



# NOVEMBER 2023

## CIRCLE OF SUPPORT PROGRAM



CINJ's Circle of Support program provides support, education, and hope to patients in active cancer treatment through multiple diagnosis-specific and general support groups, mindfulness meditation and relaxation programs, educational programs, and occasional experiential workshops. The goal is to support patients through their cancer journey by providing a safe and non-judgmental space to talk about their specific challenges and experiences, and join with others who are in similar situations. Please call 732-235-6792 for information and to register.



## VIRTUAL SUPPORT GROUPS – ONGOING MONTHLY

Programs are held virtually, are open and free to patients, and may be open to family members.

<i>Time to Talk Breast Cancer Support Group</i>	<i>First Tuesday of the month at 5PM</i>
<i>Living with Cancer Support Group</i>	<i>Second &amp; Fourth Wednesday of the month at 5PM (Nov. 8<sup>th</sup> ONLY)</i>
<i>Guided Imagery</i>	<i>Second &amp; Fourth Tuesday of the month at 2PM</i>
<i>GI Support Group</i>	<i>Third Wednesday of the month at 5PM</i>
<i>Mindfulness Meditation</i>	<i>Third Thursday of the month at 5PM</i>
<i>Gynecologic Support Group</i>	<i>Fourth Thursday of the month at 5PM</i>

## NUTRITIONAL & DELICIOUS



### PEACH OF A CARROT ZUCCHINI SMOOTHIE

#### Ingredients:

- 1 medium halved and pitted peach
- 1 small unpeeled carrot
- ½ of a small unpeeled and chopped zucchini or yellow summer squash
- 2 Tbsp. pumpkin seeds
- ½ Tsp. cinnamon
- ½ cup milk or non-dairy milk
- ½ Tsp. vanilla extract
- 5 ice cubes



Place 1 medium halved and pitted peach, 1 small unpeeled carrot, chopped and 1/2 of a small unpeeled and chopped zucchini or yellow summer squash in the container of a blender. Add 2 Tbsp. pumpkin seeds, 1/2 tsp cinnamon, 1/2 milk or non-dairy milk, 1/2 tsp vanilla extract and 5 ice cubes to blender. Cover and process a few seconds until smooth and creamy. Pour into a glass and enjoy immediately, or chill until serving time.