



JUNE 2024

CIRCLE OF SUPPORT PROGRAM



The 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.

JUNE IS NATIONAL CANCER SURVIVORSHIP AWARENESS MONTH



Ongoing Monthly Virtual Support Groups

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

- ❖ **Time to Talk Breast Cancer Support Group** (*First Tuesday of the month at 5PM*)
- ❖ **Living with Cancer Support Group** (*Second & Fourth Wednesday of the month at 5PM*)
- ❖ **Guided Imagery** (*Second & Fourth Tuesday of the month at 2PM*)
- ❖ **GI Support Group** (*Third Wednesday of the month at 5PM*)
- ❖ **Gynecologic Support Group** (*Fourth Thursday of the month at 5PM*)

HEALTHY AT HOME!

Cool Tropical Smoothie

A zesty thirst-quencher that's dairy-free and vegan

Ingredients

- 3 cups baby spinach
- 1 cup frozen mango
- 1 cup strawberries
- ¾ cup unsweetened coconut almond milk
- A squeeze of lime juice

<https://health.clevelandclinic.org/recipe>



Directions: Add spinach, mango, strawberries, coconut almond milk and lime juice to food processor. Blend until smooth.