

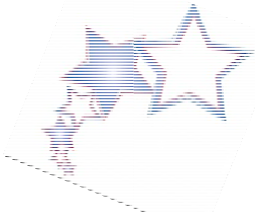


July 2018	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CANCER SUPPORT COMMUNITY at MONMOUTH MEDICAL CENTER & MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p>	<p>2</p> <p>Yoga 1:45 – 2:45 PM</p> <p>Exercise for Strength 3-4 PM</p>	<p>3</p> <p>Relaxation & Meditation 1 - 2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>4</p> <p>CLOSED</p>  <p>Happy 4th of July</p>	<p>5</p> <p>Easy Zumba Gold 10:15-10:45</p> <p>Yoga 11-12 PM</p> <p>Qi-Gong/Tai Chi Easy 1-2 PM</p> <p>US Too Prostate Group 7 – 9 PM</p>	<p>6</p> <p>Brain Tumor Support For patients & family members 11- 12 PM (LB) Held on BBR-4*</p> <p>Freedom From Smoking® Monmouth Southern Campus* 600 River Ave., Lakewood Session #2 9:30 10:30</p> <p>All Cancers Support 1 – 2 PM, Lkwd Guided Relaxation 2 – 2:30 Lkwd</p>
<p><i>Support, Education & Hope...</i> <i>Free programs for those affected by cancer —patients, caregivers, family & friends</i></p>	<p>9</p> <p>Yoga 1:45 – 2:45 PM</p> <p>Exercise for Strength 3-4 PM</p>	<p>10</p> <p>Ovarian Support Group 11:30 – 1 Held on BBR-2 Fromkin Family Room*</p> <p>Relaxation & Meditation 1 - 2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>11</p> <p>Time to Talk... Breast Support Group 5:30 – 7 PM (Long Branch)</p>	<p>12</p> <p>Easy Zumba Gold 10:15-10:45</p> <p>Yoga 11-12 PM</p> <p>Qi-Gong/Tai Chi Easy 1-2 PM</p> <p>SPOHNC-Oral/Head/Neck Group 6 PM – Diamond Pavilion*</p>	<p>13</p> <p>Freedom From Smoking® Monmouth Southern Campus*, Lkwd Session #3 9:30 10:30</p> <p>Living with Loss 1 – 2 PM Lkwd Horticulture Program 2 – 3 PM Lkwd Circle of Caring Children's Yoga followed by Family Connect 5 – 6:30 PM</p>
<p>Programs listed in black held at Monmouth Medical 300 2nd Ave, Suite ST-007 Maysie-Stroock Pavilion Long Branch, NJ</p> <p>Programs marked with * held in other hospital areas as indicated. Please call for additional information.</p>	<p>16</p> <p>Yoga 1:45 – 2:45 PM</p> <p>Exercise for Strength 3-4 PM</p>	<p>17</p> <p>Relaxation & Meditation 1 - 2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>18</p> <p>Bereavement Support Group 6 – 7 PM (Long Branch) A support group for anyone living with loss, all welcome to attend, 6 – 7 PM (LB)</p>	<p>19</p> <p>Easy Zumba Gold 10:15-10:45</p> <p>Yoga 11-12 PM</p> <p>Qi-Gong/Tai Chi Easy 1-2 PM</p> <p>Caregiver Support 11 - 12 Monmouth Southern Campus Hospital, Conference Room D*</p>	<p>20</p> <p>Freedom From Smoking® Monmouth Southern Campus* 600 River Ave., Lakewood Session #4 9:30 10:30</p>
<p>Programs in red held at Cancer Support Community 199 Prospect Street Lakewood, NJ or, if indicated, at Monmouth Southern Campus Hospital 600 River Avenue Lakewood</p>	<p>23</p> <p>Freedom From Smoking® Monmouth Southern Campus* 600 River Ave., Lakewood Session #5 9:30 10:30</p> <p>Yoga 1:45 – 2:45 PM</p> <p>Exercise for Strength 3-4 PM</p>	<p>24</p> <p>All Cancers Support Group 11 – 12 – Vantage Point Satellite Infusion Center* Rt. 36 & Broadway, Long Branch</p> <p>Relaxation & Meditation 1-2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>25</p> <p>Caregiver Connect Telephone support group for caregivers, 7:30 – 8:30 PM Call for dial-in information</p>	<p>26</p> <p>Easy Zumba Gold 10:15-10:45</p> <p>Yoga 11-12 PM</p> <p>Qi-Gong/Tai-Chi Easy 1-2 PM</p> <p>Ageless Grace 2 -3 PM</p> <p>Caregiver Support 11 - 12 Monmouth Southern Campus Hospital, Conference Room D*</p>	<p>27</p> <p>Freedom From Smoking® Monmouth Southern Campus* 600 River Ave., Lakewood Session #6 9:30 10:30</p>
<p>If you are <u>currently in active treatment</u>, medical clearance is required for any <u>physical activity</u> class. Call 732-923-6090 for further information</p>	<p>30</p> <p>What's in Your Toolkit? Stress reduction/resiliency 12:30 – 1:30 PM</p> <p>Yoga 1:45 – 2:45 PM</p> <p>Exercise for Strength 3-4 PM</p>	<p>31</p> <p>Relaxation & Meditation 1-2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>		<p>Due to the July 4th holiday, Young Survival Coalition (YSC) Breast Support Group will resume in August</p>	<p>29</p> <p>REGISTRATION IS REQUIRED FOR ALL PROGRAMS In addition, all new members to CSC must attend a program orientation session. Please call 732-923-6090 to schedule an appointment.</p>

Registration required for all program by phone 732-923-6090 or email joan.hogan@rwjbh.org. **Special events highlighted.**