

RWJBH Oncology Support Program – October 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.mcgioney@rwjbh.org.

<i>Monday</i>	<i>Wednesday</i>	<i>Friday</i>
	2 <u>Oral, Head, & Neck Cancer Support Group</u> 2 - 3 pm Virtual <u>Mindfulness Meditation</u> 6 - 6:45 pm Virtual	4 <u>Seated Gentle Yoga</u> 11 - 11:45 am Virtual <u>All Cancers Support Group</u> 2 - 3 pm Virtual
7 <u>Let's Talk about Medicare Benefits</u> <i>Presentation provided by a State Health Insurance Assistance Program (SHIP) counselor.</i> 12 - 1 pm Virtual <u>All Cancers Support Group</u> Community Medical Center 99 Highway 37 West Toms River, NJ 2 - 3 pm In-person	9 <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> <i>Learn various relaxation practices.</i> 6 - 6:45 pm Virtual	11 <u>Game Night: BINGO</u> <i>BINGO cards will be emailed.</i> 6 - 7 pm Virtual
14 <u>Seated Zumba Gold</u> 11 - 11:45 am Virtual <u>All Cancers Support Group</u> <i>Anne Vogel Family Care & Wellness Center</i> 200 Wyckoff Road Eatontown, NJ 2 - 3 pm In-person	16 <u>Seated Stretch</u> 6 - 6:45 pm Virtual	18 <u>Living Through Loss Support Group</u> 2 - 3 pm Virtual
21	23 <u>Autumn Watercolor Expressions</u> <i>Open to children and adults impacted by cancer. Painting supplies will be mailed.</i> 6 - 7 pm Virtual	25 <u>Seated Gentle Yoga</u> 11 - 11:45 am Virtual <u>Lung Cancer Support Group</u> 2 - 3 pm Virtual
28 <u>Seated Zumba Gold</u> 6 - 6:45 pm Virtual	30 <u>Seated Tai Chi Easy</u> 11 - 11:45 am Virtual <u>Acupressure for Self-Care</u> 12 - 1 pm Virtual <u>Breast Cancer Support Group</u> 2 - 3 pm Virtual new time	