

Aug 2022-Circle of Support

	Monday	Tuesday	Wednesday	Thursday	Friday	
	1 	2	3	4	5 Mindfulness Meditation 8 AM	MEDITERRANEAN QUINOA SALAD 1 cup diced bell pepper 1 (15oz) Cannellini beans 1 lb cherry tomatoes ½ diced red onion
	8 Time to Talk Breast Cancer Support Group 2 PM	9 Guided Imagery 2 PM Caregiver Support Group 6-7 PM	10 Living with Cancer Support Group 7 PM	11 	12	½ cup sliced black or kalamata olives 5 cups cooked quinoa Pesto sauce Combine ingredients & toss with quinoa. Add pesto & toss a
Support Groups Mindfulness Educational Special Events	15 Metastatic Breast Cancer Support Group 4:30 PM	16	17 GI Support Group 4:15 PM	18 Mindfulness Meditation 5 PM	19 Transplant Support Group 1 PM	second time. Allow mixture to chill for 2 hours before serving. Adapted from the American Institute for Cancer Research
	22 Time to Talk Breast Cancer Support Group 6 PM	23 Guided Imagery 2 PM	24 Living with Cancer Support Group 7 PM	25 	26	Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital
Groups held virtually via Zoom. Call 732-235-6792 for information and registration.	29	30	31 Connect, Share, Empower Radiation Support Group 10:30 AM			