

# Sept 2022-Circle of Support

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Programs are held virtually and are open & free to patients and family members. Call <b>732-235-6792</b> for information & registration.			1	2	<b>POTATO FRITTATA</b> 2 Tbsp olive oil, 4 thin-sliced potatoes, ½ tsp salt, pinch of pepper, ½ cup milk of choice, 8 eggs, ¼ cup grated cheddar cheese
<b>Support Groups</b> Mindfulness Educational Special Events	5 <b>CLOSED</b>	6 	7	8 	9	Heat olive oil in oven-safe skillet. Add potatoes, cook for 10 minutes. Combine eggs, milk and cheese. Add to skillet. Cook until sides are set
	12 <b>Time to Talk Breast Cancer Support Group</b> 4:30 PM	13 <b>Guided Imagery</b> 2 PM	14 <b>Living with Cancer Support Group</b> 7 PM	15 <b>Mindfulness Meditation</b> 5 PM	16 <b>Transplant Support Group</b> 1 PM	Transfer to oven. Cook for 15-20 min, until eggs are firm. Let sit for 5 minutes. Adapted from the Cancer Support Community
	19 <b>Metastatic Breast Cancer Support Group</b> 4:30 PM	20	21 <b>GI Support Group</b> 4:15 PM	22	23	Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital
	26	27 <b>Guided Imagery</b> 2 PM	28 <b>Living with Cancer</b> 7 PM	29	30 	

