

Nov 2018	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CANCER SUPPORT COMMUNITY at MONMOUTH MEDICAL CENTER &amp; MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p>	<p><i>Support, Education &amp; Hope...</i></p> <p><i>Free programs for those impacted by cancer —</i></p>		<p><b>REGISTRATION IS REQUIRED FOR ALL PROGRAMS</b> In addition, all new members must attend an orientation session. Please call 732-923-6090 to schedule an appointment.</p>	<p><b>1</b> 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 (Long Branch)</p>	<p><b>2</b></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><b>5</b></p> <p>Living with Loss 9 – 10 AM</p> <p>Exercise for Strength 1:30 – 2:30</p> <p>Yoga 2:30 – 3:30 PM</p> <p>Guided Relaxation 3:30 – 4 PM</p>	<p><b>6</b> <b>Freedom From Smoking®</b> Session 7 9:30-10:30 MMC</p> <p>Relaxation &amp; Meditation 1 - 2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p><b>7</b> <b>SPECIAL EVENT FLOWER POWER!</b> Learn how to create beautiful flowers using paper 1 – 2:30 PM (Supplies provided, must register)</p> <p>Young Survival Coalition (YSC) Breast Support Group 6:30 – 8 PM Long Branch</p>	<p><b>8</b> 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><b>SPECIAL EVENT</b> <b>Overview of Lymphedema &amp; Treatment Options</b> Presentation at the monthly SPOHNC Oral/Head/Neck Group, 6 – 7:30 PM Call 732-923-6090 for room location</p>	<p><b>9</b></p> <p>All Cancers Support 9:00 – 10:00 AM Lakewood</p>
<p>Programs in red held at Cancer Support Community 199 Prospect Street Lakewood, NJ</p> <p>or, if indicated, at <b>MSC - Monmouth Southern Campus Hospital</b> 600 River Avenue Lakewood</p>	<p><b>12</b></p> <p>Exercise for Strength 1:30 – 2:30</p> <p>Yoga 2:30 – 3:30 PM</p> <p>Guided Relaxation 3:30 – 4 PM</p>	<p><b>13</b> <b>Freedom From Smoking®</b> Session 8 9:30-10:30 MMC</p> <p>Ovarian Support Group 11:30 – 1 Held on BBR-2*</p> <p>Relaxation &amp; Meditation 1 - 2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p><b>14</b></p> <p>Time to Talk... Breast Support Group 5:30 – 7 PM (Long Branch)</p>	<p><b>15</b> 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><b>16</b></p>
	<p><b>19</b></p> <p>Exercise for Strength 1:30 – 2:30</p> <p>Yoga 2:30 – 3:30 PM</p> <p>Guided Relaxation 3:30 – 4 PM</p>	<p><b>20</b></p> <p>Relaxation &amp; Meditation 1-2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p><b>21</b></p> <p>Bereavement Support Group A support group for anyone living with loss, all welcome to attend 6 – 7 PM (Long Branch)</p>		<p><b>23</b> <b>Friends &amp; Family Fun Day!</b> Join us for music, crafts, sweets &amp; treats! On the Patio at Monmouth Southern Campus, 600 River Ave., Lakewood 12 – 2 PM RSVP 732-923-6090</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><b>26</b> <b>What's in Your Toolkit?</b> Stress reduction/resiliency This Month: Focus on the Breath 12:30 – 1:30 PM</p> <p>Exercise for Strength 1:30 – 2:30</p> <p>Yoga 2:30 – 3:30 PM</p> <p>Guided Relaxation 3:30 – 4 PM</p>	<p><b>27</b></p> <p>Relaxation &amp; Meditation 1-2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p><b>28</b> <b>Beading Buddies</b> 12:30-2:30 PM (Long Branch)</p> <p>Caregiver Connect Telephone support group for caregivers, 7:30 – 8:30 PM Call for dial-in information</p>	<p><b>29</b></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>	

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