

## FREE PROGRAMS AT THE CAROL G. SIMON CANCER CENTER

**In Person Yoga4Cancer Mat Yoga:** Mondays 10am-11am series begins May 6th class cancelled May 27th 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 required**

**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, Poet-in-Residence at Overlook Medical Center.

**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 Elyn Mantel (908) 883-0469 or email [ellynmantel@aol.com](mailto:ellynmantel@aol.com)

**Jin Shin Jyutsu Workshops:** Wednesdays 9-9:30am cancelled May 8th

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, CLT-LANA.

**Guided Meditation:** Wednesdays 12-12:30pm cancelled May 29th

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

**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.brady@atlanticealth.org](mailto:margaret.brady@atlanticealth.org) for further details

**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

**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

**Chair Yoga:** Fridays 9:30am-10:30am new 6 week series begins May 3rd

In this Virtual Class, Yoga poses are adapted to be practiced while seated on a chair, or using the chair for support. Modifications for different levels of flexibility are offered. A variety of breathing practices may be offered as well. A sturdy chair without arms or wheels is recommended. Facilitated by Lauren Curtis, LMT **Registration required**

**HYBRID SERIES: Art Therapy:** Fridays 11am-12:30pm Series ends May 31st

Sometimes words aren't enough to express all of the complicated feelings and stages of your journey. This 6 week series will explore art as a tool for symptom management, emotional exploration, telling your story, and building a community of care with others. Patients have the choice to participate In Person or Virtually on Zoom. Facilitated by Megan Tuttle, MA, Art Therapist. To register and for more information, please contact Lauren Curtis at (908)522-6168 **Registration is required for In Person.**

**In Person Singing Bowls Meditation:** Wednesday, May 8th and 29th 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. **Registration required**

**Unless otherwise noted, please contact Lauren Curtis, Integrative Programs Coordinator at (908) 522-6168 for information/registration**

# CAROL G. SIMON CANCER CENTER CALENDAR OF EVENTS

## May 2024



Atlantic  
Health System  
Overlook Medical Center

# Carol G. Simon Cancer Center CALENDAR OF EVENTS May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p><b>Jin Shin Jyutsu:</b> 9-9:30AM <b>Guided Meditation:</b> 12-12:30pm</p>	<p>2</p> <p><b>Guided Relaxation with Yoga Nidra:</b> 4-5pm</p>	<p>3</p> <p><b>Registration Required</b> <b>Chair Yoga:</b> 9:30am-10:30am <b>HYBRID IN PERSON OR VIRTUAL**</b> <b>Art Therapy:</b> 11am-12:30pm</p>	<p>4</p>
<p>5</p>	<p>6</p> <p><b>IN PERSON*</b> <b>Mat Yoga:</b> 10am-11am</p> 	<p>7</p> <p><b>Expressive Writing :</b> 9:00am-10:00am</p>	<p>8</p> <p><b>Guided Meditation:</b> 12-12:30pm</p> <p><b>IN PERSON*</b> <b>Singing Bowls:</b> 6pm-7pm</p>	<p>9</p> <p><b>Breast Cancer Support Group:</b> 10-11AM <b>Post Treatment Group:</b> 2:30– 3:30 pm <b>Guided Relaxation with Yoga Nidra:</b> 4-5pm</p>	<p>10</p> <p><b>Registration Required</b> <b>Chair Yoga:</b> 9:30am-10:30am <b>HYBRID IN PERSON OR VIRTUAL**</b> <b>Art Therapy:</b> 11am-12:30pm</p>	<p>11</p>
 <p>12</p>	<p>13</p> <p><b>IN PERSON*</b> <b>Mat Yoga:</b> 10am-11am</p>	<p>14</p> <p><b>Expressive Writing :</b> 9:00am-10:00am</p> <p><b>Ostomy Support Group :</b> 2pm-3pm</p>	<p>15</p> <p><b>Jin Shin Jyutsu:</b> 9-9:30AM</p> <p><b>Guided Meditation:</b> 12-12:30pm</p>	<p>16</p> <p><b>Guided Relaxation with Yoga Nidra:</b> 4-5pm</p>	<p>17</p> <p><b>Registration Required</b> <b>Chair Yoga:</b> 9:30am-10:30am <b>HYBRID IN PERSON OR VIRTUAL**</b> <b>Art Therapy:</b> 11am-12:30pm</p>	<p>18</p>
<p>19</p>	<p>20</p> <p><b>IN PERSON*</b> <b>Mat Yoga:</b> 10am-11am</p>	<p>21</p> <p><b>Expressive Writing :</b> 9:00am-10:00am</p>	<p>22</p> <p><b>Jin Shin Jyutsu:</b> 9-9:30AM <b>Guided Meditation:</b> 12-12:30pm <b>Living with Cancer Support Group:</b> 2:30-3:30pm</p>	<p>23</p> <p><b>Breast Cancer Support Group:</b> 10-11AM</p> <p><b>Guided Relaxation with Yoga Nidra:</b> 4-5pm</p>	<p>24</p> <p><b>Registration Required</b> <b>Chair Yoga:</b> 9:30am-10:30am <b>HYBRID IN PERSON OR VIRTUAL**</b> <b>Art Therapy:</b> 11am-12:30pm</p>	<p>25</p>
<p>26</p>	<p>27</p> 	<p>28</p> <p><b>Expressive Writing :</b> 9:00am-10:00am</p>	<p>29</p> <p><b>Jin Shin Jyutsu:</b> 9-9:30AM</p> <p><b>IN PERSON*</b> <b>Singing Bowls:</b> 6pm-7pm</p>	<p>30</p> <p><b>Guided Relaxation with Yoga Nidra:</b> 4-5pm</p>	<p>31</p> <p><b>Registration Required</b> <b>Chair Yoga:</b> 9:30am-10:30am <b>HYBRID IN PERSON OR VIRTUAL**</b> <b>Art Therapy:</b> 11am-12:30pm</p>	

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 for In Person and Virtual YOGA and for SINGING BOWLS MEDITATIONS— please call Lauren Curtis at 908-522-6168

\*\*Registration for IN PERSON is required — please call Lauren Curtis at 908-522-6168