



# DECEMBER 2024

## EVENTS & PROGRAMS

ALL INFO & RSVP AT:  
[SURVIVINGBREASTCANCER.ORG/EVENTS](https://survivingbreastcancer.org/events)

SUN	MON	TUE	WED	THU	FRI	SAT
1 Breast Cancer Book Club	2 Meditation Affirmations Artistic Expression	3 Giving Tuesday	4	5 All Stages & MBC Meetups	6	7
8	9 Meditation Affirmations Expressive Writing	10 Chair Yoga SBC @ SABCS	11	12 All Stages & IBC Meetups	13 Pilates	14
15	16 Meditation Affirmations Restorative Yoga	17 Forest Bathing Caregiver Huddle	18	19 All Stages & MBC Meetups	20 Pilates Fire Ceremony	21 Winter Solstice
22	23 Meditation Affirmations Reiki Circle	24	25 Christmas Hanukkah starts	26 All Stages & IBC 2.0 Meetups Kwanzaa starts	27	28
29	30	31 New Year's Eve				

San Antonio Breast Cancer Symposium (SABCS)  
December 10-13  
Visit us at booths 1354 and 26!

Click here to check out all of our programs in Spanish!