

RWJBH Oncology Support Program - September 2026

RWJBH Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer. From diagnosis through treatment, and recovery and survivorship, we provide members with support, education, hope, and encouragement as part of a community of others facing treatment and survivorship together. All programs are free and open to all RWJBarnabas Health and Rutgers Cancer Institute patients. Registration is required for each program. For additional information, please call 732-272-6938 or email debra.mcgivney@rwjbh.org.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Lung Cancer Support Group</u> 2 - 3 pm Virtual	2 <u>All Cancers Support Group</u> 2 - 3 pm In-person Community Medical Center 99 Rt 37 West Toms River, NJ	3 <u>Seated Gentle Yoga</u> 11 am - 12 pm Virtual	4 <u>Mindfulness & Watercolor Painting</u> 12 - 1 pm Virtual <i>Painting supplies will be mailed to you upon registration.</i>
7 No program today.	8 <u>Men's Cancer Support Group</u> 2 - 3 pm Virtual	9 <u>Seated Tai Chi Easy</u> 11 am - 12pm Virtual	10 <u>Family & Friends Caregiver Support Group</u> 2 - 3 pm Virtual	11 No program today.
14 <u>Mindfulness & Meditation</u> 6 - 7 pm Virtual	15 <u>Oral, Head, and Neck Cancer Support Group</u> 2 - 3 pm Virtual	16 <u>Game Day: BINGO!</u> 1-2pm In-person Community Medical Center 99 Highway 37 West Toms River, NJ <u>Seated Gentle Movement & Stretch</u> 6 - 7 pm Virtual	17 <u>All Cancers Support Group</u> 2 - 3 pm In-person Anne Vogel Family Care & Wellness Center 200 Wyckoff Road Eatontown, NJ	18 <u>Women's Cancer Support Group</u> 2 - 3 pm Virtual
21 <u>Seated Zumba Gold</u> 1 - 2 pm Virtual	22 <u>Living Through Loss Support Group</u> 2 - 3 pm Virtual	23 <u>Breast Cancer Support Group</u> 2 - 3 pm Virtual	24 <u>All Cancers Support Group</u> 2 - 3 pm Virtual	25 <u>Seated Gentle Yoga</u> 11 am - 12 pm Virtual
28 <u>Mindfulness & Meditation</u> 6 - 7 pm Virtual	29 No program today.	30 <u>Seated Gentle Movement & Acupressure</u> 12 - 1 pm Virtual		