

| September 2021 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|--|
|  <p>CANCER SUPPORT COMMUNITY. at MONMOUTH MEDICAL CENTER & MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p> | | | <u>1</u> <u>What's in Your Self-Care Toolkit?</u> Registration required. 12:30 pm | <u>2</u> <u>Tai Chi Easy</u> 11:30 am | <u>3</u> <u>Chair Yoga</u> 10:30 am |
| Support Groups-Gold Mindfulness/ Relaxation-Pink Physical Activity-Blue Educational/ Experiential-Green | <u>6</u> <u>Labor Day</u> No programs today. | <u>7</u> <u>Coffee & Conversation</u> 11 am | <u>8</u> <u>Time to Talk... Breast Support Group</u> Registration required. 6 pm | <u>9</u> <u>Qi gong</u> 11 am <u>SPOHNC</u> <u>Oral/Head/Neck Support Group</u> Registration required. 6 pm | <u>10</u> <u>Seated Zumba Gold</u> 6 pm |
| All programs are free and open to anyone impacted by cancer. | <u>13</u> <u>All Cancers Support Group</u> Registration required. 11 am <u>Spirituality & Journaling</u> 6 pm | <u>14</u> <u>Ask the Oncology Team</u> Topic: Genetic Counseling Registration required. 1 pm | <u>15</u> <u>Bereavement Support Group</u> Registration required. 6 pm | <u>16</u> <u>Tai Chi Easy</u> 11:30 am | <u>17</u> <u>Journey Through Music</u> Theme: Broadway 6 pm |
| All programs are held online via Zoom. Support, education, and hope...so no one faces cancer alone. | <u>20</u> <u>Collective Vision, Celebrating Diversity</u> 6 pm | <u>21</u> <u>SNAP-Ed Nutrition Education Program</u> Topic: Eat Smart, Spend Less Registration required. 11 am <u>Chair S-T-R-E-T-C-H</u> 6 pm | <u>22</u> <u>Laughing Yoga</u> 11 am | <u>23</u> <u>Qi gong</u> 11 am | <u>24</u> <u>Breathing for Relaxation</u> 6 pm |
| For more information, call 732-923-6090 or email debra.mcgivney@rwjbh.org. | <u>27</u> <u>Seated Zumba Gold</u> 6 pm | <u>28</u> <u>Mindfulness Meditation</u> 6 pm | <u>29</u> <u>What's in Your Self-Care Toolkit?</u> Registration required. 12:30 pm | <u>30</u> <u>Tai Chi Easy</u> 11:30 am | |