

RWJBH ONCOLOGY SUPPORT PROGRAM

MAY 2024

<i>Monday</i>	<i>Wednesday</i>	<i>Friday</i>
	1 <u>Mindfulness Meditation</u> 6 - 6:45 pm Virtual	3 <u>Seated Mindful Yoga</u> 11 - 11:45 am Virtual <u>All Cancers Support Group</u> 6 - 7 pm Virtual
6 <u>Oral, Head, & Neck Cancer Support Group</u> 6 - 7 pm Virtual	8 <u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual <u>Bereavement Support Group</u> 6 - 7 pm Virtual	10 <u>Game Night: BINGO!</u> 6 - 7 pm Virtual
13 <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	15 <u>Seated Stretch</u> 6 - 6:45 pm Virtual	17 <u>Let's Talk...</u> <i>about the benefits of Journaling</i> 12 - 12:45 pm Virtual <u>Let's Relax</u> <i>learn various breathing techniques and relaxation practices</i> 6 - 6:45 pm Virtual
20 <u>Mindfulness Moments: Making Mandalas</u> 6 - 7 pm Virtual	22 <u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual <u>Seated Zumba Gold</u> 6 - 6:45 pm Virtual	24 <u>Seated Gentle Yoga</u> 11 - 11:45 am Virtual
27 <i>No programs today</i>	29 <u>Acupressure for Self-Care</u> 12 - 1 pm Virtual <u>Breast Cancer Support Group</u> 6 - 7 pm Virtual	31 <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. For more information, call 732-272-6938 or email debra.mcgivney@rwjbh.org.