

RWJBH ONCOLOGY SUPPORT PROGRAM

APRIL 2024

Monday	Wednesday	Friday
1 <u>Oral, Head, & Neck Cancer Support Group</u> 6 - 7 pm Virtual	3 <u>Mindfulness Meditation</u> 6 - 6:45 pm Virtual	5 <u>Seated Mindful Yoga</u> 11 - 11:45 am Virtual <u>All Cancers Support Group</u> 6 - 7 pm Virtual
8 <u>Seated Zumba Gold</u> 11 - 11:45 am Virtual <u>Mid-Day Mindfulness</u> 12 - 12:45 pm Virtual <u>Men's Cancer Support Group</u> 6 - 7 pm Virtual	10 <u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual <u>Bereavement Support Group</u> 6 - 7 pm Virtual	12 <u>Let's Connect</u> <u>Game Day: BINGO!</u> <i>Join us for fun games, friendship, and support as we play BINGO together.</i> 11 am - 12 pm *In-person
15 <u>Mindfulness Moments: Making Mandalas</u> 6 - 7 pm Virtual	17 <u>Seated Stretch</u> 6 - 6:45 pm Virtual	19 <u>Breathing for Relaxation</u> <i>Learn various relaxation tools and techniques</i> 6 - 6:45 pm Virtual
22 <u>Seated Zumba Gold</u> 6 - 6:45 pm Virtual	24 <u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual <u>Acupressure for Self-Care</u> 12 - 1 pm Virtual <u>Breast Cancer Support Group</u> 6 - 7 pm Virtual	26 <u>Seated Gentle Yoga</u> 11 - 11:45 am Virtual <u>Lung Cancer Support Group</u> 6 - 7 pm Virtual

All programs are free and open to all RWJBarnabas Health and Rutgers Cancer Institute of New Jersey patients.

Virtual programs are held via Zoom.

**In-person programs are held at the LiveWell Center Anne Vogel Family Care & Wellness Center
200 Wyckoff Road, Suite 1200 Eatontown, NJ 07724*

For more information, call 732-272-6938 or email debra.mcgivney@rwjbh.org.