

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.mcgivney@rwjbh.org.

JUNE 2024

<i>Monday</i>	<i>Wednesday</i>	<i>Friday</i>
<p>3</p> <p style="text-align: center;"><u>Oral, Head, & Neck Cancer Support Group</u> 6 - 7 pm Virtual</p>	<p>5</p> <p style="text-align: center;"><u>Creating Vision Boards for the New Season</u> 12 - 1 pm Virtual</p> <p style="text-align: center;"><u>Mindfulness Meditation</u> 6 - 6:45 pm Virtual</p>	<p>7</p> <p style="text-align: center;"><u>Seated Mindful Yoga</u> 11 - 11:45 am Virtual</p> <p style="text-align: center;"><u>All Cancers Support Group</u> 6 - 7 pm Virtual</p>
<p>10</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>12</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>14</p> <p style="text-align: center;"><u>Game Night</u> <i>Join us for fun games and support as we play BINGO together</i> 6 - 7 pm Virtual</p>
<p>17</p> <p style="text-align: center;"><u>Mid-Day Mindfulness</u> 12 - 12:45 pm Virtual</p> <p style="text-align: center;"><u>Mindfulness Moments: Making Mandalas</u> 6 - 7 pm Virtual</p>	<p>19</p> <p style="text-align: center;"><u>Acupressure for Self-Care</u> 12 - 1 pm Virtual</p> <p style="text-align: center;"><u>Seated Stretch</u> 6 - 6:45 pm Virtual</p>	<p>21</p> <p style="text-align: center;"><u>Let's Relax</u> <i>Learn various breathing techniques and relaxation practices</i> 6 - 6:45 pm Virtual</p>
<p>24</p> <p style="text-align: center;"><u>Seated Zumba Gold</u> 6 - 6:45 pm Virtual</p>	<p>26</p> <p style="text-align: center;"><u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual</p> <p style="text-align: center;"><u>Breast Cancer Support Group</u> 6 - 7 pm Virtual</p>	<p>28</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>