

Patient Support Services



Tips and Tools to Manage Your Stress

Tuesdays 2:00 - 3:00 pm

Weekly topics will include:

- Guided Imagery & Breathing
- Progressive Muscle Relaxation
- Journaling



Stretch to De-stress: A Gentle Exercise Class

Thursdays 2:00 - 3:00 pm

Weekly program will offer:

- Gentle Stretching
- Breathing Exercises
- Routines Will Be Done Seated

Our Patient Support Services can help you with issues like coping with the emotional impact of a cancer diagnosis, managing stress, and dealing with treatment and its side effects. Join one of these free weekly classes to find ways to manage stress as well as potentially boost your immune system, improve energy, and help you sleep. **Classes are open to adult patients, family members, and friends.**

Walk-ins welcome. For more information or to reserve your spot, contact Ellen Levine at 908-658-5400 ext. 102 or elevine@cancersupportcnj.org. Learn more about the Cancer Institute Patient Support Services at www.cinj.org/patientsupportservices.

Class Location:

Rutgers Cancer Institute of New Jersey
Treatment Area Waiting Room
195 Little Albany Street
New Brunswick, NJ 08903