


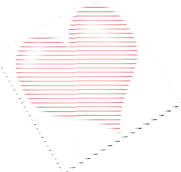



Feb 2019	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CANCER SUPPORT COMMUNITY MONMOUTH MEDICAL CENTER MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p>	<p><i>Support, Education & Hope...</i></p> <p><i>Free programs for those impacted by cancer —</i></p>				<p>1</p> 
<p>Programs listed in black held at Monmouth Medical Ctr., 300 2nd Ave., Suite ST-007 Maysie-Stroock Pavilion Long Branch</p> <p>Programs marked with * held in other areas as indicated. Please call for additional info 732-923-6090</p>	<p>4</p> <p>All Cancers Support 2:30 – 3:30 PM</p> <p>Guided Relaxation 3:30 – 4:30 PM</p>	<p>5</p> <p>Relaxation & Meditation 1 - 2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>6</p> <p>Beading Buddies 11 – 1 PM Long Branch</p> <p>Exercise for Strength 1:30 – 2:30 (Lakewood)</p> <p>Yoga 2:30 – 3:30 PM (Lakewood)</p> <p>YSC Young Survivors Coalition Breast Support Group 6:30 – 8 PM Long Branch</p>	<p>7</p> <p>Easy Zumba Gold 10:15-10:45</p> <p>Qi-Gong/Tai Chi Easy 11 - 12 PM</p> <p>Yoga 1 - 2 PM</p> <p>US Too Prostate Support Group 7 – 9 PM Long Branch</p>	<p>8</p> <p>Game Day 11 – 1 PM Long Branch</p>
<p>Programs in red held at Cancer Support Community 199 Prospect Street Lakewood, NJ or, if indicated, at MSC - Monmouth Southern Campus Hospital 600 River Avenue Lakewood</p>	<p>11</p> <p>Circle of Caring Children's Program HEARTS & Flowers Program Come and celebrate February Friendship, fun & support! 4:00 – 5:00 PM</p>	<p>12</p> <p>Ovarian Support Group 11:30 AM, Fromkin Family Rm BBR-2, call for room location</p> <p>Relaxation & Meditation 1 - 2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>13</p> <p>Hammer Away! String Art Join Andrea Meyer for a fun-filled afternoon creating a work of art, 12:30 – 1:30 PM (Lakewood)</p> <p>Exercise for Strength 1:30 – 2:30</p> <p>Yoga 2:30 – 3:30 PM</p> <p>Time to Talk... Breast Support Group 5:30 – 7 PM Long Branch</p>	<p>14</p> <p>Easy Zumba Gold 10:15-10:45</p> <p>Qi-Gong/Tai Chi Easy 11 - 12 PM</p> <p>Yoga 1 - 2 PM</p> <p>Caregiver Support 11 - 12 Monmouth Southern Campus Hospital, Ground Floor Patio Room (Lakewood)</p> <p>SPOHNC Oral Head/Neck Support Group 6 PM Diamond Pavilion, Long Branch</p>	<p>15</p>
	<p>18</p> <p>Living with Loss 2:30 – 3:30 PM</p> <p>Guided Relaxation 3:30 – 4:30 PM</p>	<p>19</p> <p>Relaxation & Meditation 1-2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>20</p> <p>Exercise for Strength 1:30 – 2:30 Lakewood</p> <p>Yoga 2:30 – 3:30 PM Lakewood</p>	<p>21</p> <p>Easy Zumba Gold 10:15-10:45</p> <p>Qi-Gong/Tai Chi Easy 11 - 12 PM</p> <p>Yoga 1 - 2 PM</p> <p>Bereavement Support Group Support group for anyone living with loss, 3 - 4 PM (Long Branch)</p>	<p>22</p> 
<p>If you are currently in active treatment, medical clearance will be required from your doctor for any physical activity class. Please call 732-923-6090 For further information.</p>	<p>25</p> <p>Coffee & Craft 2 – 3:30 PM</p> <p>Join us as we create a craft to take home!</p> <p>All supplies provided, registration required.</p>	<p>26</p> <p>Relaxation & Meditation 1-2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>27</p> <p>What's In Your Toolkit? The Ten Loves, 12:30 – 1:30 PM</p> <p>Exercise for Strength 1:30 – 2:30 PM</p> <p>Yoga 2:30 – 3:30 PM</p> <p>Caregiver Connect 7:30-8:30 PM – Call to register & for dial-in telephone number</p>	<p>28</p> <p>Easy Zumba Gold 10:15-10:45</p> <p>Qi-Gong/Tai Chi Easy 11 - 12 PM</p> <p>Yoga 1 - 2 PM</p>	<p>REGISTRATION IS REQUIRED FOR ALL PROGRAMS</p> <p>In addition, first time members must attend a new member orientation session. Please call 732-923-6090 to schedule an appointment.</p>

Registration required for all programs, 732-923-6090 or email: joan.hogan@rwjbh.org. Special event workshops highlighted in yellow.