

RWJBH Oncology Support Program - November 2024

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. All programs are free and open to all RWJBarnabas Health and Rutgers Cancer Institute patients.

Registration is required for each program. For additional information, please call 732-272-6938 or email debra.mcgivney@rwjbh.org.

Monday	Wednesday	Friday
		1 <u>Seated Gentle Yoga</u> 11 - 11:45 am Virtual <u>All Cancers Support Group</u> 2 - 3 pm Virtual
4 <u>All Cancers Support Group</u> Community Medical Center 99 Highway 37 West Toms River, NJ 2 - 3 pm In-person	6 <u>Oral, Head, & Neck Cancer Support Group</u> 2 - 3 pm Virtual <u>Mindfulness Meditation</u> 6 - 6:45 pm Virtual	8 <u>Game Day: BINGO</u> BINGO cards will be emailed. 2 - 3 pm Virtual new time
11 <u>Seated Zumba Gold</u> 1 - 1:45 pm Virtual <u>All Cancers Support Group</u> Anne Vogel Family Care & Wellness Center 200 Wyckoff Road Eatontown, NJ 2 - 3 pm In-person	13 <u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual <u>Men's Cancer Support Group</u> 2 - 3 pm Virtual <u>Let's Relax</u> Learn various relaxation practices. 6 - 6:45 pm Virtual	15 <u>Living Through Loss Support Group</u> 2 - 3 pm Virtual
18 <u>Let's Talk...</u> Let's talk about coping with seasonal stress through various self-care practices. 11 am - 12 pm Virtual	20 <u>Breast Cancer Support Group</u> 2 - 3 pm Virtual <u>Seated Stretch</u> 6 - 6:45 pm Virtual	22 <u>Seated Gentle Yoga</u> 11 - 11:45 am Virtual <u>Lung Cancer Support Group</u> 2 - 3 pm Virtual
25 <u>Seated Zumba Gold</u> 1 - 1:45 pm Virtual	27 <u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual <u>Acupressure for Self-Care</u> 12 - 1 pm Virtual	29 No programs.