

Aug 2019	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CANCER SUPPORT COMMUNITY at MONMOUTH MEDICAL CENTER &amp; MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p>	<i>Support, Education &amp; Hope... Free programs for those impacted by cancer</i>			<b>1</b> Easy Zumba Gold 10:15-10:45 AM Qi-Gong/Tai Chi Easy 11 - 12 PM Yoga 12:30 - 1:30 PM  <b>US Too Prostate Group</b> 7 - 9 PM Long Branch	<b>2</b> 
Programs listed in <b>black</b> held at Monmouth Medical Ctr., 300 2nd Ave., Suite ST-007 Maysie-Stroock Pavilion Long Branch Programs marked with * held in other areas as indicated. Please call for additional info 732-923-6090	<b>5</b> <b>A Collage of Support</b> Inviting patients and family members to this experiential support group 2:30 - 4 PM	<b>6</b> Relaxation & Meditation 1 - 2  Exercise for Strength 5-5:45  Restorative Yoga 5:45-6:45 PM	<b>7</b> <b>Exercise for Strength</b> 1:30 - 2:30 PM (Lakewood)  <b>Yoga 2:30 - 3:30 PM (Lakewood)</b>  YSC Young Survivors Coalition 6 - 7:30 PM Long Branch	<b>8</b> Easy Zumba Gold 10:15-10:45 AM Qi-Gong/Tai Chi Easy 11 - 12 PM <b>Caregiver Support 11 - 12 PM MSC</b> Ground Floor Patio Room (Lakewood)  <b>SPOHNC Oral Head/Neck Support Group 6 PM</b> Diamond Pavilion, Long Branch	<b>9</b>  <b>Game Day</b> 11 AM - 1 PM Long Branch
Programs in <b>red</b> held at Cancer Support Community <b>199 Prospect Street Lakewood, NJ</b> or, if indicated, at <b>MSC - Monmouth Southern Campus (MSC) Hospital 600 River Avenue Lakewood</b>	<b>12</b>  <b>Coffee &amp; Craft</b> 2:00 - 3:30 PM	<b>13</b> <b>All GYN Cancers Support</b> 11:30 AM, Fromkin Family Rm BBR-2, call for room location  <b>Exercise for Strength 5-5:45</b>  <b>Restorative Yoga 5:45-6:45</b>	<b>14</b> <b>Exercise for Strength</b> 1:30 - 2:30 PM (Lakewood)  <b>Tai Chi 2:30 - 3:30 PM -(Lakewood)</b>  <b>Time to Talk... Breast Support Group</b> 5:30 - 7 PM Long Branch	<b>15</b> Easy Zumba Gold 10:15-10:45 AM Qi-Gong/Tai Chi Easy 11 - 12 PM Yoga 12:30 - 1:30 PM  <b>Bereavement Support Group</b> Support group for anyone living with loss, 3 - 4 PM (Long Branch)	<b>16</b> <b>Circle of Caring</b> <b>Singing Through the Summer</b> Karaoke, refreshments, fun! 2 - 3:30 PM Lakewood All welcome!
<b>REGISTRATION IS REQUIRED FOR ALL PROGRAMS</b> In addition, first time members must attend a new member orientation session. Please call 732-923-6090 to schedule an appointment.	<b>19</b> <b>Living with Loss</b> 2:30 - 3:30 PM  <b>Guided Relaxation</b> 3:30 -4:00 PM	<b>20</b> Relaxation & Meditation 1-2  Exercise for Strength 5-5:45  <b>Restorative Yoga</b> 5:45-6:45 PM	<b>21</b> <b>Exercise for Strength</b> 1:30 - 2:30 PM (Lakewood)  <b>Yoga 2:30 - 3:30 PM (Lakewood)</b>  <b>All Cancers Support</b> 5:30 - 7 PM, Long Branch	<b>22</b> Easy Zumba Gold 10:15-10:45 AM  Qi-Gong/Tai Chi Easy 11 - 12 PM  Yoga 12:30 - 1:30 PM	<b>23</b>
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.	<b>26</b> <b>Horticultural Program</b> 2- 3:30 PM Experiential class where participants learn about organic gardening. Must RSVP: 732-923-6090	<b>27</b> <b>SPECIAL EVENT</b> <b>Workshop for the Highly Sensitive Individual:</b> <b>What to Do When the World Overwhelms You</b> with Diane Todd, 1-2 PM <b>Exercise for Strength 5-5:45</b> <b>Restorative Yoga</b> 5:45-6:45 PM	<b>28</b> <b>Exercise for Strength</b> 1:30 - 2:30 PM (Lakewood) <b>Yoga 2:30 - 3:30 PM (Lakewood)</b> <b>What's In Your Toolkit?</b> <b>Topic: Updating Your Toolkit</b> 12:30-1:30 PM <b>Caregiver Connect 7:30-8:30 PM</b> <b>Call to register &amp; for dial-in tele #</b>	<b>29</b> <b>Annual End of Summer</b> <b>Ice Cream Social</b> 1 - 3 PM <b>Long Branch</b> Please RSVP 732-923-6090	<b>30</b> 

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