

# RWJBH Oncology Support Program

## June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Mindfulness Meditation</b> 6 – 6:45 pm Virtual	2 <b>Laughing Yoga</b> <i>Learn the benefits of laughing through this yoga practice.</i> 11 – 11:45 am Hybrid	3 <b>BINGO Night</b> <i>A BINGO card will be distributed upon registration.</i> 6 – 6:45 pm Virtual
6 <b>Survivorship Celebration Seated Qi Gong</b> <i>Celebrate survivorship with a seated Qi Gong class.</i> 11 – 11:45 am Virtual	7 <b>Survivorship Celebration Paint it Out!</b> <i>Celebrate survivorship and express yourself through a watercolor painting project. Painting supplies will be mailed to you upon registration.</i> 12 – 1pm Virtual  <b>Bereavement Support Group</b> 5 – 6 pm Virtual	8 <b>Survivorship Celebration Celebration of Breath, Body, &amp; Mind</b> <i>Celebrate survivorship with an introduction of self-care tools to enhance resiliency.</i> 11am – 12 pm Virtual	9 <b>Survivorship Celebration Open Expressions</b> <i>Celebrate survivorship and express yourself as you step up to the virtual microphone and share your thoughts, feelings, words, music, poems, or short stories.</i> 12 – 1pm Virtual  <b>SPOHNC Oral, Head, &amp; Neck Cancer Support Group</b> 6 – 7 pm Virtual	10 <b>Survivorship Celebration Let's Do Brunch!</b> <i>Celebrate survivorship with a cooking demonstration featuring farro berry salad and summer reggie omelet recipes.</i> 12 – 1pm Hybrid*
13 <b>Seated Zumba Gold</b> 11 – 11:45 am Virtual	14 <b>Breast Cancer Support Group</b> 10 – 11am Hybrid	15 <b>Journey Through Music</b> <i>Experience the inspiration and benefits of music on this journey through various genres.</i> 5 – 6pm Hybrid	16 <b>Mindfulness Moments</b> Making Mandalas <i>A mandala will be distributed upon registration.</i> 6 - 7 pm Virtual	17 <b>Breathing for Relaxation</b> <i>Introduction and review of various breathing techniques</i> 6 – 6:45 pm Virtual
20 <b>Seated Qi Gong</b> 11 - 11:45 am Virtual  <b>Cultural Connection, Celebrating Diversity</b> <i>Discussion related to cultural experiences and celebration of diversity</i> 6 – 7pm Virtual	21 <b>Chair Stretch</b> 6 – 6:45 pm Virtual	22 <b>Mindful Yoga</b> <i>Experience the combined practices of mindfulness and yoga.</i> 10 – 10:45 am Hybrid  <b>New support group: Lung Cancer Support Group</b> 11 – 11:45 am Hybrid	23	24 <b>Gentle Yoga</b> 10 – 10:45 am Hybrid
27 <b>Seated Zumba Gold</b> 6 – 6:45 pm Virtual	28 <b>Tai Chi Easy</b> 11:30am – 12pm Virtual  <b>All Cancers Support Group</b> 2 – 3 pm Virtual	29 <b>Breast Cancer Support Group</b> 5 – 6 pm Virtual	30	* <i>The “Let’s Do Brunch” program on 6/10/2022 will be held at the WEForum Demonstration Kitchen at the LiveWell Center at Anne Vogel Family Care and Wellness Center, Suite 1200, 200 Wyckoff Rd., Eatontown NJ 07724.</i>

### Educational/Experiential Programs   Mindfulness/Relaxation Programs   Physical Activity Programs   Support Groups

Hybrid programs: In person programs will be held at LiveWell Center at Anne Vogel Family Care & Wellness Center Suite 1200 200 Wyckoff Road Eatontown, NJ 07724; virtual programs will be held via Zoom. As we return to in-person health education and supportive events, your health and safety are our top priority.

As of this time, masks are strongly encouraged in the LiveWell Center. Additional COVID-19 safety protocols are also in place.

All programs are available to anyone impacted by cancer and are free of charge. For more information, call 732-923-6090 or email [debra.mcgivney@rwjbh.org](mailto:debra.mcgivney@rwjbh.org).

Community Medical Center  
Monmouth Medical Center  
Monmouth Medical Center  
Southern Campus

**RWJ Barnabas**  
HEALTH  
  
Let's beat cancer together.

**RUTGERS**  
Cancer Institute  
of New Jersey  
RUTGERS HEALTH

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

