

## RWJBH Oncology Support Program - January 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. Call 732-272-6938 or email [debra.mcginney@rwjbh.org](mailto:debra.mcginney@rwjbh.org) for additional information or to register for programs.*

Monday	Wednesday	Friday
		2 <u>Family &amp; Friends Caregiver Support Group</u> 2 - 3 pm Virtual
5 <u>Seated Gentle Yoga</u> 11 am - 12 pm Virtual  <u>Lung Cancer Support Group</u> 2 - 3 pm Virtual  <u>Mindfulness &amp; Meditation</u> 6 - 7 pm Virtual	7 <u>All Cancers Support Group</u> 2 - 3 pm <b>In-person</b> at Community Medical Center 99 Highway 37 West Toms River, NJ 08755	9 <u>Mindfulness &amp; Watercolor Painting</u> 12 - 1 pm Virtual  <u>Game Day: BINGO &amp; Trivia</u> 1 - 2 pm Virtual
12 <u>All Cancers Support Group</u> 2 - 3 pm <b>In-person</b> at Anne Vogel Family Care & Wellness Center 200 Wyckoff Road Eatontown, NJ 07724	14 <u>Seated Tai Chi Easy</u> 11 am - 12pm Virtual  <u>Men's Cancer Support Group</u> 2 - 3 pm Virtual	16 <u>Women's Cancer Support Group</u> 2 - 3 pm Virtual
19 There are no programs scheduled for today.	21 <u>Oral, Head, and Neck Cancer Support Group</u> 2 - 3 pm Virtual  <u>Seated Gentle Movement &amp; Stretch</u> 6 - 7 pm Virtual	23 <u>Seated Gentle Yoga</u> 11 am - 12 pm Virtual  <u>Living Through Loss Support Group</u> 2 - 3 pm Virtual
26 <u>Seated Zumba Gold</u> 1 - 2 pm Virtual  <u>All Cancers Support Group</u> 2 - 3 pm Virtual  <u>Mindfulness &amp; Meditation</u> 6 - 7 pm Virtual	28 <u>Seated Gentle Movement &amp; Acupressure</u> 12 - 1 pm Virtual  <u>Breast Cancer Support Group</u> 2 - 3 pm Virtual	30 There are no programs scheduled for today.