

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, email debra.mcgiivney@rwjbh.org.

JULY 2024

<i>Monday</i>	<i>Wednesday</i>	<i>Friday</i>
<p>1</p> <p style="text-align: center;"><u>All Cancers Support Group</u> at Community Medical Center 99 Highway 37 West Toms River, NJ 2 - 3 pm In-person</p> <p style="text-align: center;"><u>Oral, Head, & Neck Cancer Support Group</u> 6 - 7 pm Virtual</p>	<p>3</p> <p style="text-align: center;"><i>No programs today.</i></p>	<p>5</p> <p style="text-align: center;"><u>All Cancers Support Group</u> 6 - 7 pm Virtual</p>
<p>8</p> <p style="text-align: center;"><u>Seated Zumba Gold</u> 11 - 11:45 am Virtual</p> <p style="text-align: center;"><u>Men's Cancer Support Group</u> 6 - 7 pm Virtual</p>	<p>10</p> <p style="text-align: center;"><u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual</p> <p style="text-align: center;"><u>Bereavement Support Group</u> 6 - 7 pm Virtual</p>	<p>12</p> <p style="text-align: center;"><u>Seated Mindful Yoga</u> 11 - 11:45 am Virtual</p> <p style="text-align: center;"><u>Game Night: BINGO</u> BINGO cards will be emailed upon registration. 6 - 7 pm Virtual</p>
<p>15</p> <p style="text-align: center;"><u>Watercolor Expressions</u> Painting supplies will be mailed upon registration. 12 - 12:45 pm Virtual</p>	<p>17</p> <p style="text-align: center;"><u>Seated Stretch</u> 6 - 6:45 pm Virtual</p>	<p>19</p> <p style="text-align: center;"><u>Let's Relax</u> Learn various breathing techniques and relaxation practices 6 - 6:45 pm Virtual</p>
<p>22</p> <p style="text-align: center;"><u>Seated Zumba Gold</u> 6 - 6:45 pm Virtual</p>	<p>24</p> <p style="text-align: center;"><u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual</p> <p style="text-align: center;"><u>Let's Talk...about Sun Safety</u> 12 - 12:45 pm Virtual</p> <p style="text-align: center;"><u>Mindfulness Meditation</u> 6 - 6:45 pm Virtual</p>	<p>26</p> <p style="text-align: center;"><u>Seated Gentle Yoga</u> 11 - 11:45 am Virtual</p> <p style="text-align: center;"><u>Lung Cancer Support Group</u> 6 - 7 pm Virtual</p>
<p>29</p> <p style="text-align: center;"><i>No programs today.</i></p>	<p>31</p> <p style="text-align: center;"><u>Acupressure for Self-Care</u> 12 - 1 pm Virtual</p> <p style="text-align: center;"><u>Breast Cancer Support Group</u> 6 - 7 pm Virtual</p>	