



**SMITH CENTER
FOR HEALING AND THE ARTS**

community. creativity. cancer support.



RECURRING PROGRAMS

All programs occur via Zoom in Eastern Time.

WEEKLY

LGBTQIA+ Morning Meditation

Tuesday, 7:30-8a

Chair Yoga

Tuesday, 12 - 1p

Gentle PM Yoga

Tuesday, 6 - 7:15p

Sunset Gentle Hatha Yoga

Thursday, 5-6p

**Knitting on the Couch
(HYBRID ONCE A MONTH)**

Wednesday, 3 - 4:30p

Painting for Life

Saturday, 10a - 12p | 2 - 4p

Energy Balancing (IN-PERSON & VIRTUAL)

Thursday, Virtual: 1 or 2:20p | In-Person: 10 or 11a

Simply M the Movement

Thursday, 5:30 - 6:30p

ONGOING

Schedule by Appointment

Knitwell in the Cloud

Individual Patient Navigation

Spiritual Companionship

MONTHLY

Nutrition Club

1st Monday, 12 - 1p

Radical Writing Space

2nd Friday, 11a - 12:30p

Stitched Together

2nd Saturday, 10 - 11:30a

Move Your Lymph (IN-PERSON)

2nd Thursday, 11:45a - 12:30p

Dance Party

1st Saturday, 9:30 - 10:30p

BI-MONTHLY

Outside the Lines:

A Creative Art Studio

1st & 3rd Wednesday, 10:30a - 11a | 10:30a - 12p

Meditation and Mindfulness

1st & 3rd Wednesday, 2 - 2:30p

Qigong

2nd & 4th Wednesday, 7 - 8p

Community Sound Bath

1st Friday & 3rd Wednesday, 8 - 9p

Creating Symbols for Personal Power

1st Tuesday, 6-7:30p

Visit

[smithcenter.org/programs-retreats-
calendar](https://smithcenter.org/programs-retreats-calendar)

to register for upcoming programs and
for more information.

Community Partners:



**Tigerlily
Foundation**
Beauty. Strength. Transformation.



Cancer Center