**Health and Wellness**

**CHAIRSIDE YOGA**
Incorporate breath-centered movements in a chair or using the chair for support. Improve strength, mobility and balance.

**CREATURE COMFORT: PET THERAPY**
Stop by during this “visiting hour” to engage with teams of dogs and their humans.

**BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU**
Explore a method of self-care that releases tension through opening up energy pathways in the body.

**BLISSFUL BREATHING**
Learn benefits of breathwork for cleansing, detoxifying, strengthening, purifying, toning and refreshing. All exercises may be done on the floor or on a chair as needed.

**HATHA YOGA**
Combine breathwork with traditional yoga poses for peace of mind and increased flexibility.

**MOVE AND TONE**
This fun class combines 30 minutes of simple dance moves and 30 minutes of basic weight and resistance band moves.

**MOVE INTO STILLNESS**
In this meditative practice, let gentle movement and conscious breathing bring you to a more relaxed and connected state.

**PEACEFUL PRACTICES FOR LIFE**
Weekly programs rotating between Medical Qi Gong, Meditation, Spirituality, and Journaling.

**RESTORATIVE YOGA WITH GUIDED MEDITATION**
With support of blankets and other props, rest in poses that gently stretch the body through a guided meditation.

**SINGING BOWLS**
Tap into your healing capabilities and allow the vibrations of the bowls to heal, soothe, and nurture your soul.

**T‘AI CHI CHIH**
Experience joy through movement as we practice simple, fluid movements. Also known as meditation in motion.

**WELLNESS WORKOUT**
All are welcome for gentle strength exercises using resistance bands and floor exercises for stress reduction, and overall sense of well-being.

**YOGA**
Yoga postures modified for your skill level and needs.

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**Support Groups**

An intake or conversation with a social worker is required before attending. Please call 908-658-5400.

**ADVANCED BREAST CANCER**
Those living with metastatic or advanced breast cancer.

**BEREAVEMENT**
For those who have lost someone to cancer.

**GYNECOLOGICAL CANCER**
For women diagnosed with a gynecologic cancer.

**FAMILY & FRIENDS**
For those who have family or friend with cancer and looking to share their experience.

**LATINOS AFFECTED BY CANCER**
Support group delivered completely in spanish for those impacted by cancer.

**LIVING WITH ADVANCED CANCER**
For individuals living with an advanced stage of cancer.

**MEN’S CANCER @STEEPLECHASE CANCER CENTER**
Men with a cancer diagnosis are invited to share their experiences with others.

**SOMERSET MIRACLE VOICE CLUB: LARYNGECTOMY GROUP**
Group dedicated to helping, educating, and supporting those with laryngectomy, their families, and/or caregivers.

**KID SUPPORT/PARENT SUPPORT**
Children will participate in activities with the support of a Child Life Specialist. The adult group will discuss parenting issues and challenges with a licensed social worker.

**TEENS CONNECT/KIDS CONNECT: SCHOOL BASED SUPPORT**
Support groups held onsite for students at select schools in the community.

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**Social Connections**

**CANASTA**
A strategic card game usually played in pairs.

**MAHJONG**
Tile-based game commonly played in a group of four. All levels welcome, no experience necessary.

**STITCHERS OF HOPE**
A gathering of people with a common interest in quilting, sewing embroidery, needlepoint, knitting, crocheting or other needlework. All levels welcome. No experience necessary.