

## Circle of Caring Children's Program February 2018

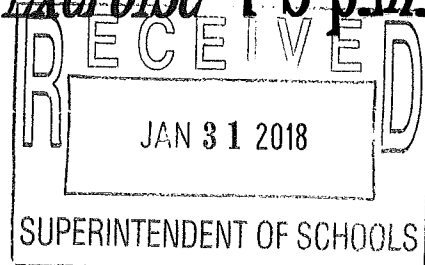
The Cancer Support Community invites children who have a family member affected by cancer to the following programs.

February 2<sup>nd</sup> *Hearts & Crafts Program 4-5 p.m.*

Join us for an afternoon of support, friendship, crafts, and fun.

February 9<sup>th</sup> *Let's Get Moving! Children's Exercise 4-5 p.m.*

February 23<sup>rd</sup> *Children's Yoga 4-5 p.m.*

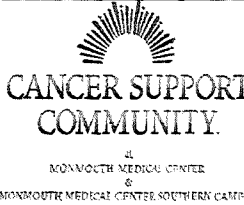
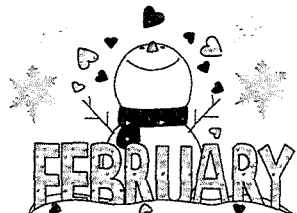


All programs listed above are held at 199 Prospect Street Lakewood, NJ 08701.

Kindly call 732-923-6090 to register for these free programs.

Monmouth Medical Center | RWJBarnabas  
Monmouth Medical Center HEALTH  
Southern Campus

  
CANCER SUPPORT  
COMMUNITY  
MONMOUTH MEDICAL CENTER  
&  
MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS

Feb 2018	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>CANCER SUPPORT COMMUNITY</b> MONMOUTH MEDICAL CENTER MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p>	<p><i>Support, Education &amp; Hope... Free programs for those affected by cancer — patients, caregivers, family &amp; friends</i></p>			<p><b>1</b> Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong 1-2 PM  US Too Prostate Group 7 – 9 PM</p>	<p><b>2</b>     <b>Brain Tumor Support</b> For patients &amp; family members (Long Branch) 11- 12 PM Circle of Caring Children's Program <b>Hearts &amp; Crafts</b> Join us for an afternoon of support, friendship, crafts and fun! 4-5 PM</p>
<p>Programs listed in black held at Monmouth Medical Center <b>300 2nd Avenue Suite ST-007</b> Maysie-Stroock Pavilion Long Branch, NJ (LB)</p>	<p><b>5</b> All Cancers Support 12:30-1:30  Yoga 1:45 – 2:45 PM  Exercise for Strength 3-4 PM  Guided Relaxation 4-4:30 PM</p>	<p><b>6</b>     <b>Man to Man Prostate Support Group</b> with Dr. Sang Sim, 9-10 AM <b>Freedom From Smoking®</b> 8-session smoking cessation Session #4 11:30 - 1 PM <b>Relaxation &amp; Meditation</b> 1-2 <b>Exercise for Strength</b> 5-6 PM <b>Restorative Yoga</b> 6-7:15 PM</p>	<p><b>7</b> <b>Young Survival Coalition (YSC) Breast Support Group</b> 6:30 – 8 PM (Long Branch)</p>	<p><b>8</b> Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong 1-2 PM  <b>SPOHNC-Oral/Head/Neck**</b> Support Group 6 PM (**Call for room location)</p>	<p><b>9</b>     <b>Freedom From Smoking®</b> Session #5 11:30 - 1 PM  New!  Circle of Caring Children's Program <b>Let's Get Moving!</b> Movement &amp; exercise with Miss Cathi 4 – 5 PM (Lakewood)</p>
<p>Programs in red held at the Cancer Support Community <b>199 Prospect Street</b> Lakewood, NJ</p>	<p><b>12</b> Coffee &amp; A Craft 12:30 – 1:30 PM  Yoga 1:45 – 2:45 PM  Exercise for Strength 3-4 PM  Guided Relaxation 4-4:30 PM</p>	<p><b>13</b> <b>Freedom From Smoking®</b> Session #6 11:30 - 1 PM  <b>Creative Expressions: Finding Your Voice</b> 1-2:30 PM <b>Relaxation &amp; Meditation</b> 1 – 2 <b>Exercise for Strength</b> 5-6 PM <b>Restorative Yoga</b> 6-7:15 PM</p>	<p><b>14</b> <b>Look Good Feel Better®</b> 1-3 (Long Branch) (registration through the American Cancer Society at 1-800-227-2345) <b>Time to Talk... Breast Support Group</b> 5:30 – 7 PM (Long Branch)</p>	<p><b>15</b> Easy Zumba Gold 10:15-10:45  Yoga 11-12 PM  <b>Tai-Chi Easy</b> 1-2 PM</p>	<p><b>16</b></p>
	<p><b>19</b> Living with Loss 12:30 – 1:30 PM  Yoga 1:45 – 2:45 PM  Exercise for Strength 3-4 PM  Guided Relaxation 4-4:30 PM</p>	<p><b>20</b> <b>Freedom From Smoking®</b> Session #7 11:30 - 1 PM  <b>Movie Tuesday - The Secret</b> Followed by discussion, with Diane Todd, 1 – 3 PM  <b>Exercise for Strength</b> 5-6 PM <b>Restorative Yoga</b> 6-7:15 PM</p>	<p><b>21</b> <b>New!</b> <b>Bereavement Support Group</b> 6 – 7 PM A support group for anyone living with loss, all welcome</p>	<p><b>22</b> Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Tai-Chi Easy 1-2 PM  <b>Ageless Grace</b> Timeless fitness for the body &amp; mind, 2-3 PM</p>	<p><b>23</b>  Circle of Caring Children's Program <b>Children's Yoga</b> Incorporates breathing techniques and fun, relaxed poses with Miss Kim 4 – 5 PM (Lakewood)</p>
<p>If you are <u>currently in active treatment</u>, medical clearance is required for any <u>physical activity class</u>. Call 732-923-6090 for further information</p>	<p><b>26</b>     <b>Essential Oils – Part II</b> w/Patricia Duffy, RN, 10-11 AM  What's in Your Toolkit? Stress reduction/resiliency 1-2 PM Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p>	<p><b>27</b> <b>Freedom From Smoking®</b> Session #8 11:30-1 PM  <b>Relaxation &amp; Meditation</b> 1 – 2 PM <b>Exercise for Strength</b> 5-6 PM <b>Restorative Yoga</b> 6-7:15 PM</p>	<p><b>28</b>     <b>What's In Your Medicine Cabinet?</b> with MMC pharmacist Mary Gayle Flannelly, RPh 10:30-11:30 AM  <b>Caregiver Connect*</b> Telephone support group for caregivers, 7:30 – 8:30 PM</p>		<p>*Call 732-923-6090 to register. Once registered, you will receive a dial-in code with access information</p>

Registration required for all programs. Special events and new groups/new times highlighted. Call 732-923-6090 for additional information.

February 2018 Highlights – Registration is required for all programs: 732-923-6090

**Cancer Support Community** Monmouth Medical Center, Maysie-Stroock Pavilion, 300 2<sup>nd</sup> Ave.,  
Suite ST-007 (ground floor), Long Branch

Support Groups – Long Branch:

**Brain Tumor Support Group** - First Friday of each month, 11 AM -12 noon

**Man to Man Prostate Support Group** – First Tuesday of each month, 9-10 AM.

**Young Survival Coalition (YSC)** – Breast support grp for women age 45 & under, first Wednesday of each month, 6:30-8 PM

**Time to Talk... Breast Cancer Group** (all ages), Second Wednesday of each month, 5:30-7 PM (light dinner served).

**US Too! Prostate Group** First Thursday of each month, 7 – 9 PM

**New! Bereavement Group** – Third Wednesday of each month, 6-7. All welcome.

Special Events – Long Branch:

**What's In Your Medicine Cabinet?** Wednesday, Feb 28<sup>th</sup> 10:30 – 11:30 Join Mary Gayle Flannelly, RPh, Pharm D, pharmacist at Monmouth Medical Center, for this interactive and informative workshop on medication, storage/proper disposal, accidental and intentional diversion & compliance. Light breakfast will be served. Registration required.

**Look Good Feel Better®** - Wednesday February 14<sup>th</sup> 1 – 3 PM Program for women dealing with hair loss & skin changes from cancer treatment. Learn tips & techniques to make the most of your appearance while undergoing treatment.

Registration through the American Cancer Society required, 1-800-227-2345,

**Movie Tuesday – The Secret** - Tuesday, February 20<sup>th</sup> 1-3 PM Based on the book by author Rhonda Byrne, the movie features scientists, authors and philosophers discussing “the secret” to leading a happy and successful life, followed by discussion and Q & A with Diane Todd, CSC guided relaxation/meditation program facilitator & Reiki Master/Teacher.

**Continuation – Freedom from Smoking®** – This FREE 8 session smoking cessation program began Tuesday, 1/5/18, and will continue through 2/27/18. Please call 732-923-6090 for information and to register for our next 8 session workshop.

Also this month: **Zumba, Yoga, Exercise for Strength, Tai-Chi, Relaxation & Meditation, Ageless Grace: Fitness for the Mind & Body, and Creative Expressions: Finding Your Voice** (see calendar for dates/times).

**Cancer Support Community, Monmouth Medical Center, Southern Campus, 199 Prospect Street, Lakewood**

**All Cancers Support Group** – Support for patients, family members, and supportive friends. Monday, Feb 5<sup>th</sup> 12:30- 1:30 PM

**Coffee & A Craft** - Monday, Feb 12<sup>th</sup> 12:30 to 1:30 PM

**Living with Loss** – Monday, Feb 19<sup>th</sup> 12:30 to 1:30 PM

**What's In Your Toolkit?** Practices to reduce stress & increase resilience, Monday, Feb 26<sup>th</sup>, 1-2 PM

Also this month: **Gentle yoga, exercise for strength, and guided relaxation.**

Special Event - Lakewood:

**Essential Oils Part II** - Mon Feb 26<sup>th</sup> 10 - 11 Join Patricia Duffy, RN, CCM, to learn about safe & proper use of essential oils.

**Children's Circle of Caring Program - Lakewood** - Children (12 & under) who have a loved one with cancer are invited to participate in our safe, supportive and fun Circle of Caring Program. Please call 732-923-6090 for further information and to register.

**Hearts & Crafts!** Friday, Feb 2<sup>nd</sup> 4- 5 PM Support, crafts, fun!

**New! Let's Get Moving!** Feb 9<sup>th</sup> 4-5 PM. A fun class involving movement, music, and exercise, facilitated by Miss Cathi, certified children's exercise instructor.

**Children's Yoga** – Friday, Feb 23<sup>rd</sup> 4-5 PM. Incorporating breathing techniques & poses in a relaxed environment, led by Miss Kimberly, certified children's yoga instructor.

**Caregiver Connect** – Telephone support group for caregivers, Wednesday, Feb 28<sup>th</sup> 7:30 – 8:30 PM. Call 732-923-6090 to register. Once registered, you will receive a dial-in code with access information.