

July 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 AM	GOLDEN MILK POPSICLES 2 cups vanilla Greek yogurt, 1/2 tsp turmeric, 1/8 tsp ground ginger, 1/4 tsp cinnamon.
Support Groups Mindfulness Educational Special Events	4 CLOSED 	5 Guided Imagery 2 PM	6 Living with Cancer Support Group 7 PM	7	8	Combine all ingredients in blender. Blend until smooth. Pour mixture into popsicle molds and freeze until solid, at least 4 hours.
	11 Time to Talk Breast Cancer Support Group 2 PM	12 Caregiver Support Group, 6-7 PM	13	14 Mindfulness Meditation 5 PM	15 Transplant Support Group 1 PM	Good source of protein and can be soothing for mouth sores. Adapted from the Cancer Support Community
	18 New Metastatic Breast Cancer Support Group 4:30 PM	19 Guided Imagery 2 PM	20 GI Support Group 4:15 PM Living with Cancer 7 PM	21	22	Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital
	25 Time to Talk Breast Cancer Support Group 6 PM	26	27 Connect, Share, Empower Radiation Therapy Support Group 10:30 AM	28	29 	

