

RWJBH Oncology Support Program – December 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 |
|---|--|--|
| <p>2</p> <p><u>All Cancers Support Group</u> Community Medical Center 99 Highway 37 West Toms River, NJ 2 – 3 pm In-person</p> | <p>4</p> <p><u>Seated Tai Chi Easy</u> 11 – 11:45 am Virtual <u>Oral, Head, & Neck Cancer Support Group</u> 2 – 3 pm Virtual <u>Mindfulness Meditation</u> 6 – 6:45 pm Virtual</p> | <p>6</p> <p><u>Seated Gentle Yoga</u> 11 – 11:45 am Virtual <u>All Cancers Support Group</u> 2 – 3 pm Virtual</p> |
| <p>9</p> <p><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</p> | <p>11</p> <p><u>Seated Tai Chi Easy</u> 11 – 11:45 am Virtual <u>Men’s Cancer Support Group</u> 2 – 3 pm Virtual</p> | <p>13</p> <p><u>Game Day: BINGO</u> BINGO cards will be emailed. 2 – 3 pm Virtual <u>Let’s Relax</u> Learn various relaxation practices. 6 – 6:45 pm Virtual</p> |
| <p>16</p> <p><u>Creating Mandalas</u> Learn about the benefits of mandalas and how to create one. 3 – 4 pm Virtual</p> | <p>18</p> <p><u>Acupressure for Self-Care</u> 12 – 1 pm Virtual <u>Breast Cancer Support Group</u> 2 – 3 pm Virtual <u>Seated Stretch</u> 6 – 6:45 pm Virtual</p> | <p>20</p> <p><u>Living Through Loss Support Group</u> 2 – 3 pm Virtual</p> |
| <p>23</p> <p><u>Seated Zumba Gold</u> 1 – 1:45 pm Virtual</p> | <p>25</p> <p>No programs today.</p> | <p>27</p> <p><u>Seated Gentle Yoga</u> 11 – 11:45 am Virtual <u>Lung Cancer Support Group</u> 2 – 3 pm Virtual</p> |