

OVARIAN CANCER ONLINE EDUCATIONAL PROGRAMS

Program	Date	Time	Format
Moving Through Cancer Fitness Classes	Mondays Jan 1, 8, 15, 22, 29 Feb 5, 12, 19, 26 Mar 4, 11, 18, 25 Tuesdays Jan 2, 9, 16, 23, 30 Feb 6, 13, 20, 27 Mar 5, 12, 19, 26	Monday: 12-1pm ET Tuesday: 10-11am ET	Zoom
Yoga and Meditation for All Women with <i>Three and Half Acres</i>	Thursdays Jan 4, 18 Feb 1, 15 Mar 7, 21	6-7pm ET	Zoom
Let's Talk About It: Ovarian Cancer (Dealing with Cancer Treatment Burnout)	Wednesday Jan 10	1-2:30pm ET	Zoom
Ways to Manage Ovarian Cancer Treatment Side Effects	Wednesday Feb 7	1-2pm ET	Webinar
Let's Talk About It: Ovarian Cancer (Shifting Focus: The Relationship with Your Body)	Wednesday Feb 14	1-2:30pm ET	Zoom
What's New with PARP Inhibitors and Ovarian Cancer?	Thursday Feb 22	1-2pm ET	Webinar
Let's Talk About It: Ovarian Cancer (Sick and Tired of Being Sick and Tired)	Wednesday Mar 6	1-2:30pm ET	Zoom
Understanding and Managing Chemo-Induced Peripheral Neuropathy (CIPN)	Thursday Mar 7	3-4pm ET	Webinar
Tips for Managing Chemobrain	Wednesday Mar 27	12-12:30pm ET	Webinar





OVARIAN CANCER SUPPORT GROUPS

Group Name	Date	Time	Location
PARP Inhibitor Support Group	Mondays Jan 8 Feb 5 Mar 4	6-7:30pm ET	Zoom
Breast and Ovarian Cancer Support for Women of African Descent	Tuesdays Jan 2, 16 Feb 6, 20 Mar 5, 19	1st Tuesday: 6-7:30pm ET 3rd Tuesday: 4-5:30pm ET	Zoom
Newly Diagnosed Ovarian Cancer Support Group	Wednesdays Jan 3 Feb 7 Mar 6	7-8:30pm ET	Zoom
Ongoing/Recurrent Ovarian Cancer Support Group	Wednesdays Jan 17 Feb 21 Mar 20	5-6:30pm ET	Zoom
Young Women's GYN Cancer Support Group	Wednesdays Jan 17 Feb 21 Mar 20	7-8:30pm ET	Zoom
Aromatase Inhibitors & Hormone-Positive Breast Cancer Treatment Support Group	Thursdays Jan 18 Feb 15 Mar 21	6-7:30pm ET	Zoom
Lehigh Valley Ovarian Cancer Support Group	Thursdays Jan 18 Feb 15 Mar 21	7-8:30pm ET	Zoom
Long Island Ovarian Cancer Support Group	Saturdays Jan 13 Feb 10 Mar 9	10:30am-12pm ET	Zoom

