







JULY 2024 CIRCLE OF SUPPORT PROGRAM

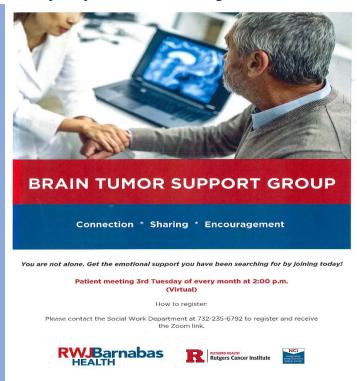


The Circle of Support program provides support, education, and hope to patients in active cancer treatment through multiple diagnosis-specific and general support groups, mindfulness meditation and relaxation programs, educational programs, and occasional experiential workshops. The goal is to support 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.

Ongoing Monthly Virtual Support Groups

Programs Are Held Virtually, Are Open and Free To Patients, And May Be Open To Family Members.

- **H** 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
- **₩ Gynecologic Support Group**Fourth Thursday of the month at 5PM
- **Brain Tumor Support Group** *Third Tuesday of the month at 2PM*



HEALTHY AND DELICIOUS

Berry Smoothie Bowl

Ingredients

Smoothie base

- 1 1/2 cups plain yogurt.
- 1 banana, frozen
- 1/2 cup orange juice
- 1 cup berries of your choice
- 1 tablespoon flaxseeds
- 1 scoop vanilla plant-based protein powder, optional

Toppings

- 1 tablespoon slivered almonds
- 1 teaspoon chia seeds
- 1 tablespoon pomegranate seeds

https://my.clevelandclinic.org/departments/wellness/patient-resources/recipes



Directions: Blend all base ingredients together until smooth, adjusting for sweetness and thickness. Serve immediately in a large bowl with toppings.