talk About It: Ovarian Cancer (The Emotional Toll of Treatment Decision Making)	<b>Wednesday</b> May 8	1-2:30pm ET	Zoom



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Part II - Body Grief: Losing parts of ourselves and our identity before, during and after cancer treatment	Friday May 24	12-1pm ET	Webinar
Let's Talk About It: Ovarian Cancer (Mental Health and Wellness Top 10: The Resources that Help)	Wednesday Jun 12	1-2:30pm ET	Zoom
Part III - Cumulative Grief: Learning how to honor the many losses that occur in a brief period of time	Friday Jun 14	12-1pm ET	Webinar



## OVARIAN CANCER SUPPORT GROUPS

Group Name	Date	Time	Location
PARP Inhibitor Support Group	Mondays Apr 1 May 6 Jun 3	6-7:30pm ET	Zoom
Breast and Ovarian Cancer Support for Women of African Descent	Tuesdays Apr 2,16 May 7, 21 Jun 4, 18	1st Tuesday: 6-7:30pm ET 3rd Tuesday: 4-5:30pm ET	Zoom
Newly Diagnosed Ovarian Cancer Support Group	Wednesdays Apr 3 May 1 Jun 5	7-8:30pm ET	Zoom
Ongoing/Recurrent Ovarian Cancer Support Group	Wednesdays Apr 17 May 15 Jun 19	5-6:30pm ET	Zoom
Young Women's GYN Cancer Support Group	Wednesdays Apr 17 May 15 Jun 19	7-8:30pm ET	Zoom
Aromatase Inhibitors (AIs) and Tamoxifen Support Group	Thursdays Apr 18 May 16 Jun 20	6-7:30pm ET	Zoom
Lehigh Valley Ovarian Cancer Support Group	Thursdays Apr 18 May 16 Jun 20	7-8:30pm ET	Zoom
Long Island Ovarian Cancer Support Group	Saturdays Apr 13 May 11 Jun 8	10:30am-12pm ET	Zoom

