


Jan 2023–Circle of Support

	Monday	Tuesday	Wednesday	Thursday	Friday	
	2	3 	4	5 	6	COTTAGE CHEESE, CUCUMBER AND TOMATO TOAST 1 slice whole grain bread, ¼ cup low fat cottage cheese, 4-5 thin cucumber slices, 2-3 thin tomato slices, cut into quarters, cracked black pepper (to taste)
Support Groups Mindfulness Educational Special Events	9 Time to Talk Breast Cancer Support Group 4:30 PM	10 Guided Imagery 2 PM	11 Living with Cancer Support Group 7 PM	12	13 	Cottage cheese is an excellent source of protein and calcium Toast bread. Spread cottage cheese on bread. Top with cucumber slices, tomato slices, and black pepper.
Programs are held virtually and are open & free to patients and family members. Call 732-235-6792 for information & registration.	16 Metastatic Breast Cancer Support Group 4:30 PM	17	18 GI Support Group 5 PM	19 Mindfulness Meditation 5 PM	20	Store in airtight container. Adapted from www.cookforyourlife.org
	23	24 Guided Imagery 2 PM	25 Living with Cancer Support Group 7 PM	26 Gynecologic Support Group 5 PM	27	Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital
	30 	31				