








Oct 2022-Circle of Support

	Monday	Tuesday	Wednesday	Thursday	Friday	
	3 	4	5	6	7 Mindfulness Meditation 8 AM	PUMPKIN OATMEAL ½ c unsweetened pumpkin puree 1½ c milk of choice 2 tbl raisins ¼ tsp pumpkin pie spice
Support Groups Mindfulness Educational Special Events	10 Time to Talk Breast Cancer Support Group 4:30 PM	11 Guided Imagery 2 PM	12 Living with Cancer Support Group 7 PM	13 	14	¼ tsp salt 1 c rolled oats ¼ c chopped nuts maple syrup In a saucepan, combine pumpkin puree, milk, raisins, pumpkin pie
Programs are held virtually and are open & free to patients and family members. Call 732-235-6792 for information & registration	17	18 	19 GI Support Group 4:15 PM	20 Mindfulness Meditation 5 PM	21 Transplant Support Group 1 PM	spice & salt. Bring to a boil. Add oatmeal, stir & simmer until the oats are tender about 8 minutes. Top w/nuts & drizzle of maple syrup.
	24	25 Guided Imagery 2 PM	26 Living with Cancer Support Group 7 PM	27	28	Adapted from www.cookforyourlife.org
	31 					Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital

