


# June 2022-Circle of Support

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Programs are held virtually and are open & free to patients and family members. Call 732-235-6792 for information & registration.		1 	2	3 Mindfulness Meditation 8 AM	<b>PESTO VEGGIE 'PASTA'</b> Cut 1 yellow squash & 1 zucchini into "noodles," 2 tbsp pesto 1/3 cup water, S & P to taste, 2 tbsp pine nuts, 2 tbsp parm cheese
Support Groups Mindfulness Educational Special Events	6	7	8 Living with Cancer Support Group 7 PM	9	10	Season "noodles" with salt and pepper. Then in a sauté pan on low heat warm up pesto sauce add water and stir to form sauce.
	13 Time to Talk Breast Cancer Support Group 2 PM	14 Guided Imagery 2 PM Caregiver Support Group, 6-7 PM	15 GI Support Group 4:15 PM	16 Mindfulness Meditation 5 PM	17 Transplant Support Group 1 PM	Turn up heat to medium then add zucchini and squash. Season with salt and pepper as needed. Top with pine nuts and cheese.  www.cookforyourlife.org
	20	21	22 Living with Cancer 7 PM	23 <b>What's Growing In Your Garden?</b> Tips & tools for safe gardening - 1 PM	24	Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital
	27 Time to Talk Breast Cancer Support Group 7 PM	28 Guided Imagery 2 PM	29 Connect, Share, Empower Radiation Therapy Support Group 10:30 AM	30 		