

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