

RWJBarnabas Health Oncology Support Program – August 2026

RWJBarnabas Health Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer. From diagnosis through treatment, 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	Wednesday	Friday
3 <u>Seated Gentle Yoga</u> 11 am – 12 pm Virtual <u>Mindfulness & Meditation</u> 6 – 7 pm Virtual	5 <u>All Cancers Support Group</u> At Community Medical Center 99 Highway 37 West Toms River, NJ 08755 2 – 3 pm In-person	7 <i>No programs today.</i>
10 <u>All Cancers Support Group</u> At LiveWell Center 200 Wyckoff Road Suite 1200 Eatontown, NJ 07724 2 – 3 pm In-person <u>Lung Cancer Support Group</u> 2 – 3 pm Virtual	12 <u>Seated Tai Chi Easy</u> 11 am – 12pm Virtual <u>Men's Cancer Support Group</u> 2 – 3 pm Virtual	14 <u>Mindfulness & Watercolor Painting</u> <i>Painting supplies will be mailed to you upon registration.</i> 12 – 1 pm Virtual <u>Family & Friends Caregiver Support Group</u> 2 – 3 pm Virtual
17 <i>No programs today.</i>	19 <u>Oral, Head, and Neck Cancer Support Group</u> 2 – 3 pm Virtual <u>Seated Gentle Movement & Stretch</u> 6 – 7 pm Virtual	21 <u>Women's Cancer Support Group</u> 2 – 3 pm Virtual
24 <u>Seated Zumba Gold</u> 1 – 2 pm Virtual <u>Living Through Loss Support Group</u> 2 – 3 pm Virtual <u>Mindfulness & Meditation</u> 6 – 7 pm Virtual	26 <u>Seated Gentle Movement & Acupressure</u> 12 – 1 pm Virtual <u>Breast Cancer Support Group</u> 2 – 3 pm Virtual	28 <u>Seated Gentle Yoga</u> 11 am – 12 pm Virtual <u>All Cancers Support Group</u> 2 – 3 pm Virtual