



May 2022-Circle of Support

	Monday	Tuesday	Wednesday	Thursday	Friday	
	2	3 Caregiver Support Group, 6-7 PM	4	5	6 Mindfulness Meditation 8 AM	 HIGH CALORIE ORANGE SHERBERT SHAKE
Support Groups Mindfulness Educational Special Events	9 Time to Talk Breast Cancer Support Group 2 PM	10 Guided Imagery 2 PM Caregiver Support Group, 6-7 PM	11 Living with Cancer Support Group 7 PM	12 	13	1 Cup Orange Sherbet 3/4C whole Milk 1/2 Cup frozen raspberries 1/2 tsp vanilla extract 1 scoop protein powder
Programs are held virtually and are open & free to patients and family members. Call 732-235-6792 for information & registration.	16 Newly Diagnosed: What to Expect, Support & Education for Breast Cancer 1 PM	17	18 GI Support Group 4 PM	19 Mindfulness Meditation 5 PM	20 Transplant Support Group 1 PM	Add all ingredients to blender and blend on high until smooth. Recipe adapted from Oncology Nutrition Dietetic Practice Group
	23 Time to Talk Breast Cancer Support Group 7 PM	24 Guided Imagery 2 PM	25 Connect, Share, Empower (Radiation Therapy Support), 10:30 Living with Cancer 7 PM	26	27	Shared by Allison Roselli, MS, RDN Clinical Dietitian Radiation Oncology RWJ University Hospital
	30 MEMORIAL DAY	31		