

March 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	4 Mindfulness Meditation 8 AM	HEALTHY RECIPE CORNER
Support Groups Mindfulness Educational Special Events	7	8 Guided Imagery 2 PM New! Caregiver Support Group, 6-7 PM	9 Living with Cancer Support Group 7 PM	10	11	<u>Eggs, Greens & Grains</u> 1 Tbsp. olive oil chopped chives 3 whisked eggs 2 c. washed & chopped greens (kale, escarole, chard, bok choy)
	14 Time to Talk Breast Cancer Support Group 2 PM	15	16	17 Mindfulness Meditation 5 PM	18 Transplant Support Group 1 PM	½ c. cooked grains (farro, quinoa, brown rice, barley) Salt & pepper to taste Heat olive & cook greens until wilted. Stir in grains and eggs, cook until eggs scrambled.
	21 Newly Diagnosed: What to Expect, Support & Education for Breast Cancer 1 PM	22 Guided Imagery 2 PM	23 Connect, Share, Empower, Radiation Therapy Support, 10:30 Men's Health – ED & Incontinence, Post-Prostate Cancer Trt. 10:30-11:30* Living with Cancer 7 PM	24	25 	Adapted from cookforyourlife.org Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital
	28 Time to Talk Breast Cancer Support Group 7 PM	29 	30	31	*Workshop for patients, family members & caregivers. Separate registration is required by calling 732-235-8093	