

Feb 2023-Circle of Support

	Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2 	3	MEDITERRANEAN QUINOA SALAD 1 cup diced bell pepper 1 (15oz)Cannellini beans 1 lb cherry tomatoes ½ diced red onion ½ cup sliced black or kalamata olives 5 cups cooked quinoa Pesto sauce
Support Groups Mindfulness Educational Special Events	6 	7	8 Living with Cancer Support Group *	9	10 	Combine salad ingredients and toss with quinoa. Add pesto to quinoa salad mixture and toss a second time. Allow mixture to chill for 2 hours before serving.
Programs are held virtually and are open & free to patients and family members. Call 732-235-6792 for information & registration.	13 Time to Talk Breast Cancer Support Group 4:30 PM	14 Guided Imagery 2 PM	15 GI Support Group 5 PM	16 Mindfulness Meditation 5 PM	17	Store in airtight container. Adapted from www.cookforyourlife.org
	20 Metastatic Breast Cancer Support Group 4:30 PM	21	22 Living with Cancer Support Group *	23 Gynecologic Support Group 5 PM	24 	Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital
* Please call for the time of Living with Cancer Group.	27 	28 Guided Imagery 2 PM				