

FREE PROGRAMS AT THE CAROL G. SIMON CANCER CENTER

In Person Yoga4Cancer Mat Yoga: **Mondays 10am-11am** series begins **September 9th**

This yoga class is designed for those going through cancer treatment. We will practice yoga poses that support healthy movement, help with side effects, and use modifications for a safe and effective practice during treatment and after. Facilitated by Lauren Curtis, LMT. **Registration is required**

Post Treatment Nutrition and Weight Loss Support Group for Breast Cancer Survivors: **Mondays 12pm-1pm** begins **September 16th**

This 8 week series will focus on strategies for healthy, sustainable weight loss after breast cancer treatment. New topics and goals will be presented weekly. Facilitated by Bridget Lacey, MS, RD, CSO and Johannah Sakimura, MS, RD, CSO. **Registration is required**, please call: 973-971-6288 or 908-522-5347

Mindfulness Support Group: **September Meets 3rd and 5th Monday 4pm-5pm**

Facilitated by Michele Wadsworth, Social Worker and Certified Mindfulness Teacher, this group offers patients a safe space to explore the use of Mindfulness techniques to manage stress by understanding the interplay among thoughts, emotions and behavior. For more information or to register please call Michele Wadsworth at (908)522-7397 or email Michele.wadsworth@atlanticealth.org

Expressive Writing Workshop: **Tuesdays 9am-10am**

This workshop offers the space and opportunity to find “new words, new chances to listen and new chances to be heard.” Each week a different poem is offered for reading and reflecting together. Prompts are given for doing some writing, to be shared with the group as desired. Facilitated by Thomas Dooley, MFA Program Manager Humanistic Medicine, Overlook Medical Center

Prostate Health Awareness Series: **Tuesday 9/10 12pm; Thursday 9/19 1pm; Monday 9/30 1pm**

This professionally led series will include presentations on: Prostate Health - What Everyman Needs to Know; Eating for Prostate Health, and Sexual Health and Fitness with a Diagnosis of Prostate Cancer. **Registration is required. Visit atlanticealth.org/events or call 1-800-247-9580 to register** for questions or more information, please call Community Health at 1-844-472-8499

Bereavement Group: **Tuesdays 2:00-3:30pm**

A psycho educational professionally run support group for people who have suffered the loss of a family member due to cancer. To register or for more information, please contact Maggie Brady, LCSW, Oncology Social Worker at 908-522-5255

Ostomy Support Group: **2nd Tuesday 2:00-3:30pm**

Professionally led group for Ostomy patients and their families. To register or for more information, please contact Ellyn Mantel (908) 883-0469 or email ellynmantel@aol.com

Jin Shin Jyutsu Workshops: **Wednesdays 9-9:30am** cancelled **September 18th**

Jin Shin Jyutsu® is an ancient healing art of harmonizing the body through gentle touch. During weekly, thirty minute workshops, you will learn about this ancient healing art and come away with easy to follow applications that you can do at home. Facilitated by Emmanuelle Iroudassamy, MS, LMT, NCTMB

Guided Meditation: **Wednesdays 12-12:30pm**

Take some time to step back and go within. This group will be facilitated by Jean Marie Rosone, LCSW and Lauren Curtis, MA, LMT

Men with Prostate Cancer Support Group: **2nd Wednesday of the month 3pm-4pm**

A Support Group for men newly diagnosed and within the first year of treatment. Treatment includes surgery, radiation therapy, chemotherapy and hormone treatment. This Support Group is co-facilitated by a Prostate Nurse Navigator and Oncology Social Worker and meets virtually on Zoom. For more information and to register for the group please contact Maggie Brady, MSW, LCSW 908-522-5255 or Nicole Bubniak, RN, BSN 908-522-6150

Living with Cancer Support Group: **4th Wednesday of the month 2:30-3:30pm**

This monthly support group is professionally facilitated by Maggie Brady, a licensed oncology social worker. The group offers participants a unique place to connect with others who are also experiencing cancer treatment. In addition to support, the group will provide education and resource information to assist patients along their cancer journey. Please call Maggie Brady, MSW, LCSW, OSW-C 908-522-5255 or email margaret.bradley@atlanticealth.org

Guided Relaxation/Meditation - Yoga Nidra: **Thursdays 4pm-5pm**

Yoga Nidra translates to “yogic sleep” and is a guided, systematic relaxation technique rather than a physical practice of yoga. Each session may include: Setting an intention, body awareness scan, breath work, visualization, and return to full wakefulness. Facilitated by Lauren Curtis, LMT.

Breast Cancer Support Group: **2nd and 4th Thursday 10:00am – 11:00am**

Facilitated by a Registered Nurse and a Licensed Social Worker, this group will be a discussion-based peer support group for women who have been diagnosed with breast cancer. To register please call Kerry Ricci at 908-522-5925

Post Treatment Support Group: **2nd Thursday of the month 2:30pm – 3:30pm**

Support group for people who have completed their cancer treatment. This group offers the opportunity to discuss issues and concerns related to survivorship. For more information and to register please call Lee Anne Caffrey RN, MSN, OCN 908-522-5349

In Person Singing Bowls Meditation: **Friday, Sept 13th 3:30pm-4:30pm** and **Wednesday, Sept 25th 6pm-7pm**

Himalayan singing bowls are made of a seven-metal alloy, when these bowls are struck or rubbed with a mallet, they produce sounds and vibrations that are calming and pleasing to the brain. Come and relax and let the sounds of the bowls ease stress and cultivate a feeling of peace and calm. Facilitated by Lauren Curtis, LMT. **Registration required.**

In Person Men and Women's Retreat Day: **Friday, Sept 20th 9am-3pm**

Pathways to Hope. Join us for a day of mindful exploration and activities as we explore the journey of cancer and how we find pathways to hope. Retreat will be held at Mt St Mary's House of Prayer. Please call Michelle Wadsworth, MSW at 908-522-7397 for more information and to register. **Registration required.**

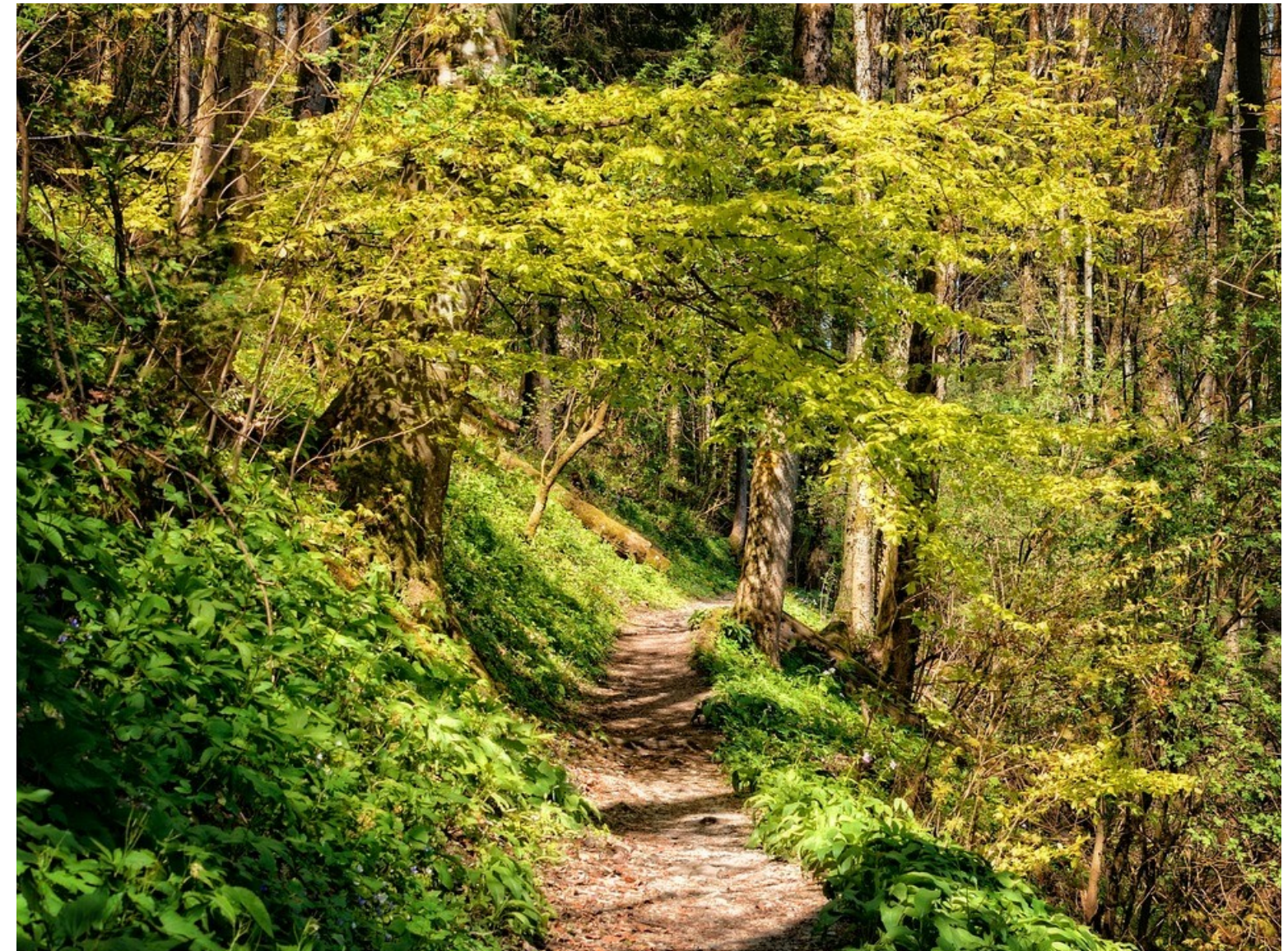
Living Beyond Breast Cancer : **Saturday September 14th and 21st 8:30am - 11am**

This 2 day Survivorship **event** is geared towards women diagnosed with breast cancer before age 45. The series will give you tips and tools to help you cope with your diagnosis and common side effects, build confidence and empower you to take charge of your health. Topics include early menopause, long-term effects of treatment, sex and intimacy, and self-care after breast cancer. **Registration Required.** Please call Lee Anne Caffrey RN, MSN, OCN 908-522-5349 for more information or Lauren Curtis, LMT 908-522-6168 to receive registration link.

Unless otherwise noted, please call Lauren Curtis, LMT at (908) 522-6168 for information/registration

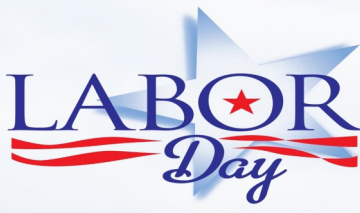

CAROL G. SIMON CANCER CENTER CALENDAR OF PROGRAMS

September 2024



Atlantic
Health System
Overlook Medical Center

Carol G. Simon Cancer Center CALENDAR OF EVENTS **September 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 	3 Expressive Writing : 9:00am-10:00am	4 Jin Shin Jyutsu: 9-9:30AM Guided Meditation: 12-12:30pm	5 Guided Relaxation with Yoga Nidra: 4-5pm	6	7
8	9 IN PERSON* Mat Yoga: 10am-11am	10 Expressive Writing : 9:00am-10:00am Prostate Health Awareness Series: <i>What Every Man Needs to Know</i> 12pm-1pm Ostomy Support Group : 2pm-3pm	11 Jin Shin Jyutsu: 9-9:30AM Guided Meditation: 12-12:30pm Men with Prostate Cancer Support Group: 3-4pm	12 Breast Cancer Support Group: 10-11AM Post Treatment Group: 2:30- 3:30 pm Guided Relaxation with Yoga Nidra: 4-5pm	13 IN PERSON* Singing Bowls: 3:30pm-4:30pm	14 Registration Required Living Beyond Breast Cancer: 8:30am-11am
15	16 IN PERSON* Mat Yoga: 10am-11am Weight Loss Support Group for Breast Cancer Survivors: 12pm-1pm Mindfulness Support Group: 4pm-5pm NEW	17 Expressive Writing : 9:00am-10:00am	18 Guided Meditation: 12-12:30pm	19 Prostate Health Awareness Series: <i>Eating for Prostate Health</i> 1pm-2pm Guided Relaxation with Yoga Nidra: 4-5pm	20 IN PERSON* Pathways to Hope: Men and Women's Retreat Day: 9:00am-3pm	21 Registration Required Living Beyond Breast Cancer: 8:30am-11am
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29	30 IN PERSON* Mat Yoga: 10am-11am Weight Loss Support Group for Breast Cancer Survivors: 12pm-1pm Prostate Health Awareness Series: <i>Sexual Health and Fitness</i> 12pm-1pm Mindfulness Support Group: 4pm-5pm					

See the back of the calendar for a complete listing of Cancer Center programs and events. All programs are virtual, unless otherwise noted.

***Registration Required — please call Lauren Curtis at 908-522-6168**