

April 2022-Circle of Support

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Programs are held virtually and are open & free to patients and family members. Call 732-235-6792 for information & registration.				1 Mindfulness Meditation 8:30 AM	HEALTHY RECIPE CORNER Healthy Overnight Oats
Support Groups Mindfulness Educational Special Events	4	5 Caregiver Support Group 6-7 PM	6	7 Knowledge Is Power! 1 PM Learn about resources that may help you through your cancer journey	8	2 Mangos peeled/diced ½ Cup plain Greek or dairy-free yogurt 2 tsp pure maple syrup 2/3 C. milk or non-dairy 2 Tbsp Chia Seeds ½ Cup oats Fruits/nuts optional
	11 Time to Talk Breast Cancer Support Group 2 PM	12 Guided Imagery 2 PM	13 Living with Cancer Support Group 7 PM	14	15 Transplant Support Group 1 PM	Combine Mangos, yogurt, syrup, and milk & blend on high until smooth. Mix in chia seeds & oats. Pour into two bowls, cover and place in refrigerator. Enjoy the next morning with or without fruit and nut toppings.
	18 Newly Diagnosed: Breast Cancer What to Expect, Education & Support 1 PM	19	20 New! GI Support Group 4 PM	21 Mindfulness Meditation 5 PM	22	Adapted from AICR.org Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital
	25 Time to Talk Breast Cancer Support Group 7 PM	26 Guided Imagery 2 PM	27 Connect, Share & Empower (radiation support) 10:30 AM Living With Cancer 7 PM	28	29 	