RWJBH Oncology Support Program – January 2025

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 **No programs today**	**3** **All Cancers Support Group** *2 – 3 pm Virtual*
6 **Seated Gentle Yoga** *12 - 12:45 pm Virtual* **All Cancers Support Group** *Community Medical Center* *99 Highway 37 West Toms River, NJ* *2 – 3 pm* **In-person**	**8** **Seated Tai Chi Easy** *11 – 11:45 am Virtual* **Oral, Head, & Neck Cancer Support Group** *2 – 3 pm Virtual* **Mindfulness Meditation** *6 - 6:45 pm Virtual*	**10** **Game Day: BINGO** *BINGO cards will be emailed upon registration.* *2 – 3 pm Virtual*
13 **Seated Zumba Gold** *1 - 1:45 am Virtual* **All Cancers Support Group** *Anne Vogel Family Care&Wellness Center* *200 Wyckoff Road Eatontown, NJ* *2 – 3 pm* **In-person**	**15** **Men's Cancer Support Group** *2 - 3 pm Virtual* **Seated Stretch** *6 - 6:45 pm Virtual*	**17** **Living Through Loss Support Group** *2 - 3 pm Virtual* **Let's Relax** *Learn various relaxation and self-care practices.* *6 – 6:45 pm Virtual*
20 **No programs today**	**22** **Seated Tai Chi Easy** *11 – 11:45 am Virtual* **Seated Acupressure for Self-Care** *12 - 1 pm Virtual*	**24** **Seated Gentle Yoga** *11 - 11:45 am Virtual* **Lung Cancer Support Group** *2 - 3 pm Virtual*
27 **Seated Zumba Gold** *1 - 1:45 am Virtual*	**29** **Breast Cancer Support Group** *2 – 3 pm Virtual*	**31** **Watercolor Expressions** *Open to children and adults impacted by cancer. Painting supplies will be mailed upon registration.* *6 – 7 pm Virtual*