

RWJBH Oncology Support Program - February 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	Wednesday	Friday
2 <u>Seated Gentle Yoga</u> 11 am - 12 pm Virtual <u>Lung Cancer Support Group</u> 2 - 3 pm Virtual	4 <u>All Cancers Support Group</u> 2 - 3 pm In-person at Community Medical Center 99 Highway 37 West Toms River, NJ 08755	6 <u>Game Day: BINGO & Trivia</u> <i>BINGO cards will be emailed to you upon registration.</i> 1 - 2 pm Virtual <u>Family & Friends Caregiver Support Group</u> 2 - 3 pm Virtual
9 <u>All Cancers Support Group</u> 2 - 3 pm In-person at Anne Vogel Family Care & Wellness Center 200 Wyckoff Road Eatontown, NJ 07724 <u>Mindfulness & Meditation</u> 6 - 7 pm Virtual	11 <u>Seated Tai Chi Easy</u> 11 am - 12pm Virtual <u>Men's Cancer Support Group</u> 2 - 3 pm Virtual	13 <u>Mindfulness & Watercolor Painting</u> <i>Painting supplies will be mailed to you upon registration.</i> 12 - 1 pm Virtual
16 <u>Seated Zumba Gold</u> 1 - 2 pm Virtual <u>Living Through Loss Support Group</u> 2 - 3 pm Virtual	18 <u>Breast Cancer Support Group</u> 2 - 3 pm Virtual <u>Seated Gentle Movement & Stretch</u> 6 - 7 pm Virtual	20 <u>Women's Cancer Support Group</u> 2 - 3 pm Virtual
23 <u>All Cancers Support Group</u> 2 - 3 pm Virtual <u>Mindfulness & Meditation</u> 6 - 7 pm Virtual	25 <u>Seated Gentle Movement & Acupressure</u> 12 - 1 pm Virtual <u>Oral, Head, and Neck Cancer Support Group</u> 2 - 3 pm Virtual	27 <u>Seated Gentle Yoga</u> 11 am - 12 pm Virtual