

# Mar 2023-Circle of Support

	Monday	Tuesday	Wednesday	Thursday	Friday	
			1 	2	3	<b>POTATO FRITTATA</b> 2 Tbsp olive oil, 4 thin-sliced potatoes, ½ tsp salt, pinch of pepper, ½ cup milk of choice, 8 eggs, ¼ cup grated cheddar cheese, Preheat oven to 400 °F.
Support Groups Mindfulness Educational Special Events	6	7 Time to Talk Breast Cancer Support Group 5 PM	8 Living with Cancer Support Group 5 PM	9	10 	Heat olive oil in oven-safe skillet. Add potatoes, cook for 10 minutes. Combine eggs, milk and cheese. Add to skillet. Cook until sides are set (~2min). Transfer to oven. Cook for 15-20 min, until eggs are firm. Let sit for 5 minutes.
Programs are held virtually and are open & free to patients and family members. Call <b>732-235-6792</b> for information & registration.	13	14 Guided Imagery 2 PM	15 GI Support Group 5 PM	16 Mindfulness Meditation 5 PM  Metastatic Breast Cancer Support Group 5 PM	17	Adapted from <a href="http://www.cookforyourlife.org">www.cookforyourlife.org</a>  Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital
	20	21	22 Living with Cancer Support Group 5 PM	23 Gynecologic Support Group 5 PM	24	
	27	28 Guided Imagery 2 PM	29	30 	31 	