Health & Wellness

REIKI CIRCLE **LIMITED SPACE**
THURSDAY, APRIL 2 | 12:30 PM – 2:00 PM
Kristine O’Hare, Reiki Master
Reiki, a spiritual healing energy, is a gentle process that enhances mental, emotional, physical and spiritual well-being.

CHAIRSIDE YOGA
MONDAYS, APRIL 6 AND 20 | 1:30 PM – 2:30 PM
Diane Ernst, Yoga Instructor
All are welcome to try this new Chair Yoga class! Classes will incorporate breath-centered movements while seated in a chair or standing on the ground using the chair for support. Chair yoga can improve strength, mobility and balance while fostering a sense of calm inner peace.

MOVE INTO STILLNESS
FRIDAY, APRIL 10 | 10:00 AM - 11:00 AM
Anna Palma, Yoga Instructor from Essence Yoga

BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU
TUESDAY, APRIL 14 | 10:00 AM - 11:00 AM
Janette Carlucci, Instructor
Explore Jin Shin Jyutsu, a method of self-care that supports the flow of life energy within the body. Class includes instruction, practice, and answers to your questions.

RESTORATIVE YOGA WITH GUIDED MEDITATION
SATURDAY, APRIL 18 | 10:00 AM - 11:30 AM
Anna Palma, Yoga Instructor from Essence Yoga
With full support of blankets and other props, rest in poses that gently stretch the body. With a guided meditation, we will fall into a deep level of relaxation.

Social Connections

STITCHERS OF HOPE
FRIDAYS, APRIL 3 AND 17 | 1:00 PM – 3:00 PM
Stitchers of Hope Club
An informal gathering of friendly people with a common interest in quilting, sewing embroidery, needlepoint, knitting, crocheting or other forms of hand needlework. No experience necessary. All levels welcome.

BOOK CLUB
THURSDAY, APRIL 9 | 1:00 PM - 3:00 PM
Participant Advisory Committee (PAC)
Join members of PAC for *The Help* by Kathryn Stockett. Contact the PAC at pac5400@gmail.com to learn more.

COOKING CLUB
FRIDAY, APRIL 24 | 11:30 AM - 2:00 PM
Katherine Schaible, LSW, Manager, Outreach & Family Programs
Where we meet, we eat! Join us in the CSCCNJ kitchen to prepare and enjoy a meal together. LIMITED SPACE-FIRST COME, FIRST SERVE!

Nutrition

NUTRITION AMMUNITION: AICR PREVENTION GUIDELINES
MONDAY, APRIL 6 | 11:00 AM - 12:00 PM
Karen Connelly, RD
Diet is a lifestyle factor we can control. Learn how nutrition can be a defense against cancer and recurrence.

Education

COGNITIVE FITNESS
MONDAY, APRIL 27 | 10:30 AM - 12:00 PM
Douglas Downs, OT at Kessler Institute for Rehabilitation
Learn about the effects of chemotherapy and aging on cognition. Strategies for improving and overcoming cognitive challenges, especially memory, will be covered.

WHAT YOU MUST KNOW ABOUT YOUR HEALTH INSURANCE
THURSDAY, APRIL 30 | 6:00 PM - 7:30 PM
Sue Null, Medical Billing Advocate
Learn the most common assumptions people have about healthcare coverage and its impact.

Clubhouse Corner
March & April

MINI CHEFS @CSCCNJ
MONDAY, MARCH 16 | 5:00 PM - 6:00 PM
MONDAY, APRIL 20 | 5:00 PM - 6:00 PM
Stacie DeLucia, RD, ShopRite of Chester
Allie Sanderson, RD ShopRite of Bernardsville
Kids will make healthy snacks in the CSCCNJ kitchen. Parents can sit back as the little chefs do all the work!

KID SUPPORT/PARENT SUPPORT
THURSDAY, MARCH 19 | 5:30 PM - 7:00 PM
THURSDAY, APRIL 16 | 5:30 PM - 7:00 PM
Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ
Katherine Schaible, LSW, Manager, Outreach & Family Programs
Children will participate in activities with the support of a Child Life Specialist. The adult group will discuss parenting issues and challenges in the face of cancer with a licensed social worker.
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**CALENDAR KEY**

- **Red Programs** - Special Programs Which Require Preregistration
- **SCC** - Steeplechase Cancer Center, Somerville, NJ
- **SMG** - Summit Medical Group-Berkeley Heights
- **RCINJ** - Rutgers Cancer Institute of New Jersey, New Brunswick, NJ
- **HFP** - Holy Family Parish, New Brunswick, NJ

*All of our programs are LGBTQ friendly.*