

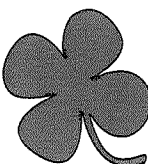
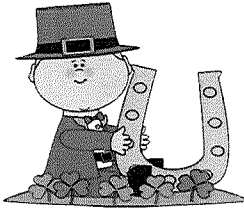


| Mar 2018 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|---|
|  <p>CANCER SUPPORT COMMUNITY at MONMOUTH MEDICAL CENTER & MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p> | <p><i>Support, Education & Hope... Free programs for those affected by cancer — patients, caregivers, family & friends</i></p> |  |  | <p>1 Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong 1-2 PM US Too Prostate Group 7 – 9 PM</p> | <p>2 Brain Tumor Support For patients & family members (Long Branch) 11- 12 PM Circle of Caring Children’s Program Shamrock Program Join us for an afternoon of support, friendship, crafts and fun! 4-5 PM (Lakewood)</p> |
| <p>Programs listed in black held at Monmouth Medical Center 300 2nd Avenue Suite ST-007 Maysie-Stroock Pavilion Long Branch, NJ (LB)</p> | <p>5 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>6 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 Freedom From Smoking® 8-session smoking cessation Session 1 HealthSouth* 5:30-7 PM</p> | <p>7 Young Survival Coalition (YSC) Breast Support Group 6:30 – 8 PM (Long Branch)</p> | <p>8 Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Qi-Gong 1-2 PM SPOHNC-Oral/Head/Neck** Support Group 6 PM (**Call for room location)</p> | <p>9 Are Your Ducks In a Row? Review documents & advanced care planning, 10 – 11 AM Circle of Caring Children’s Program Let’s Get Moving! Movement & exercise with Miss Cathi 4 – 5 PM (Lakewood)</p> |
| <p>Programs in red held at the Cancer Support Community 199 Prospect Street Lakewood, NJ</p> | <p>12 Coffee & A 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>13 Relax. & Meditation 1 – 2 Ovarian Support 11:30 – 1 ** (** call for room location) Creative Expressions 2 – 3:30 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM Freedom From Smoking® Session 2 HealthSouth* 5:30-7PM</p> | <p>14 Beading Buddies 12:30-2:30 PM (Long Branch) Time to Talk... Breast Support Group 5:30 – 7 PM (Long Branch)</p> | <p>15 Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Tai-Chi Easy 1-2 PM</p> | <p>16 Game Day 11 – 1 PM (Long Br) Circle of Caring Children’s Program Shamrock Program Join us for an afternoon of support, friendship, crafts and fun! 4-5 PM (Long Branch)</p> |
|  | <p>19 Way to Grow! Horticultural Therapy for stress reduction, 11 - 12 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>20 Relaxation & Meditation 1-2 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM Freedom From Smoking® Session 3 HealthSouth* 5:30-7 PM</p> | <p>21 Bereavement Support Group 6 – 7 PM (Long Branch) A support group for anyone living with loss, all welcome</p> | <p>22 Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Tai-Chi Easy 1-2 PM Ageless Grace Timeless fitness for the body & mind, 2-3 PM</p> | <p>23 Circle of Caring Children’s Program Children’s Yoga Incorporates breathing techniques and fun, relaxed poses with Miss Kim 4 - 5 PM (Lakewood)</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>26 The Celebration of Music 11:30 – 12:30 What’s in Your Toolkit? Stress reduction/resiliency 12:30 – 1:30 Yoga 1:45 – 2:45 PM Exercise for Strength 3-4 PM Guided Relaxation 4-4:30 PM</p> | <p>27 Relaxation & Meditation 1 – 2 Exercise for Strength 5-6 PM Restorative Yoga 6-7:15 PM Freedom From Smoking® Session 4 HealthSouth* 5:30 – 7 PM</p> | <p>28 Caregiver Connect Telephone support group for caregivers, 7:30 – 8:30 PM Call 732-923-6090 to register Once registered, you will receive a dial-in code with access information</p> | <p>29 Easy Zumba Gold 10:15-10:45 Yoga 11-12 PM Tai-Chi Easy 1-2 PM Freedom From Smoking® Session 5 HealthSouth* 5:30-7PM</p> | <p>30 Freedom From Smoking® workshops will be held at HealthSouth 3 Centre Street (off of Hope Road) Tinton Falls, NJ The program is free but registration is required by calling 732-923-6090</p> |

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

March 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, 6:30-8 PM

Ovarian Support Group** - 11:30 Held in the Fromkin Family Room, BBR2. Call for information.

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 begins Tuesday, 3/6/18, and will be held at HealthSouth, 2 Centre Plaza (off Hope Road), Tinton Falls. Please call 732-923-6090 for information and to register.

New to Long Branch! Circle of Caring Children's Program, 3/16/18, Shamrock Program. An afternoon of support, friendship, crafts and fun! For children 12 and under who have a loved one diagnosed with cancer. Please call for information and to register, 732-923-6090.

Also: **Zumba, Yoga, Exercise for Strength, Tai-Chi, Relaxation & Meditation, Ageless Grace: Fitness for the Mind & Body, Creative Expressions: Finding Your Voice**, 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, 3/5, 12:30- 1:30 PM

Coffee & A Craft - Monday, 3/12, 12:30 to 1:30 PM

Living with Loss – Monday, 3/19, 12:30 to 1:30 PM

What's In Your Toolkit? Practices to reduce stress & increase resilience, Monday, 3/26, 12:30 – 1:30 PM (note adjusted time).

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

Special Events - Lakewood:

Way to Grow! Horticultural Therapy – Monday, 3/19, 11 – 12 PM. Experiential workshop for stress reduction, presented by Laura Kircher

The Celebration of Music – Come and enjoy an hour of beautiful music! Monday, 3/26, 11:30 – 12:30, with Rachael Thalheimer

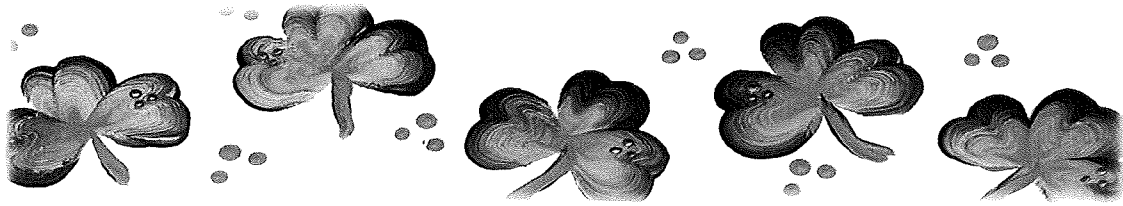
Children's Circle of Caring Program - Children (12 & under) who have a loved one with cancer are invited to participate in our safe, supportive and fun Circle of Caring Program. Please call 732-923-6090 for further information and to register for the following:

Shamrock Program - Friday, 3/2, 4 - 5 PM Support, crafts, fun! (Lakewood)

Let's Get Moving! 3/9, 4 - 5 PM. A fun class involving movement, music, and exercise, facilitated by Miss Cathi, certified children's exercise instructor (Lakewood)

Children's Yoga – Friday, 3/23, 4-5 PM. Incorporating breathing techniques & poses in a relaxed environment, led by Miss Kimberly, certified children's yoga instructor (Lakewood)

Caregiver Connect – Telephone support group for caregivers, Wednesday, 3/28, 7:30 – 8:30 PM. Call 732-923-6090 to register. Once registered, you will receive a dial-in code with access information.



Circle of Caring Children's Program March 2018

The Cancer Support Community invites children who have a family member affected by cancer to the following programs:

March 2nd Shamrocks Program 4-5pm Lakewood*

Join us for support, friendship, crafts, and fun.

March 9th Let's Get Moving! Exercise Program 4-5pm Lakewood*

Join us for this interactive, introductory exercise class.

March 16th Shamrocks Program 4-5pm Long Branch**

Join us for support, friendship, crafts, and fun.

March 23rd Yoga 4-5pm Lakewood*

Join us for this introductory level yoga class.

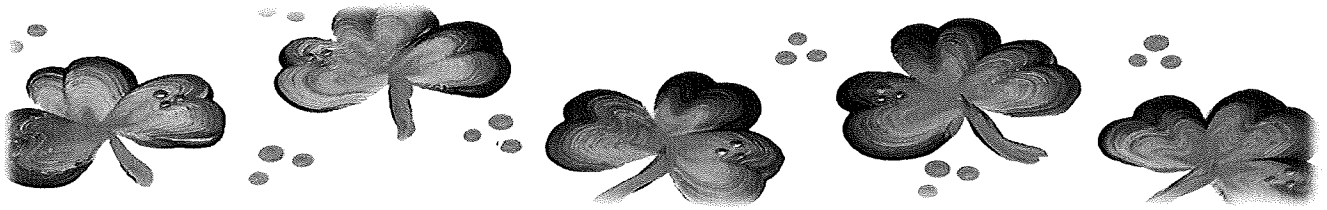
Please call 732-923-6090 to register for these free programs.

*199 Prospect Street Lakewood, NJ 08701

**300 2nd Avenue Suite ST-007 Maysie-Strook Pavilion Long Branch, NJ

Monmouth Medical Center | RWJBarnabas
Monmouth Medical Center HEALTH
Southern Campus


CANCER SUPPORT
COMMUNITY
at
MONMOUTH MEDICAL CENTER
&
MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS



The Cancer Support Community is happy to announce
the **Circle of Caring Children's** program in **Long Branch**.

Children who have a loved one affected by cancer are invited.

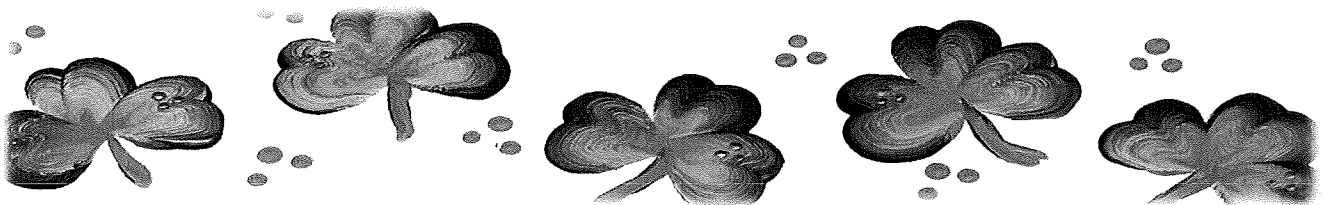
Shamrocks Program

March 16th 4-5pm

Join us for an afternoon of support, friendship, crafts, and fun.

Please call 732-923-6090 to register for this free program.

300 2nd Avenue Suite ST-007 Maysie-Strook Pavilion Long Branch, NJ



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