



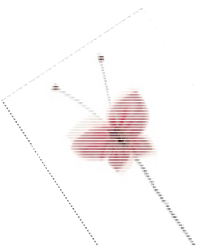
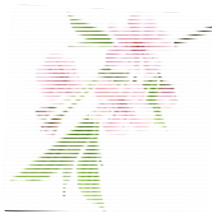


June 2018	Monday	Tuesday	Wednesday	Thursday	Friday
			REGISTRATION IS REQUIRED FOR ALL PROGRAMS In addition, all new members to CSC must attend a program orientation session. Please call 732-923-6090 to schedule an appointment.		1 Brain Tumor Support For patients & family members 11-12 PM (LB) Held on BBR-4* All Cancers Support 1 – 2 PM, Lkwd Guided Relaxation 2 – 2:30 Lkwd Circle of Caring Children's Yoga followed by Family Connect 5 – 6:30 PM
Support, Education & Hope... Free programs for those affected by cancer —patients, caregivers, family & friends	4 Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM	5 Relaxation & Meditation 1 - 2 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM	6 	7 Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong/Tai Chi Easy 1-2 PM US Too Prostate Group 7 – 9 PM	8 Coffee & A Craft 12 – 1 PM Bingo Blast 1 – 2:30
Programs listed in black held at Monmouth Medical 300 2nd Ave, Suite ST-007 Maysie-Stroock Pavilion Long Branch, NJ Programs marked with * held in other hospital areas as indicated. Please call for additional information.	11 Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM	12 Ovarian Support Group 11:30 – 1 Held on BBR-2 Fromkin Family Room* Relaxation & Meditation 1 - 2 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM	13 Look Good Feel Better® 1 – 3 PM (Long Branch) (registration through the American Cancer Society at 1-800-227-2345) Time to Talk... Breast Support Group 5:30 – 7 PM (Long Branch)	14 Caregiver Support 11 - 12 Monmouth Southern Campus Hosp., Conference Room D Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong/Tai Chi Easy 1-2 PM SPOHNC-Oral/Head/Neck Group 6 PM – Diamond Pavilion*	15 Young Survival Coalition (YSC) Breast Support Group On the Road... 6:30 – 8 PM Call Maria Jonas, 732-923-7582 for details.
Programs in red held at Cancer Support Community 199 Prospect Street Lakewood, NJ or, if indicated, at Monmouth Southern Campus Hospital 600 River Street Lakewood	18 Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM	19 Relaxation & Meditation 1-2 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM	20 Beading Buddies 12:30-2:30 PM (Long Branch) Bereavement Support Group 6 – 7 PM (Long Branch) A support group for anyone living with loss, all welcome to attend, 6 – 7 PM (LB)	21 Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM "Vital Shift" Lunch & Learn w/Dr. Tyler Richards 12:15 to 12:45 Qi-Gong/Tai-Chi Easy 1-2 PM	22 
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	25 Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM	26 Relaxation & Meditation 1-2 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM	27 All Cancers Support Group 11 – 12 – Vantage Point Satellite Infusion Center*, Rt. 36 & Broadway, Long Branch Caregiver Connect Telephone support group for caregivers, 7:30 – 8:30 PM Call for dial-in information	28 Caregiver Support 11 - 12 Monmouth Southern Campus Hosp., Conference Room D Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong/Tai-Chi Easy 1-2 PM	29 Freedom From Smoking® Monmouth Southern Campus 600 River Ave., Lakewood Session #1 9:30 10:30 Must pre-register & attend all 8 sessions, 732-923-6090 Living with Loss 1 – 2 PM Lkwd Horticulture Program 2 – 3 PM Lkwd

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