

## calendar of events

All Calendar and Ongoing Events must be received by 12th of the month prior to publication. For calendar submission enter on our website: [www.naturalawakeningstriangle.com](http://www.naturalawakeningstriangle.com). Calendar submissions for non-advertisers are limited to space availability.

### WEDNESDAY, AUGUST 1

**Drum Circle.** 7-8:30pm. Join us as Cindy Jones MS LPCS and Taylor Houchens MS LPCA present "Drumming for Wellness". If you are feeling a need for ease from any of the following—boredom, loneliness, stress, fatigue. Come and get some rhythm relief! NO experience necessary. All levels welcome! Bring your drums and percussion instruments (extras will be available!). Suggested donation \$10. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or [www.unitychapelhill.org](http://www.unitychapelhill.org).

### FRIDAY, AUGUST 3

**"Celestial Communication" Kundalini Meditation workshop with visiting instructor Japa Kaur.** 6:30 pm–8 pm. Celestial Communication is a beautiful moving meditation done with mantra and music. This will be appropriate for all levels of experience including very beginners. Followed by tea and cookies! Fee is \$18. Register with HarDarshan: 919-257-7814 or [www.matashaktiashram.org](http://www.matashaktiashram.org); [hardarshan@matashaktiashram.org](mailto:hardarshan@matashaktiashram.org).

### SATURDAY, AUGUST 4

**Birding with Vernon.** 8:30am. Lake Crabtree County Park. Join our enthusiast Vernon for an easy walk while looking and listening for feathered friends. Discover different types of birds and their habitats. Meet at the Waterwise Garden. No registration required. Free. For information visit: <https://tinyurl.com/y9xbmujo>

**History Hike: Man and the River.** 10am-noon. Man has changed the Eno River; the river has changed man. Explore the water and floodplain. This hike will be about three miles long and will have two river crossings (the Eno River and Warren Creek), so you may want to bring water shoes. Meet at the West Point Mill. Age 10 and up. West Point on the Eno, 5101 N Roxboro Rd., Durham. Free. Call: 919-471-1623 or visit: <https://tinyurl.com/yb5wzpg8>

### FRIDAY, AUGUST 10 AND SATURDAY, AUGUST 11

**The 12 Powers.** Class times: Fri. 7-9, Sat. 10-4; Sun. 1-4. Knowledge of the 12 powers includes awareness of "power centers" in the body, similar to the "chakra" system in yoga. Get familiar with all the power centers in your energetic body and learn to activate them so they can serve your spiritual awakening

and balance your life. \$75. Presented by Rev. Paul Hasselbeck. 8800 Seawell School Rd., Chapel Hill 919-968-1854 or [www.unitychapelhill.org](http://www.unitychapelhill.org).

### SUNDAY, AUGUST 12

**Fundamentals of Raising Consciousness.** 1-4pm. Just what is meant by "raising consciousness?" What are we raising and how do we do it? Ultimately, when we do raise our consciousness our view of life is better! Explore Unity's key teachings that make raising consciousness easier. Discover how you can change your consciousness creating an even better you! \$20. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or [www.unitychapelhill.org](http://www.unitychapelhill.org).

### TUESDAY, AUGUST 21

**Curiosity and the Boundaries We Live Within.** 10:30am-noon. When was the last time your curiosity led you to something new – a new way of thinking or acting, or a new question that captured your attention? These questions – and probably a few more – will be explored in this program, with the hope of affirming the gift of curiosity and its use! Free will donation. A Place For Women to Gather, 8380 Six Forks Road, Suite 203, Raleigh. [www.womengather.org](http://www.womengather.org)

### WEDNESDAY, AUGUST 22

**Compassionate Connection.** 7-8:30pm. Learn the basics of the four-step process of Nonviolent Communication (NVC) and specific strategies for giving empathy to ourselves. We will practice each step with a written exercise, with small group break-outs, and with full group sharing. These simple, specific communication techniques can be applied immediately to connect with compassion in all situations. Suggested donation \$10. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or [www.unitychapelhill.org](http://www.unitychapelhill.org).

### THURSDAY AUGUST 23

**Curiosity and the Boundaries We Live Within.** 7:00-8:30pm. See August 21 listing for details.

### SATURDAY AUGUST 25

**Summer Concert.** 5 pm. Unity of the Triangle presents "Feel the Spirit," a joyful celebration of traditional Americana and African-American spirituals. Unity of the Triangle, 5570 Munford

Rd, Raleigh. 919-832-8324. [www.unitytriangle.org](http://www.unitytriangle.org) [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Sound Bath at Youthologie.** 7pm-9pm. Join us for an evening of body, mind and spirit wellness. Immerse yourself in a universe of sound, harmonics, vibration and resonance. Experience a timeless inner journey, part massage and part meditation, at the Triangle area's only sound bath. Reserve your spot 919-847-1495. \$35 for advance ticket, \$40 at the door. Tickets non-transferable to another date. Bring yoga mat and pillow. Youthologie Aesthetic & Anti-Aging Medicine, 10940 Raven Ridge Rd, Ste 214, Raleigh, NC 27615.

### SATURDAY, AUGUST 28

**Unity Church of Raleigh, 4th Saturday Breakfast Book Club.** 10am-noon. Our popular Breakfast Book Club, led by Rev. Bev, begins a new book on July 29, 10 am-noon. We'll be studying *Seedtime and Harvest, A Mystical View of the Scriptures* by Neville Goddard. Using short quotations from the Bible and from authors Blake, Yeats, Emerson, Lawrence, Quintillian, Hermes, and the Hermetica, Neville reveals "the Power that makes the achievement of aims, the attainment of desires, inevitable," showing that the Christ is the human imagination.

### MONDAY, AUGUST 30

**Listening to Your Body: To Supplement or Not to Supplement.** 1:30-3:00pm, or 7:00-8:30pm. With age, as we listen to our bodies, we sense changes associated with perimenopause for up to 15 years before the onset of menopause. It is said that we do not lose hormones because we age, but rather we age because we lose hormones. Every woman should be equipped with the necessary information to make an intelligent decision regarding whether to supplement hormones or not. Free will donation. A Place for Women to Gather, 8380 Six Forks Road, Suite 203, Raleigh. [www.womengather.org](http://www.womengather.org).

### TUESDAY, SEPTEMBER 4

**Men's Choir.** 8-9pm. Durham-based Vox Virorum Men's Chorus invites male singers of all ages to join them for a classic men's glee club repertoire, musical excellence and camaraderie. No prepared selection is required, all male voice parts welcome. Email [voxvirorum@gmail.com](mailto:voxvirorum@gmail.com) for more details.

### SATURDAY, SEPTEMBER 22

**Run 4 Peace.** 2-5pm. Join us for our Third Annual Run 4 Peace 4K, a peaceful walk or lively run through the Carolina North Forest in Chapel Hill. Stay for refreshments, prize drawings, and musical guests Letha and Miles Costin! Register or donate at [runsignup.com/run4peace](http://runsignup.com/run4peace). Use coupon code UCP4 for a \$4 discount per registrant. Call 919-638-8392 with questions. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill.

## on going events

### SUNDAY

**That Cancer Show.** 8–8:30pm. Cornucopia Cancer Support Center hosts this informational talk radio program to assist anyone journeying with cancer. Airs live on WPTF 680 AM in the Triangle. Also live streams live at [www.wptf.com](http://www.wptf.com), click on the 680 AM Listen Live button. See more information at [www.cancersupport4u.org](http://www.cancersupport4u.org)

**Unity of the Triangle Sunday Services.** 9am

and 11am. Come and be part of a meditative, heart-centered, music-inspired experience our community offers every week. "Come Home to Unity...your family awaits you." Childcare 8:45am–12:15pm. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity Church of Raleigh: Sunday Morning Services.** Prayer and Meditation 9:45–10:15am; Sunday Celebration 10:30–11:45am; Youth Program 10:30–1:45am. Unity Church of Raleigh is a

gathering place for spiritually motivated people living in an awakening world. Come join us each Sunday for fun, fellowship, inspired music and message, and go feeling blessed. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

**Unity of the Triangle Español Sunday Service.** 1:30pm. Service every Sunday. Come and be a part of a meditative, heart-centered, music-inspired experience, in Spanish! Join Associate Minister Rev. Ana V. Quintana as she leads this new service

each week. Unity of the Triangle, 5570 Munford Rd. Raleigh. Visit: [unitytriangle.org](http://unitytriangle.org)

**Unity Center of Peace.** Sundays 9:30–10:40am, Adult Forum (Chapel), 10:45–11am. Silent Meditation (Chapel), 11am–12:15pm Celebration Service (Sanctuary), 5–6:15pm. Youth program from 11am–12:15pm. 8800 Seawell School Road, Chapel Hill. [office@unitychapelhill.org](mailto:office@unitychapelhill.org) [www.unitychapelhill.org](http://www.unitychapelhill.org) or call 919-968-1854.

**In the Flow; an Introduction to Different Forms of Energy Healing.** 12:45pm. 4th Sunday. Location: Room 228. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Love in Action: Overcoming the Destructive “ISMS” in Our Society.** 5:30–7:30pm. 4th Sunday. Potluck and discussion; love offering. Location: Fellowship Hall. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Pet Grief and Loss Support Group.** 6:30–8:00pm. Bi-monthly. Sign-up required 48 hours in advance of meeting. When dealing with your pet’s illness, we understand how difficult this life situation is and we are here to help. With professionally guided group meetings by a licensed clinical psychologist you will receive support for pet loss or end-of-life decisions for pets, and a safe environment to express grief. Bowman Animal Hospital, 8308 Creedmoor Road, Raleigh. Phone: 919-847-6216 or visit: <https://tinyurl.com/zq87ejr>

**Science & Spirituality.** 1:30pm. 2nd Sunday. Join Dr. Marsha Walters for an ongoing study of science, spirituality, and the ways we can use them to express the Divine. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle GenX Group.** (30’s and 40’s). 10:15–10:55am Sunday meetings include a short meditation, discussion of spiritual topics, and studies such as mindfulness. They go out to lunch after Sunday service at 12:30pm the last Sunday of each month and have a family friendly potluck the first Sunday each month at 5:30pm. It’s a great way to get to know other fun, spiritual, and like-minded individuals! Unity of the Triangle, 5570 Munford Rd. Raleigh. Contact Rebecca Merola at 919-985-3068. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle High Milers Group.** (Over 68 yrs) 10:15–10:55am. Second and fourth Sundays. Come connect with fellow seniors between Sunday services to share your life’s journey, your wisdom and your dreams while exploring how the Unity principles relate to your life. The format is open discussion and individual participation is encouraged. Enjoy sharing stories and wisdom, fun and fellowship. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle Classes for Youth.** 11am. Nursery, Preschool, UniKids (Grades K-2), UniKids (Grades 3-5), UniTeens (Middle school), and Y.O.U. (High school). Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org), Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle) Unity Youth and Families Facebook page: <https://www.facebook.com/uct.youth/?fref=ts>

**Unity of the Triangle—What is Unity?** 12:30pm. First Sunday. This 45-minute class offers an opportunity

to learn about the basics of the Unity philosophy and history in addition to general information about our church. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle—Unity Highlights.** 12:30pm. Second Sunday. This 60-minute class focuses on the core Unity teachings of Healing, Prosperity and Guidance. Each month there is a new emphasis so make it a regular part of your Unity experience. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org)/ Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle—Spiritual Q & A with Rev. Neusom.** 12:30pm. Third Sunday. This is a 60-minute after the show gathering that invites all congregants to join our ministers to discuss ideas from the service and beyond. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org); Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle Boomers Group.** (50’s and 60’s). 10:00am–10:55am. Second and fourth Sundays. Come connect with fellow seniors between Sunday services to share your life’s journey, your wisdom and your dreams while exploring how the Unity principles relate to your life. The format is open discussion and individual participation is encouraged. Enjoy sharing stories and wisdom, fun and fellowship. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle “The Awakenings Experience”.** 10:15–10:55am. 3rd Sunday. Please join Jenny Clarke and Nancy Burns to deepen your process of awakening. We will be doing both experiential processing and discussion/sharing. Unity of the Triangle, 5570 Munford Rd., Raleigh. Visit: [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Seeing Who You Really Are.** 10:15am. 2nd Sunday. Monthly meetings are about seeing clearly who we are at the center of our being. We’ll use guided awareness exercises from Richard Lang and Douglas Harding to draw our attention back to it’s source—the open, boundless Awareness that is our True Self. All are welcome. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**The Yoga of The Twelve Step (Y12SR).** 7:30–9:00pm. Yoga meets the 12 Steps. This meeting is for people facing addiction and their loved ones. No yoga experience or props required. All are welcome. Donation based. Please join us. Evolve Movement, 219 Oberlin Road, Raleigh. Visit: <http://y12sr.com>

**Gathering of the Sisterhood: An Evening for Evolving Women.** 6–8pm. First Sunday. Bringing like-minded women together of all ages and paths. Meet and greet first 30-minutes, then a talking stick will be passed allowing each participant 3-5 minutes to share. This will be followed by open time when people can stay and talk. 20 person limit, and \$7 charge which will include a beverage and a pastry of your choice. Registration is required. Oasis in Carr Mill Mall. 200 N Greensboro St, Suite A5. Carrboro. [www.oasisincarrmill.com](http://www.oasisincarrmill.com)

**Second Sunday Sewing at the Scrap Exchange.** 2–6pm. Ages: 14+. Join us for community sewing meetup in our Design Center, hosted by textile artist Christine Ramsey. Bring a new or old project and Christine

can help you work through creative and technical blocks. Take the opportunity to sew with tons of fabric, trim and accessories at your fingertips. Free admission. Fee for materials. Scrap Exchange, 2050 Chapel Hill Rd, Durham. 919-688-6960. Visit: [www.scrapexchange.org](http://www.scrapexchange.org) for on-line registration: [www.sewsunday.eventbrite.com](http://www.sewsunday.eventbrite.com)

## MONDAY

**Taoist Tai Chi Continuing Class.** 9:30-10:45am. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email; [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Continuing Class.** 6-8pm. Episcopal Center at Duke, 505 Alexander Ave., Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email; [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Course in Miracles.** 7pm–8pm. Contact David Beaver at 919-271-6605. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity of the Triangle Men’s Group.** First and Third Mondays 6:30–8pm. Men of all ages are invited to share from their heart their challenges, feelings, and spiritual journey while being supported and uplifted by the group. Members determine what they wish to gain from the meeting based on what is shared and expressed during the check-in. Contact John Pelligrino at [john@jfp-international.com](mailto:john@jfp-international.com) Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org); Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Yoga.** All Levels. Noon-1:00 pm. Judy Liu, RYT 200 Yoga Instructor, ACE Group Fitness Instructor, Location: Bond Park Community Center, 801 High House Rd, Cary. To register: [www.townofcary.org](http://www.townofcary.org)

**Meditation and Prayer Circle.** 7pm. Connect with Spirit in the silence during our weekly Meditation and Prayer Circle. Bring your prayer requests for yourself, a loved one or the world or simply enjoy a time of quiet reflection. Meets every Monday evening from 7–8pm. All are welcome. Love Offerings gratefully accepted. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. 919-968-1854, [www.unitychapelhill.org](http://www.unitychapelhill.org)

**Belly Dancing Class.** 6:00 pm. All levels welcome! Led by Jiji Maribi. Unity of the Triangle, 5570 Munford Rd., Raleigh. 919-832- 8324 [www.unitytriangle.org](http://www.unitytriangle.org) [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Yoga — All Levels.** Mondays, noon-1pm. Judy Liu, RYT 200 Yoga Instructor, ACE Group Fitness Instructor, Location: Bond Park Community Center, 801 High House Rd, Cary, NC 27513 To register, visit [www.townofcary.org](http://www.townofcary.org)

**Chronic Pain Support Group.** 10am–noon. Second and fourth Monday. Suffering pain every week is

hard! Our hope is to share our coping methods, be understanding and be prayer warriors for each other. Sponsored by Crossroads Fellowship. (<http://crossroads.org/>) For information contact Mary Hilbert, 919-616-8978, su4fun@yahoo.com

**KidsCan!** (for families coping with a parent's cancer) 6-8pm. 2nd Monday. Register: 919-684-4497 or visit: <https://tinyurl.com/yapmn8nx>

**Prostate Cancer Support Group** (for patients and family members). 4-6pm. 4th Monday. Located in the 0-Level conference room by the Duke Cancer Center Café, Durham.

**Food Addicts in Recovery Anonymous.** 7pm. Mondays. We are an international fellowship of men and women who have experienced difficulties in life as a result of the way we used to eat. Through shared experience and mutual support, we help each other to recover from the disease of food addiction. White Plains Methodist Church, 313 SE Maynard Rd., Cary. Contact: Kathryn, 919-467-8568 or Anne, 919-977-7648.

**Yoga For People Living With or Surviving Cancer.** 11am-12:30pm. Mon. and Thurs. A welcoming class for people who are new to yoga or who want to increase their flexibility, strength and stamina. UNC Comprehensive Support Program, 6013 Farrington Road, Chapel Hill. Call: 919-966-3494. \$5 and scholarships possible.

## TUESDAY

**Taoist Tai Chi Combined Beginner and Continuing Class.** 9-10am. North Forest Hills Park, Collums Road, Chapel Hill. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-929-0396. Email: [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Beginner Class.** 10:30-11:30am and 6:30-8:30pm. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Continuing Class.** 11:45am-1:15pm and 6:30-8:30pm. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Unity of the Triangle's Spiritual Dialogue with Rev. Ana.** 12:30pm-2:30pm. Join Rev. Ana in a spiritual dialogue that will support your healing and transformation while also allowing to connect at a deeper level with others. This interactive and popular study group often uses a book or video series and always incorporates prayer, meditation, and certainly fun! An evening session will be

added soon. Unity of the Triangle, 5570 Munford Rd. Raleigh. [www.unitytriangle.org](http://www.unitytriangle.org) Facebook page: [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**The Holistic Moms Network Monthly Meeting.** 10:30am. Third Tuesday. The Holistic Moms Network is a non-profit support and educational resource for parents with an interest in natural health, holistic living and mindful parenting. We host a monthly meeting on a variety of healthy living topics as well as playgroups and other fun events! Free. Location: Sweetbottoms Baby Boutique, 2845 Jones Franklin Rd. Visit: <http://trianglenc.holisticmoms.org>

**Breast and Gynecologic Cancer Support Group (for patients).** 5:30-6:30pm. 3rd Tuesday. Located in the 0-Level conference room by the Duke Cancer Center Café, Durham. Visit: <https://tinyurl.com/yapmn8nx>

**The Art of Conscious Aging: An Ongoing Group.** 11:30-2:00pm. 2nd Tuesday. Each gathering will focus on a single topic. Participants will have an opportunity to provide program leadership. Any woman who experiences herself at any stage of her elder years is invited to join us in a deep sharing of her own experiences. Bring bag lunch and a drink. No fee or need to register. Newcomers welcome. Health Touch Wellness Center, 3500 Westgate Drive, Building 500, Durham. Visit: [www.rcwms.org](http://www.rcwms.org)

**Smart Recovery.** ( Smart Management and Recovery Training) 7:30pm. Tuesdays. Offering free behavior science based mutual support groups for abstaining from any type of addiction. Location: Binkley Baptist Church, 1712 Willow Drive, Chapel Hill. Visit: [www.trianglesmartrecovery.org](http://www.trianglesmartrecovery.org)

**Raleigh A.R.E. Spiritual Growth Study Group.** 7:30-9:30pm. Call Wayne at 919-783-6045.

## WEDNESDAY

**Wednesdays: Prayer & Meditation with Rev. Meemie.** 6:30 pm. Join us for both guided and silent prayer and meditation centered around a new focus each week. [www.unitytriangle.org](http://www.unitytriangle.org) Unity of the Triangle, 5570 Munford Rd, Raleigh. 919-832-8324. [www.facebook.com/unityofthetriangle](http://www.facebook.com/unityofthetriangle)

**Unity Church of Raleigh Midweek Gathering Class.** Wednesday Evenings 7:30-9:00pm. Wondering about the significance of the numbers in the Bible: 3, 7, 10, 12, 40, 77 and more? Join us and find out! Based on the book *Numbers in the Bible* by Robert D. Johnston, this intriguing discussion class will explore the pattern and significance of various numbers in the Bible. Join Rev. Bev for these insights. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. Love Offering. Sign up at: [www.unitychurchofraleigh.org](http://www.unitychurchofraleigh.org)

**Taoist Tai Chi Continuing Class.** 9:30-10:45am. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. Taoist Tai Chi Beginner Class. 11am-12noon. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**Taoist Tai Chi Continuing Class.** 9:30-11am. Church of the Nativity, 8849 Ray Road, Raleigh. Taoist

Tai Chi Beginner Class. 11am-12noon. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: [northcarolina@taoist.org](mailto:northcarolina@taoist.org)

**Tai Chi Continuing Class.** 6:30-8:30pm. Cornerstone Presbyterian Church, 2220 High House Road, Cary. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: [northcarolina@taoist.org](mailto:northcarolina@taoist.org) or visit our website: [www.northcarolina.usa.taoist.org](http://www.northcarolina.usa.taoist.org)

**ZUMBA Wednesdays.** Noon-1pm. Judy Liu, ACE Group Fitness Instructor, ZUMBA certified instructor, ZUMBA workout with routines that feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Location: Bond Park Community Center, 801 High House Rd, Cary, NC 27513 To register, visit [www.townofcary.org](http://www.townofcary.org)

**Vinyasa Slow Flow Yoga Levels 1-2.** 11am. Get over that mid-week hump with a little peace and relaxation. Led by Fran Richardson, this laid back, easy does it class encourages flexibility, strength and balance. \$10 per class or \$50 for 7 week series. Contact Fran at 919-880-9324 with questions. Unity Center of Peace 8800 Seawell School Rd. Chapel Hill. [www.unitychapelhill.org](http://www.unitychapelhill.org)

**Compulsive Eaters Anonymous Meeting.** Noon-1pm. Wednesdays. Stop dieting. H.O.W. is another solution for people who struggle with dieting and/or weight control. Free. Grace Lutheran Church, 5010 Six Forks Road, Raleigh. Visit: [www.ceahow.org](http://www.ceahow.org)

**La Leche League of Chapel Hill.** 7pm. Second Wednesdays. Meets at the Women's Birth & Wellness Center. 930 Martin Luther King Jr. Blvd., Chapel Hill. For more info, call Pam Freedman, 919-932-6885.

**Chronic Pain, Arthritis, Fibromyalgia Support Group.** 1:30pm. Third Wed. Monthly meetings with speakers, support, resources and friendship. Free. Location: Cary Rex Wellness Center. Classroom 1, 1515 Cary Parkway, Cary. 919-387-0080.

**Chapel Hill A.R.E. Spiritual Growth Study Group.** 7-9 p.m. Call Cindy at 919-619-0616.

**International Folk Dancing.** 7:00-9:30pm. The Durham-Chapel International Folk Dance Club meets weekly to enjoy dances from around the world. We are open to everyone. No partners needed. Easy dances 7-8pm, teaching 8-8:30pm, dancing ends 9:25pm. First-timers are guests. Suggested donation for others is \$5 to help us with room rental. Location: Living Arts Collective, 410 W Greer St., Durham. Visit: <https://tinyurl.com/y7cpubex>

## THURSDAY

**Kundalini Yoga and Meditation in Chapel Hill.** 6:15-7:45 pm. Fee: \$15 drop in or \$10 per class when purchasing a 5 -class pass. Location: 305 Glenwood Dr, Chapel Hill. [hardarshan@matashaktiashram.org](mailto:hardarshan@matashaktiashram.org), [www.matashaktiashram.org](http://www.matashaktiashram.org); 919-257-7814.

**Taoist Tai Chi Combined Beginner and Continuing Class.** 9-10am. North Forest Hills Park, Collums Road, Chapel Hill. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-929-0396. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org

**Taoist Tai Chi Beginner Class.** 10:30am-11:30am. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org

**Taoist Tai Chi Continuing Class.** 11:45-1:15pm. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org

**Taoist Tai Chi Continuing Class.** 6:30-8:30pm. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. The Taoist Tai Chi Society internal arts of health incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. They reduce tension; improve circulation and balance, and increase strength and flexibility. Call 919-787-9600 for more information. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org

**Kundalini Yoga and Meditation in Chapel Hill.** 6:15- 7:45 pm. 305 Glenwood Drive, Chapel Hill. Fee: \$15 drop in or \$10 per class when purchasing a 5-class pass. hardarshan@matashaktiashram.org, www.matashaktiashram.org or (919) 257-7814.

**Nia Class.** 10am. Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life — body, mind and soul. Led by Black Belt Nia instructor Holly McKinney. Contact Holly at 919-971-2279 for pricing. Unity Center of Peace 8800 Seawell School Rd. Chapel Hill. www.unitychapelhill.org

**A Course in Miracles for Unity.** 1:30-3:30pm. Thursdays. New daytime class. All are welcome. Love offering. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org/ Facebook page: www.facebook.com/unityofthetriangle

**Spanish Prayer Circle.** By phone, 8:55pm. Call 641-715-3200 code: 253899# Whether you are a native Spanish speaker or learning the language, this meditation, as guided by Rev Ana, will take you to a place within of true beauty and oneness. People from NC, FL, OH, PR, and VA connect every week. unitytriangle.org or visit our Facebook page: www.facebook.com/unityofthetriangle

**Spiritual Frontier Fellowship.** 6:30pm. First Thursday. Serving the Triangle metaphysical community since 1973, this not-for-profit organization aims to enhance the spiritual, mystical, and metaphysical awareness and consciousness of the community by sponsoring programs that facilitate personal growth and development. Every month talks are preceded by a free 30-minute meditation. Unity of the Triangle, 5570 Munford

Rd. Raleigh. www.unitytriangle.org/ Facebook page: www.facebook.com/unityofthetriangle

**Bodysculpt.** 9:30am. Participate in this fast-paced cardio bodysculpt to burn calories, tone your body and improve your strength! All fitness equipment provided (including optional free weights). Location: Bond Park Community Center, 150 Metro Drive, Cary. Class subject to cancellation if minimum enrollment not met.

**Kickboxing.** Noon. Engage in a vigorous kickboxing workout to torch calories, tone your body and improve your strength! No kickboxing experience required. Location: Bond Park Community Center, 150 Metro Drive, Cary NC 27513 Class subject to cancellation if minimum enrollment not met.

**Coping with Motherhood Support Group.** First and third Thursday mornings of each month. Mother-to-Mother Support Group for Perinatal Mood Disorders, facilitated by Nancy Albrecht, RN, MA, IBCLC. Women's Birth and Wellness Center, 930 MLK Jr. Blvd., Chapel Hill. www.ncbirthcenter.org. Please call Nancy for details before coming to class at 919-933-3301, ext. 207.

**Cancer Support Group.** 5:30-7:00pm. 3rd Thursday. Offering monthly support groups for patients and family members who are coping with cancer. Dinner is provided. There is no charge for parking. Located at the Teer House, 4019 N. Roxboro St., Durham. For more information about these groups, please call 919-684-4497 or email cancersupport@duke.edu or visit: https://tinyurl.com/yapmn8nx

**Mind-Body Approaches to Coping with Cancer.** (for patients and family members) 3:00pm-4:30pm. 1st and 3rd Thursday. Located in the 0-Level conference room by the Duke Cancer Center Café, Durham. Visit: https://tinyurl.com/yapmn8nx

**Fibromyalgia/Arthritis/Chronic Pain/Joint Replacement Support Group.** 1:30-3:30pm. Third Thursday. Everyone welcome. Location: Classroom 1, Rex Wellness Center, 1515 SW Cary Parkway, Cary. For information call: 919-387-0080.

**Breastfeeding Class.** 6:30pm. First Thursdays. (Third Thursday added when registration demands.) Have all your breastfeeding questions answered by a Certified Lactation Consultant. Moms and dads are welcome. Free for patients; \$25 for non-patients. Call to register at Women's Birth & Wellness Center, 930 Martin Luther King Jr. Blvd., 2nd floor, Chapel Hill. 919-933-3301. More info at www.ncbirthcenter.org

**Yoga For People Living With or Surviving Cancer.** 11am-12:30pm. Thurs. See Monday listing for details.

**Bereaved Parents Grief Support Group.** 7:00-8:30pm. First Thursday. Group is also for grandparents and siblings (adults). Loss can be by any means and child any age. Part of The Shore Grief Center's groups. Location: St John's Episcopal Church, 830 Durham Rd, Wake Forest. For more information Phone: 919-368-6286 or visit: www.theshoregriefcenter.org

**Wake Forest Survivors of Suicide Loss.** 7:00-8:30pm. Second Thursday. Your loss could be recent or not, we welcome everyone. This grief support group meets at St. John's Church, 834 Durham Rd., Wake Forest. Questions: call Carolyn, 919-368-6286.

**Survivors of Suicide.** Chapel Hill. 7pm. Second and fourth Thursdays of each month at United Church of Chapel Hill, 1321 Martin Luther King Blvd.

Contact: Jodi Flick, Call: 919-962-4988 or email: joflick@email.unc.edu

## FRIDAY

**Touch and Agree (TAG) Christian Women's Business Network Meeting.** 1:00-3:30pm. Third Friday. Come out and join this non-denominational, multi-cultural group of Spirit-led women for insights, teachings and tools to grow your business. Fee. Raleigh. ErickaJackson.com/touch-and-agree

**Dance Blues Friday.** 8-9pm Lesson. 9pm-12am. Fridays. Social Dancing. Fee \$7/\$5 students/military/seniors. Triangle Dance Studio, 2603 S Miami Blvd, Durham. Visit: www.rdblues.com/dances/blues

## SATURDAY

**Beacon Thermography Screenings at Health Touch in Durham.** 10am-5pm. 2nd Saturday. Thermography is a state-of-the-art, FDA registered, non-invasive and radiation-free imaging technology that may detect abnormal conditions before they are detectable by mammography, ultrasound, x-rays or MRIs. While thermography's most common application is in breast cancer screening, it can also help detect a large number of other conditions and injuries. Early detection allows more time to address potential issues. Thermographs are read by MDs who are board-certified in thermal scan analysis. For information, call 910-803-2150 or www.beaconthermography.com.

**Reiki Share.** 10am-noon. 1st Saturday of the month. Join us in this safe supportive environment for this opportunity to share and deepen your Reiki skills, as well as satisfy your curiosity if you have yet to experience this gentle, yet powerful healing technique. No experience necessary. All skills levels are welcome. Suggested donation \$5. Reiki Master/Teacher Janice Escott facilitates. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. 919-968-1854 www.unitychapelhill.org.

**Carrboro Farmers Market.** 7am-noon. 301 W. Main Street, www.carrborofarmersmarket.com

**Chapel Hill Farmers Market.** 8am-noon. University Mall, www.thechapelhillfarmersmarket.com

**Durham Farmers Market.** 8am-noon. 501 Foster Street, Durham. www.durhamfarmersmarket.com

**Hillsborough Farmers Market.** 8am-noon. UNC Hospitals Hillsborough Campus, 430 Waterstone Dr. www.hillsboroughfarmersmarket.org

**Midtown Farmers Market.** 8am-noon. North Hills Commons. https://tinyurl.com/yabwf5es

**Western Wake Farmers Market.** 8am-noon. 1225 Morrisville Carpenter Rd. http://wwfm.ag

**Cary Downtown Farmers Market.** 8am-12:30pm. 301 S. Academy St, Cary. www.caryfarmersmarket.com

**Chatham Mills Farmers Market.** 8am-noon. Chatham Mills, Pittsboro. tinyurl.com/yaxa9qyv

**Clayton Farm and Community Market.** 9am-1pm. 348 E. Main Street, Clayton. www.cfcmmc.org

**Wake Forest Farmer's Market.** 8am-noon. 150 N. White St., Wake Forest. www.wakeforestmarket.org