

Apr 2018	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CANCER SUPPORT COMMUNITY at MONMOUTH MEDICAL CENTER & MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p>	<p>2</p> <p>No Programs</p>	<p>3</p> <p>Man to Man Prostate Support w/Dr. Sim, 9 - 10 AM Relaxation & Meditation 1 - 2 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM</p> <p>*Freedom From Smoking® Session 6 HealthSouth* 5:30-7PM</p>	<p>4</p> <p>Young Survival Coalition (YSC) Breast Support Group 6:30 – 8 PM (Long Branch)</p>	<p>5</p> <p>Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong 1-2 PM</p> <p>US Too Prostate Group 7 – 9 PM</p>	<p>6</p> <p>Brain Tumor Support For patients & family members 11- 12 PM Long Branch</p>
<p><i>Support, Education & Hope... Free programs for those affected by cancer —patients, caregivers, family & friends</i></p>	<p>9</p> <p>All Cancers Support 12:30–1:30 Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p>	<p>10</p> <p>Ovarian Support Grp 11:30 – 1 - call for room location</p> <p>Relaxation & Meditation 1 - 2 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM</p> <p>*Freedom From Smoking® Session 7 HealthSouth* 5:30-7PM</p>	<p>11</p> <p>Look Good Feel Better® 1 - 3 (Long Branch) (registration through the American Cancer Society at 1-800-227-2345)</p> <p>Time to Talk... Breast Support Group 5:30 – 7 PM (Long Branch)</p>	<p>12</p> <p>Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Rockin' with Rachael! Light lunch & music! 12-12:30 PM</p> <p>Qi-Gong 1-2 PM</p> <p>SPOHNC-Oral/Head/Neck Support Group 6 PM</p>	<p>13</p> <p>Game Day 11- 1 PM (LB)</p> 
<p>Programs listed in black held at Monmouth Medical Center 300 2nd Ave Ste ST-007 Maysie-Stroock Pavilion Long Branch, NJ (LB)</p>	<p>16</p> <p>Coffee & Craft 12:30 – 1:30 PM Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p>	<p>17</p> <p>Relaxation & Meditation 1 – 2 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM</p> <p>*Freedom From Smoking® Session 8 HealthSouth* 5:30-7PM</p>	<p>18</p> <p>Beading Buddies 12:30-2:30 PM (Long Branch)</p> <p>Bereavement Support Group 6 – 7 PM (Long Branch) A support group for anyone living with loss, all welcome to attend, 6 – 7 PM (LB)</p>	<p>19</p> <p>Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM</p> <p>TAKE 5! Re-energize, rejuvenate & refresh w/Cindy. Learn self-care practices 12– 12:30 PM</p> <p>Tai-Chi Easy 1-2 PM</p>	<p>20</p> <p>Soul Collage® Workshop Honoring the Warrior Within 11 AM – 2 PM (space limited to 10)</p> <p>Circle of Caring Children's Program Family Spring Fling Join us for yoga, pizza, crafts, family, friends and fun!! 5 - 7 PM</p>
<p>Programs in red held at the Cancer Support Community 199 Prospect Street Lakewood, NJ</p>	<p>23</p> <p>Are Your Ducks In a Row? Review documents & advanced care planning, 11 – 12 PM</p> <p>Living with Loss 12:30 – 1:30 PM Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p>	<p>24</p> <p>Relaxation & Meditation 1-2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p>	<p>25</p> <p>Caregiver Connect Telephone support group for caregivers, 7:30 – 8:30 PM</p> <p>Call 732-923-6090 to register Once registered, you will receive a dial-in code with access information</p>	<p>26</p> <p>Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Tai-Chi Easy 1-2 PM</p> <p>Ageless Grace Timeless fitness for the body & mind, 2–3 PM</p>	<p>27</p> 
<p>If you are <u>currently in active treatment</u>, medical clearance is required for any <u>physical activity</u> class. Call 732-923-6090 for further information</p>	<p>30</p> <p>What's in Your Toolkit? Stress reduction/resiliency 12:30 – 1:30 PM</p> <p>Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p> 		<p>*Freedom From Smoking® held at HealthSouth 2 Centre Pl. (off of Hope Road) Tinton Falls, NJ Please call 732-923-6090 for information on future workshops.</p>	<p>Please note: REGISTRATION IS REQUIRED FOR ALL PROGRAMS In addition, all new members to CSC must attend a program orientation session. Please call 732-923-6090 to schedule an appointment.</p>	

Registration required for all program. Special events and new groups/new times highlighted. Call 732-923-6090 for additional information.



April 2018 Highlights – Registration is required for all programs: 732-923-6090

**Cancer Support Community Monmouth Medical Center, Maysie-Stroock Pavilion,
300 2nd Ave., Suite ST-007 (ground floor), Long Branch**

Support Groups – Long Branch:

Man to Man Prostate Support Group – First Tuesday of each month, 9-10 AM.

Brain Tumor Support Group - First Friday of each month, 11 AM -12 noon

Young Survival Coalition – Breast support grp for women age 45 & under, 1st Wednesday of month, 6:30

Ovarian Support Group** - 2nd Tuesday of the month at 11:30 AM. Held in the Fromkin Family Room, BBR2.

Time to Talk... Breast Cancer Group (all ages), Second Wednesday of each month, 5:30-7 PM

US Too! Prostate Group First Thursday of each month, 7 – 9 PM

Bereavement Group – Third Wednesday of each month, 6 – 7 PM, all welcome.

Special Events – Long Branch:

Freedom from Smoking® – This **FREE** 8 session smoking cessation program began on Tuesday, 3/6/18, at HealthSouth, 2 Centre Plaza (off Hope Road), Tinton Falls. Please call 732-923-6090 for information on future workshops.

Look Good Feel Better® - Wednesday, April 11th, 1 – 3 PM Program for women dealing with hair loss & skin changes from cancer treatment. Learn tips & techniques to make the most of your appearance while undergoing treatment Registration through the American Cancer Society required, 1-800-227-2345,

Rockin' With Rachael! Live guitar, reminiscent songs, and lunch! Join us as we discover personal meaning behind the songs. RSVP required, 732-923-6090.

Take 5! Re-energize, Rejuvenate, Refresh! With Cindy Tracy. Learn how to re-energize the mind and body with short, productive, guilt-free breaks! Thursday, 4/19, 12 – 12:30 PM.

Also: **Zumba, Yoga, Exercise for Strength, Tai-Chi, Relaxation & Meditation, Ageless Grace: Fitness for the Mind & Body, and Beading Buddies** (see calendar for dates/times).

Cancer Support Community, Monmouth Southern Campus, 199 Prospect Street, Lakewood

All Cancers Support Group – Support for patients, family members, and supportive friends. Monday, 4/9, 12:30- 1:30 PM

Coffee & A Craft - Monday, 4/16, 12:30 to 1:30 PM

Living with Loss – Monday, 4/23, 12:30 to 1:30 PM

What's In Your Toolkit? Practices to reduce stress & increase resilience, Monday, 4/30, 12:30 – 1:30 PM.

Also this month: **Gentle yoga, exercise for strength, and guided relaxation.**

Special Events - Lakewood:

Are Your Ducks in a Row? Monday, 4/23, 11-12 PM. Overview of various documents and advanced planning options to help organize your personal information, such as personal and medical information, next of kin, Advanced Directives, POLST forms, Power of Attorney, Last Will and Testament.

Soul Collage® Workshop: Honoring the Warrior Within. Friday, April 20th, 11 AM – approx. 1 PM. Art therapy process with Maryanne Frantz, LCSW. A creative and empowering process to honor and nurture the unique aspects of each participant. Space limited to 10. RSVP required, 732-923-6090.

Children's Circle of Caring Program – Family Spring Fling, Friday, April 20th, 5 – 7 PM – Join us for a yoga class, followed by pizza, crafts, friendship & fun! RSVP required, 732-923-6090.

Caregiver Connect – Telephone support group for caregivers, Wednesday, 4/25, 7:30 – 8:30 PM. Call 732-923-6090 to register. Once registered, you will receive a dial-in code with access information.



The Cancer Support Community invites children who have a loved one
with a cancer diagnosis to the

Family Spring Fling



Join us for a yoga class followed by pizza, crafts, family, friends, and fun.

April 20, 2018 5pm-7pm

Registration is required for this free event.

Please call 732-923-6090 to register.

Monmouth
Medical Center
Southern Campus

RW.Barnabas
HEALTH


CANCER SUPPORT
COMMUNITY.

at
MONMOUTH MEDICAL CENTER
SOUTHERN CAMPUS