

RWJBH Oncology Support Program

The RWJBH 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 a part of a community of others who are facing treatment and survivorship together. Virtual programs are held via Zoom. All programs are free and open to all RWJBarnabas Health and Rutgers Cancer Institute patients. For additional information, please call 732-272-6938 or email debra.mcgivney@rwjbh.org.

AUGUST 2024

Monday	Wednesday	Friday
	No programs today.	2 Seated Mindful Yoga 11 - 11:45 am Virtual All Cancers Support Group 6 - 7 pm Virtual
5 All Cancers Support Group at Community Medical Center 99 Highway 37 West Toms River, NJ 2 - 3 pm In-person Oral, Head, & Neck Cancer Support Group 6 - 7 pm Virtual	7 Mindfulness Meditation 6 - 6:45 pm Virtual	9 Game Night: BINGO BINGO cards will be emailed upon registration. 6 - 7 pm Virtual
12 Seated Zumba Gold 11 - 11:45 am Virtual Men's Cancer Support Group 6 - 7 pm Virtual	14 Seated Tai Chi Easy 11 - 11:45 am Virtual Living Through Loss Support Group 6 - 7 pm Virtual	16 Let's Relax Learn various breathing techniques and relaxation practices 6 - 6:45 pm Virtual
19 No programs today.	21 Seated Stretch 6 - 6:45 pm Virtual	23 Seated Gentle Yoga 11 - 11:45 am Virtual
26 Seated Zumba Gold 6 - 6:45 pm Virtual	28 Seated Tai Chi Easy 11 - 11:45 am Virtual Acupressure for Self-Care 12 - 1 pm Virtual Breast Cancer Support Group 6 - 7 pm Virtual	30 Lung Cancer Support Group 6 - 7 pm Virtual