



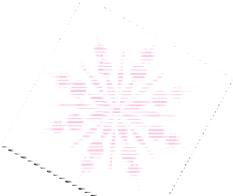



Feb 2018	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CANCER SUPPORT COMMUNITY at MONMOUTH MEDICAL CENTER & MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p>	<p><i>Support, Education & Hope...</i> <i>Free programs for those affected by cancer — patients, caregivers, family & friends</i></p>			<p>1</p> <p>Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong 1-2 PM</p> <p>US Too Prostate Group 7 – 9 PM</p>	<p>2</p> <p>Brain Tumor Support For patients & family members (Long Branch) 11- 12 PM Circle of Caring Children's Program Hearts & Crafts Join us for an afternoon of support, friendship, crafts and fun! 4-5 PM</p>
<p>Programs listed in black held at Monmouth Medical Center 300 2nd Avenue Suite ST-007 Maysie-Stroock Pavilion Long Branch, NJ (LB)</p>	<p>5</p> <p>All Cancers Support 12:30–1:30 Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p>	<p>6</p> <p>Man to Man Prostate Support Group with Dr. Sang Sim, 9-10 AM Freedom From Smoking® 8-session smoking cessation Session #4 11:30 - 1 PM Relaxation & Meditation 1-2 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM</p>	<p>7</p> <p>Young Survival Coalition (YSC) Breast Support Group 6:30 – 8 PM (Long Branch)</p>	<p>8</p> <p>Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong 1-2 PM</p> <p>SPOHNC-Oral/Head/Neck** Support Group 6 PM (**Call for room location)</p>	<p>9</p> <p>Freedom From Smoking® Session #5 11:30 - 1 PM New! Circle of Caring Children's Program Let's Get Moving! Movement & exercise with Miss Cathi 4 – 5 PM (Lakewood)</p>
<p>Programs in red held at the Cancer Support Community 199 Prospect Street Lakewood, NJ</p>	<p>12</p> <p>Coffee & A Craft 12:30 – 1:30 PM Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p>	<p>13</p> <p>Freedom From Smoking® Session #6 11:30 - 1 PM Creative Expressions: Finding Your Voice 1–2:30 PM Relaxation & Meditation 1 – 2 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM</p>	<p>14</p> <p>Look Good Feel Better® 1-3 (Long Branch) (registration through the American Cancer Society at 1-800-227-2345) Time to Talk... Breast Support Group 5:30 – 7 PM (Long Branch)</p>	<p>15</p> <p>Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Tai-Chi Easy 1-2 PM</p>	
	<p>19</p> <p>Living with Loss 12:30 – 1:30 PM Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p>	<p>20</p> <p>Freedom From Smoking® Session #7 11:30 -1 PM Movie Tuesday - The Secret Followed by discussion, with Diane Todd, 1 – 3 PM Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM</p>	<p>21</p> <p>New! Bereavement Support Group 6 – 7 PM A support group for anyone living with loss, all welcome</p>	<p>22</p> <p>Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Tai-Chi Easy 1-2 PM</p> <p>Ageless Grace Timeless fitness for the body & mind, 2-3 PM</p>	<p>23</p> <p>Circle of Caring Children's Program Children's Yoga Incorporates breathing techniques and fun, relaxed poses with Miss Kim 4 - 5 PM (Lakewood)</p>
<p>If you are <u>currently in active treatment</u>, medical clearance is required for any <u>physical activity</u> class. Call 732-923-6090 for further information</p>	<p>26</p> <p>Essential Oils – Part II w/Patricia Duffy, RN, 10-11 AM What's in Your Toolkit? Stress reduction/resiliency 1-2 PM Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p>	<p>27</p> <p>Freedom From Smoking® Session #8 11:30-1 PM Relaxation & Meditation 1 – 2 PM Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM</p>	<p>28</p> <p>What's In Your Medicine Cabinet? with MMC pharmacist Mary Gayle Flannelly, RPh 10:30-11:30 AM Caregiver Connect* Telephone support group for caregivers, 7:30 – 8:30 PM</p>		<p>*Call 732-923-6090 to register Once registered, you will receive a dial-in code with access information</p>

Registration required for all programs. **Special events and new groups/new times highlighted.** Call 732-923-6090 for additional information.