


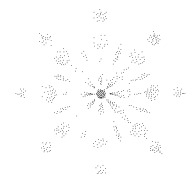
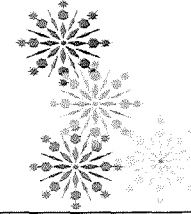
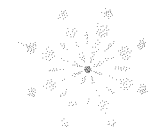



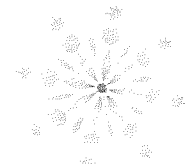
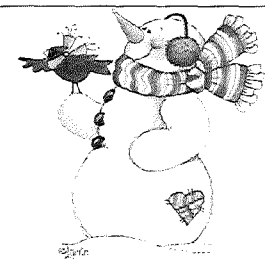
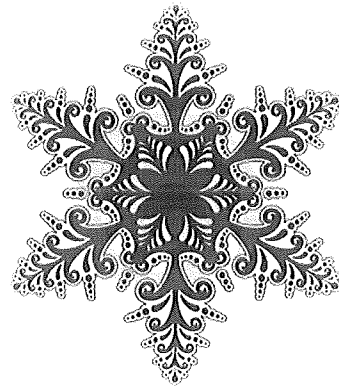
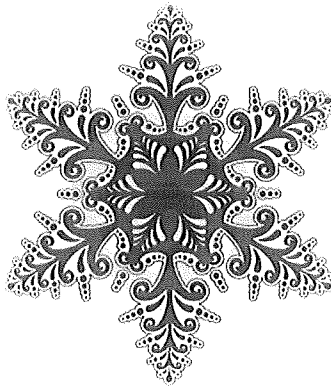
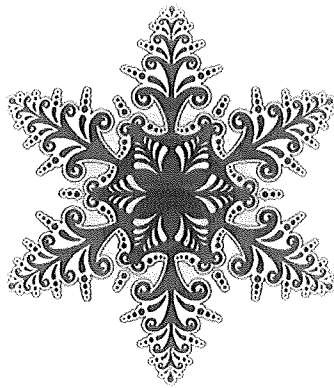


Jan 2018	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>CANCER SUPPORT COMMUNITY</b>  <small>at</small>  MONMOUTH MEDICAL CENTER  &amp;  MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p>	<b>1</b> <i>Support, Education &amp; Hope...</i> <i>Free programs for those affected by cancer — patients, caregivers, family &amp; friends</i>	<b>2</b> Program closed for winter break. Will re-open on Monday, Jan 15th	<b>3</b> 	<b>4</b> 	<b>5</b> 
Programs listed in black held at Monmouth Medical Center <b>300 2nd Avenue Suite ST-007</b> Maysie-Stroock Pavilion Long Branch, NJ (LB)	<b>8</b> 	<b>9</b> 	<b>10</b> 	<b>11</b> 	<b>12</b> 
Programs in red held at the Cancer Support Community <b>199 Prospect Street Lakewood, NJ</b>	<b>15</b> <b>All Cancers Support</b> 12:30 – 1:30 Yoga 2 - 3 PM <b>Exercise for Strength</b> 3-4 PM <b>Guided Relaxation</b> 4-4:30 PM	<b>16 Freedom From Smoking®</b> 8-session smoking cessation Session #1 11:30 - 1 PM Must pre-register & attend all 8 sessions, 732-923-6090 <b>Relaxation &amp; Meditation</b> 1 – 2 <b>Exercise for Strength</b> 5-6 PM <b>Restorative Yoga</b> 6-7:15 PM	<b>17</b> <b>Creative Expressions: Finding Your Voice</b> Join us as we explore creative ways to express ourselves New project each month, all supplies provided. 1 – 2:30 PM	<b>18</b> <b>Easy Zumba Gold</b> 10:15-10:45 Yoga 11-12 PM <b>Tai-Chi Easy</b> 1-2 PM <b>Woman to Woman: Cancer &amp; Sexuality</b> Support group for women only 6 – 7 PM	<b>19</b> <b>Circle of Caring Children's Program Stars &amp; Snowflakes Program</b> Join us for an afternoon of support, friendship, crafts and fun! 4 – 5:30 PM (Lakewood)
<b>What to Expect... Orientation for Patients Newly Diagnosed w/ Breast Cancer</b> is scheduled every Thursday 1- 2 PM Please call 732-923-6090 for room location	<b>22</b> <b>Coffee &amp; A Craft</b> 12:30 – 1:30 PM Yoga 2 - 3 PM <b>Exercise for Strength</b> 3-4 PM <b>Guided Relaxation</b> 4-4:30 PM	<b>23 Freedom From Smoking®</b> 8-session smoking cessation Session #2 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	<b>24</b> 	<b>25</b> <b>Easy Zumba Gold</b> 10:15-10:45 Yoga 11-12 PM <b>Tai-Chi Easy</b> 1-2 PM <b>Ageless Grace</b> Timeless fitness for the body & mind, 2-3 PM	<b>26</b> <b>Circle of Caring Children's Program Children's Yoga</b> Intro to yoga incorporates breathing techniques and fun, relaxed poses 4 - 5 PM (Lakewood)
If you are <u>currently in active treatment</u> , medical clearance is required for any physical activity class. Call 732-923-6090 for further information	<b>29</b> <b>Living with Loss</b> 12:30 – 1:30 <b>What's in Your Toolkit?</b> Program of stress reduction & resiliency, 1-2 PM Yoga 2-3 PM <b>Exercise for Strength</b> 3-4 PM <b>Guided Relaxation</b> 4-4:30 PM	<b>30 Freedom From Smoking®</b> 8-session smoking cessation Session #3 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	<b>31</b> <b>Caregiver Connect</b> Telephone support group for caregivers, 7:30 – 8:30 PM Call 732-923-6090 to register Once registered, you will receive a dial-in code with access information		Note: <b>US Too Prostate Group</b> will be held on Jan 4, 7-9 PM, Rm ST-007 <b>Ovarian Cancer Support Grp</b> led by Leslie Shepard, RN, will be held in the Fromkin Family Room on BBR-2, 11:30 – 1 PM on Jan 9 Call 732-923-6575 for information

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



## Circle of Caring Children's Program January 2018

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

January 19<sup>th</sup> 4:00-5:30pm Stars and Snowflakes Program

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

January 26<sup>th</sup> 4-5pm Children's Yoga

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  
Monmouth Medical Center  
Southern Campus

**RWJBarnabas**  
HEALTH

  
CANCER SUPPORT  
COMMUNITY

at  
MONMOUTH MEDICAL CENTER  
&  
MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS

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

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

**CSC will be closed for winter break through January 12<sup>th</sup>, re-opening on Monday, January 15<sup>th</sup>. The following support groups will not be held in January, but will resume in Long Branch in February:**

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

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

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

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

**Please note: US Too! Prostate Group will meet in January on Thursday, Jan 4<sup>th</sup> 7 – 9 PM**

**Woman to Woman: Cancer & Sexuality will meet on Thursday, Jan 18<sup>th</sup> 6- 7 PM**

**Special Event – Long Branch:**

**Beginning in January – Freedom from Smoking®** – This FREE 8 session smoking cessation program will begin on Tuesday, January 16<sup>th</sup> at 11:30 AM. Participants will develop a plan of action leading to quit day! There is no cost for this program, but registration is limited. Please call 732-923-6090 for additional information and to register.

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 at Monmouth Medical Center, Southern Campus, 199 Prospect Street, Lakewood**

**The following support groups will be held in Lakewood beginning on Monday, Jan 15<sup>th</sup>**

**All Cancers Support Group** – Support for patients, family members, and supportive friends. Monday, Jan 15<sup>th</sup>.

Note new time: 12:30- 1:30 PM

**Coffee & A Craft** - Monday, Jan 22<sup>nd</sup>. Note New time: 12:30 to 1:30 PM

**Living with Loss** - Monday Jan 29<sup>th</sup>. Note new time: 12:30 to 1:30 PM

**Special Event - Lakewood:**

**What's In Your Toolkit?** Practices to reduce stress & increase resilience, Monday, Jan 29<sup>th</sup>, 1-2 PM

**Children's Circle of Caring Program – Lakewood:**

**Stars & Snowflakes!** Friday, Jan 19<sup>th</sup>, Note new time: 4- 5:30 PM Support, crafts, fun! Registration required.

**Children's Yoga** – Friday, Jan 26<sup>th</sup> Note new time: 4-5 PM. We invite children who have a loved one affected by cancer to participate in a yoga class which incorporates breathing techniques & poses in a fun and relaxed environment, led by Miss Kimberly, certified children's yoga instructor. Registration required.

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

**Caregiver Connect** – Telephone support group for caregivers, Wednesday, Jan 31<sup>st</sup>, Note earlier time: 7:30 – 8:30 PM. Call 732-923-6090 to register. Once registered, you will receive a dial-in code with access information.