



## OCTOBER 2023

### CIRCLE OF SUPPORT PROGRAM

CINJ's 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.



### **VIRTUAL SUPPORT GROUPS – Ongoing Monthly**

*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
Mindfulness Meditation	Third Thursday of the month at 5PM
Metastatic Breast Cancer Support Group	Third Thursday of the month at 5PM
Gynecologic Support Group	Fourth Thursday of the month at 5PM

## **NUTRITIONAL & DELICIOUS**

### **Apple Nachos**

#### **Ingredients:**

- 1 medium apple
- 1/2 cup plain low-fat Greek yogurt
- 1 Tsp. honey
- 1 Tbsp. almond butter
- 3 Tbsp. water
- 1 Tsp. pumpkin seeds
- 1 Tbsp. granola chunks
- Cinnamon

*Adapted from American Institute of Cancer Research*

Slice 1 medium apple into thin slices (about 25 slices) and arrange on a plate. Mix 1/2 cup plain low-fat Greek yogurt, 1 tsp honey, 1 tbsp. almond butter and 3 tbsp. water together and drizzle over apples. If yogurt dip is too thick to drizzle, add more water to thin out. Sprinkle tbsp. pumpkin seeds, 1 tsp chia seeds and 1 tbsp. granola chunks on top of yogurt layer. To finish, sprinkle cinnamon over entire dish and serve immediately.

