

RWJBH ONCOLOGY SUPPORT PROGRAM

MARCH 2024

Monday	Wednesday	Friday
		1 <u>Seated Mindful Yoga</u> 11 - 11:45 am Virtual
4 <u>Oral, Head, & Neck Cancer Support Group</u> 6 - 7 pm Virtual	6 <u>Mindfulness Meditation</u> 6 - 6:45 pm Virtual	8 <u>Game Night: BINGO!</u> 6 - 7 pm Virtual
11 <u>Seated Zumba Gold</u> 11 - 11:45 am Virtual <u>Mid-Day Mindfulness</u> 12 - 12:45 pm Virtual <u>Men's Cancer Support Group</u> 6 - 7 pm Virtual	13 <u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual <u>All Cancers Support Group</u> 6 - 7 pm Virtual	15 <u>Breathing for Relaxation</u> <i>Learn various relaxation tools and techniques</i> 6 - 6:45 pm Virtual
18 <u>Mindfulness Moments: Making Mandalas</u> 6 - 7 pm Virtual <u>Bereavement Support Group</u> 6 - 7 pm Virtual	20 <u>Seated Stretch</u> 6 - 6:45 pm Virtual	22 <u>Seated Gentle Yoga</u> 11 - 11:45 am Virtual <u>Lung Cancer Support Group</u> 6 - 7 pm Virtual
25 <u>Let's Talk...</u> <i>Open discussion on relationships, body image, self-esteem, and more</i> 12 - 1pm Virtual <u>Seated Zumba Gold</u> 6 - 6:45 pm Virtual	27 <u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual <u>Acupressure for Self-Care</u> 12 - 1 pm Virtual <u>Breast Cancer Support Group</u> 6 - 7 pm Virtual	29 <u>Mindfulness Moments: Creating Vision Boards for the New Season</u> 6 - 7 pm Virtual

All programs are free and open to all RWJBarnabas Health and Rutgers Cancer Institute of New Jersey patients.

Virtual programs are held via Zoom.

For more information, call 732-272-6938 or email debra.mcgivney@rwjbh.org.

Community Medical Center
Monmouth Medical Center
Monmouth Medical Center
Southern Campus

RWJBarnabas
HEALTH

RUTGERS
Cancer Institute
of New Jersey
RUTGERS HEALTH

Let's beat cancer together.

Rutgers Cancer Institute of New Jersey is the state's only NCI-designated Comprehensive Cancer Center. Together RWJBarnabas Health and Rutgers Cancer Institute offer the most advanced cancer treatment options close to home.

