

# Dec 2022–Circle of Support

	Monday	Tuesday	Wednesday	Thursday	Friday	
				1	2 Mindfulness Meditation 8 AM	<b>COCONUT GRANOLA</b> 3 cups rolled oats (not instant), ½ c unsalted pumpkin seeds, ½ c chopped raw cashews, 1 tsp sesame seeds
Support Groups Mindfulness Educational Special Events	5	6 	7	8	9	1 c desiccated coconut, ¼ c maple syrup, ¼ c coconut oil, salt, ½ tsp ground cinnamon, ½ tsp ground cardamom, ½ c chopped dried apricots and raisins.
Programs are held virtually and are open & free to patients and family members. Call 732-235-6792 for information & registration.	12 Time to Talk Breast Cancer Support Group 4:30 PM	13 Guided Imagery 2 PM	14 Living with Cancer Support Group 7 PM	15 Mindfulness Meditation 5 PM	16 Transplant Support Group 1 PM	Preheat 350 degree oven. Mix all ingredients except for dried fruit. Spread evenly in pan and bake 15-20 min until lightly browned. Let cool & stir in dried fruit.
	19 Metastatic Breast Cancer Support Group 4:30 PM	20	21 GI Support Group 5 PM	22	23	Store in airtight container. Adapted from <a href="http://www.cookforyourlife.org">www.cookforyourlife.org</a>
	26	27 Guided Imagery 2 PM	28 Living with Cancer Support Group 7 PM	29 	30 	Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital