



# 2026 CANCER CONNECTION *socials*

**You're invited** to our friendly get-togethers where cancer survivors support each other. These events are all about standing united against cancer and learning how to thrive as a survivor. Whether you were diagnosed today or years ago—***we're here for you.***

Join us for light snacks and the opportunity to connect with other survivors and your care team. *Please note, no medical advice will be discussed.*

**Mark your calendars for these upcoming events:**

- » **March 5:** Explore mindfulness.
- » **June 4:** Let's get moving together.
- » **Aug. 6:** Learn about nutrition and explore recipes.
- » **Nov. 5:** Discover and participate in the healing arts.

▶ For more information about location and time, visit [CarilionClinic.org/cancersurvivorship](https://CarilionClinic.org/cancersurvivorship).

