

Dr. Diane Barton Complementary Medicine Program,  
Patient Education, and Support and Survivorship Programs

# Class Schedule

January – August 2026



# WELCOME

**MD Anderson Cancer Center at Cooper offers a variety of in person and call-in classes to support your cancer journey.**

Our complementary medicine classes enhance traditional cancer treatments with therapies that reinforce the healing power of the mind, body, and spirit, and provide you with tools to help you navigate a cancer diagnosis and treatment.

Cancer education classes with our experienced oncology nurses help you understand a variety of cancer treatments such as chemotherapy and radiation treatment.

Support groups, survivorship program and other resources help guide you through your treatment and beyond.

All programs are free and open to cancer survivors, and their families and caregivers unless otherwise noted.

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# Dr. Diane Barton Complementary Medicine Program



Please join us for a variety of **in-person** and **virtual** complementary medicine therapies and activities. Classes are available to cancer survivors at any point in the cancer journey — before, during, and after cancer treatment.

In addition to the in-person classes below, we invite you to join our Seeds of Hope Project. Seeds of Hope participants help water, harvest, and bag the organic vegetables we grow in our Voorhees Garden. The vegetables are shared with MD Anderson at Cooper patients and team members.

**Please note:** Due to space limitations and health and safety protocols, our in-person complementary medicine classes are not open to family members or caregivers.

## For questions or more information contact:

**Bonnie Mehr**, Director, The Dr. Diane Barton Complementary Medicine Program and Director, Integrative Oncology Services at [mehr-bonnie@cooperhealth.edu](mailto:mehr-bonnie@cooperhealth.edu)

### Location:

Cooper Voorhees Clock Tower Building  
931 Centennial Boulevard  
Voorhees Township, NJ 08043

Masking is optional at the time of printing, but our policies are subject to change.  
No registration is required.

## MARCH

<b>March 3</b>	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	The Art and Healing of Self Massage
	12:30 to 1:30 p.m.	Let's Talk Nutrition
<b>March 4</b>	10 to 11 a.m.	Guided Imagery and Visualization
	11:15 a.m. to 12:30 p.m.	Tai Chi/Qigong for Flexibility and Strength
	12:30 to 1:30 p.m.	Let's Talk Nutrition
<b>March 5</b>	10 to 11 a.m.	Gentle Body Movement to Fun Music
	11:15 a.m. to 12:30 p.m.	Guided Imagery & Visualization
	12:30 to 1:30 p.m.	The Art and Healing of Self Massage
<b>March 10</b>	10 to 11 a.m.	Gentle Body Movement to Fun Music
	11:15 a.m. to 12:30 p.m.	Guided Imagery and Visualization
	12:30 to 1:30 p.m.	The Art and Healing of Self Massage
<b>March 11</b>	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Guided Imagery and Visualization
	12:30 to 1:30 p.m.	Belly Dancing — to build stamina and core strength
<b>March 12</b>	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Gentle Exercise — for building stamina and body strength
	12:30 to 1:30 p.m.	Chair Yoga
<b>March 17</b>	10 to 11 a.m.	Gentle Body Movement — for improving flexibility
	11:15 a.m. to 12:30 p.m.	Breathwork and Centering for Positive Healing
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling



## MARCH *(continued)*

<b>March 18</b>	10 to 11 a.m.	Chair Yoga
	11:15 a.m. to 12:30 p.m.	Indoor Walking in Place — to build stamina and circulation
	12:30 to 1:30 p.m.	Let's Talk Nutrition
<b>March 19</b>	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Belly Dancing — to build stamina and core strength
<b>March 24</b>	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Gentle Body Movement to Fun Music
	12:30 to 1:30 p.m.	Let's Talk Nutrition for Optimal Health
<b>March 25</b>	10 to 11 a.m.	Healing Through Writing and Journaling
	11:15 a.m. to 12:30 p.m.	Tai Chi/Qigong — for flexibility and strength
	12:30 to 1:30 p.m.	Breathwork and Centering for Positive Healing
<b>March 26</b>	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Affirmation Jewelry Workshop

## APRIL

<b>April 7</b>	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	The Art and Healing of Self Massage
	12:30 to 1:30 p.m.	Breathwork and Centering for Positive Healing
<b>April 8</b>	10 to 11 a.m.	Guided Imagery and Visualization
	11:15 a.m. to 12:30 p.m.	Tai Chi/Qigong — for flexibility and strength
	12:30 to 1:30 p.m.	Let's Talk Nutrition
<b>April 9</b>	10 to 11 a.m.	Gentle Body Movement to Fun Music
	11:15 a.m. to 12:30 p.m.	Guided Imagery and Visualization
	12:30 p.m. to 1:30 p.m.	The Art and Healing of Self-Massage
<b>April 14</b>	10 to 11 a.m.	Gentle Body Movement to Fun Music
	11:15 a.m. to 12:30 p.m.	Guided Imagery and Visualization
	12:30 to 1:30 p.m.	The Art and Healing of Self-Massage
<b>April 15</b>	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Affirmation Jewelry Workshop
<b>April 22</b>	10 to 11 a.m.	Guided Imagery and Visualization
	11:15 a.m. to 12:30 p.m.	Tai Chi/Qigong — for flexibility and strength
<b>April 23</b>	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Gentle Exercise — for building stamina and body strength
	12:30 p.m. to 1:30	Chair Yoga



## APRIL *(continued)*

<b>April 28</b>	10 to 11 a.m.	Healing Through Writing and Journaling
	11:15 a.m. to 12:30 p.m.	Tai Chi/Qigong — for flexibility and strength
	12:30 to 1:30 p.m.	Breathwork and Centering for Positive Healing

<b>April 29</b>	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	The Art and Healing of Self Massage
	2:30 to 1:30 p.m.	Body Movement to Fun Music

<b>April 30</b>	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Affirmation Jewelry Workshop

## MAY

<b>May 5</b>	10 to 11 a.m.	Stretch, Flex and Breathe
	11:15 a.m. to 12:30 p.m.	The Art and Healing of Self Massage
	12:30 to 1:30 p.m.	Let's Talk Nutrition

<b>May 6</b>	10 to 11 a.m.	Guided Imagery and Visualization
	11:15 a.m. to 12:30 p.m.	Tai Chi/Qigong for Flexibility and Strength
	12:30 to 1:30 p.m.	Let's Talk Nutrition

<b>May 7</b>	10 to 11 a.m.	Gentle Body Movement to Fun Music
	11:15 a.m. to 12:30 p.m.	Guided Imagery and Visualization
	12:30 to 1:30 p.m.	The Art and Healing of Self-Massage

<b>May 12</b>	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Guided Imagery and Visualization
	12:30 to 1:30 p.m.	Belly Dancing — to build stamina and core strength

<b>May 13</b>	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Gentle Exercise — for building stamina and body strength
	12:30 to 1:30 p.m.	Chair Yoga

<b>May 14</b>	10 to 11 a.m.	Gentle Body Movement — for improving flexibility
	11:15 a.m. to 12:30 p.m.	Breathwork and Centering for Positive Healing
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling

<b>May 19</b>	10 to 11 a.m.	Gentle Body Movement — for improving flexibility
	11:15 a.m. to 12:30 p.m.	Breathwork and Centering for Positive Healing
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling

<b>May 20</b>	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Guided Imagery and Visualization
	12:30 to 1:30 p.m.	Belly Dancing — to build stamina and core strength



## MAY *(continued)*

<b>May 21</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Gentle Body Movement — for improving flexibility Breathwork and Centering for Positive Healing Healing Through Writing and Journaling
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<b>May 27</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Stretch, Flex, and Breathe The Art and Healing of Self Massage Let's Talk Nutrition
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## JUNE

<b>June 2</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Guided Imagery and Visualization Tai Chi/Qigong — for flexibility and strength Breathwork and Centering for Positive Healing
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<b>June 9</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Mindfulness Gentle Exercise — for building stamina and body strength Chair Yoga
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<b>June 10</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Healing Through Writing and Journaling Tai Chi/Qigong — for flexibility and strength Breathwork and Centering for Positive Healing
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<b>June 11</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Mindfulness Gentle Exercise — for building stamina and body strength Chair Yoga
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<b>June 16</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Stretch, Flex and Breathe The Art and Healing of Self Massage Body Movement to Fun Music
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<b>June 17</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m.	Guided Imagery and Visualization Tai Chi/Qigong - for flexibility and strength
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<b>June 18</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Healing Through Writing and Journaling Tai Chi/Qigong - for flexibility and strength Breathwork and Centering for Positive Healing
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<b>June 19</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Stretch, Flex, and Breathe Guided Imagery for Continued Healing Qigong
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<b>June 23</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Chair Yoga Indoor Walking in Place — to build stamina and circulation Let's Talk Nutrition
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<b>June 24</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Mindfulness Gentle Exercise - for building stamina and body strength Chair Yoga
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## Mind-Body and Complementary Medicine Virtual Classes

**Tuesdays | 6:30 p.m. – 7:30 p.m.**

Weekly evening sessions designed to support survivors of all ages and stages—from newly diagnosed to long-term survivorship. Topics may be tailored to specific groups, including adolescent and young adult, active treatment, or survivorship.

*With:* Jennifer Jennings, Complementary Medicine Practitioner

### Join Zoom Meeting

<https://us06web.zoom.us/j/84572452587?pwd=6uHxB5ioNRu3UfvwkCNbTaa6Ga63dW.1>

**Meeting ID:** 845 7245 2587

**Passcode:** 163407

### Join instructions

<https://us06web.zoom.us/join/84572452587?signature=LNywoDRpYg9geZnOL-OJNx-7d9VBbZ7KLH9pOfAWNfkg>

## JANUARY

- January 13**      **Stretch, Flex, and Breathe**  
The Art and Healing of Self-Massage
- January 27**      **An Honest Look at Depression and Cancer**  
*With:* Nicole Perr, LCSW, MD Anderson Cancer Center at Cooper

## FEBRUARY

- February 10**      **Mindfulness**  
Self-Massage
- February 24**      **The Language of Support: What Patients Need to Hear (and Say)**  
Exploring the emotional impact of words, tone, and timing in cancer care communication  
*With:* Frances Lee, MD, MD Anderson Cancer Center Program Coordinator

## MARCH

- March 10**      **Cancer Genetics and Cancer Care: Past, Present, and Future**  
Understanding hereditary cancer genetics vs. tumor genetics and how these intertwine to impact treatment.  
*With:* Brooke Levin, MS, CGC, Licensed, Certified Genetic Counselor,  
William G. Rohrer Cancer Genetics Program
- March 24**      **Tai Chi/Qigong**  
Healing through Writing and Journaling  
Breathwork and Centering for Positive Healing



## APRIL

- April 14**      **Bonnie's Book Club – *The Let Them Theory*, by Mel Robbins**  
Cancer changes everything—physically, emotionally, socially, and spiritually. The Let Them Theory offers a liberating mindset: you don't have to control how others act, think, or respond—you can just let them.  
*With:* Bonnie Mehr, Director, Integrative Oncology Services and  
The Dr. Diane Barton Complementary Medicine Program
- April 28**      **Gentle Exercise for Building Stamina and Core Strength**  
**Let's Talk Nutrition**  
**Guided Imagery and Breathwork to Relieve Stress and Anxiety**

## MAY

- May 12**      **Gentle Body Movement for Continued Healing**  
**Healing Through Writing and Journaling**
- May 26**      **Chair Yoga**  
**Stretch, Flex, and Breathe**  
**Guided Imagery to Relieve Stress and Anxiety**

## JUNE

- June 9**      **Nutrition (“Eat This, Not That”) Discussion**  
**Gentle Stretching and Centering for Optimal Flexibility**
- June 23**      **Building and Maintaining Stamina through Every Age and Diagnosis**  
**Breathwork for Calming and Relaxing Your Mind and Body**

## JULY

- July 14**      **Mindfulness and Meditation for Inner Peace**  
**Gentle Yoga for Healing**
- July 28**      **Healing through Art and Creative Expression**  
**Guided Visualization for Deep Relaxation**

## AUGUST

- August 11**      **Tai Chi for Balance and Energy Flow**  
**Journaling for Self-Discovery and Emotional Release**
- August 25**      **Nutrition and Immunity: Feeding Your Body for Strength**  
**Breathwork and Gentle Stretch for Daily Renewal**





## Loving and Living Through Cancer; Improving Partner Communications and Relationships

This ONLINE discussion forum is facilitated by **Alishia Kalos, PsyD, CST**, and provides a safe space to talk about sensitive topics including body image, intimacy, and gender identity. Participants will gain the tools and resources to communicate with their partners and others regarding cancer-related challenges during and after treatment.

Dr. Kalos is a certified sexual therapist who provides services in English and Spanish.

### **January** **Let's Talk About It: Opening the Conversation on Sexuality After Cancer**

Noon - 1:30 p.m.

Understanding how cancer and its treatments can affect sexual health — and beginning to talk about it openly and without shame.

### **February** **Seeing Yourself Again: Body Image and Self-Compassion**

6 - 7:30 p.m.

Making peace with a body that may look, feel, or function differently.

### **March** **Understanding What's Happening in Your Body**

Noon - 1:30 p.m.

Learning about the physical and hormonal changes that can affect sexual function.

### **April** **Talking with Your Partner (and Your Doctor) About Sex**

6 - 7:30 p.m.

Building communication skills to discuss sexual and emotional needs.

### **May** **Redefining Intimacy: Finding Connection Beyond Intercourse**

Noon - 1:30 p.m.

Expanding what "intimacy" means and discovering new ways to connect.

### **June** **When Desire Doesn't Match: Coping with Changes in Interest and Drive**

6 - 7:30 p.m.

Understanding and managing shifts in sexual desire.

### **July** **Fertility, Reproduction, and Grieving Changes**

Noon - 1:30 p.m.

Processing fertility changes and identity shifts related to treatment.

### **August** **Honoring All Identities: LGBTQIA+ Perspectives and Inclusive Sexuality**

6 - 7:30 p.m.

A safe space for all identities and relationship types.

*Note: Meeting topics are flexible — participants can recommend revisiting previously discussed topics or suggest new topics!*

**To register** and receive more information about how to join the sessions, please contact Roxanne Berger, LPN, Program Manager at **856.968.7091** or email **survivorship@cooperhealth.edu**.



## W.H.A.T. Next: Wellness and Health After Treatment

W.H.A.T. Next? - **W**ellness and **H**ealth **A**fter **T**reatment are free, 40-minute informative call-in sessions that focus on the specific psychosocial needs of patients as they transition from active treatment to close follow-up care.

Each session is an opportunity for you to ask questions and take part in discussions about managing the challenges you are facing as you adjust to the ways that cancer has changed your life, as you adjust to a new normal. In addition to discussing recommended coping strategies, the importance of ongoing care, and ways to take advantage of the many supportive services and resources available at MD Anderson at Cooper, we will explore a topic of interest in more detail. Topics include coping with 'scanxiety', managing 'chemo brain', embracing healthy habits, and dealing with hot flashes.

Sessions are held twice a month and discussion topic change monthly.

### MONTHLY SURVIVORSHIP TOPICS

#### January

Dealing with the Challenges of Adjusting to a "New Normal" After Active Treatment

#### February

Let's Get Moving: The Importance of Physical Activity

#### March

Benefits of a Plant-Based Diet

#### April

Managing Hot Flashes

#### May

Fatigue: Why Am I So Tired?

#### June

Embracing Healthy Habits

#### June

No session

#### August

No session

#### 2nd Wednesday of each month

**Time: 1 p.m. to 1:40 p.m.**

January 14  
February 11  
March 11  
April 8  
May 13  
June 10

To join the class, dial the number listed below then enter the meeting ID number when prompted; followed by the # sign

One tap mobile  
+1-309-205-3325

**Meeting ID number:**  
818 3660 9116#

**Passcode:** 123abc

#### 4th Wednesday of each month

**Time: 4 to 4:40 p.m.**

January 28  
February 25  
March 25  
April 22  
May 27  
June 24

To join the class, dial the number listed below then enter the meeting ID number when prompted, followed by the # sign

One tap mobile  
+1-301-715-8592

**Meeting ID number:**  
823 0152 7458#

**Passcode:** 321abc

For more information, please contact Roxanne Berger, LPN, Program Manager at **856.968.7091** or email [survivorship@cooperhealth.edu](mailto:survivorship@cooperhealth.edu).



## Tobacco Cessation Program

Lung Cancer is the leading cause of death of men and women in the United States. Start 2026 off with a fresh commitment to your health!

Learn how going tobacco-free may help you live a longer, healthier life by lowering your risk of heart disease, stroke, and cancer. Kicking the habit offers some rewards that you'll notice right away, and some will become apparent over time.

### Here are a few benefits of quitting tobacco:

- You will save thousands of dollars
- Food will start to taste better, and your sense of smell will be restored
- Your breath, hair, clothes, car and household smell better
- You will breathe easier doing ordinary activities

Join our **online Tobacco Cessation Support Program** designed for individuals who have recently quit or individuals who want to quit and need ongoing support.

## TOBACCO CESSATION SESSION

This interactive class offers:

- **Experienced Guidance** – Learn proven strategies to manage cravings and help reduce the risk of relapse.
- **Peer Support** – connect with others on the same journey in a safe non-judgment free space
- **Practical Tools** – Gain tips for stress management, healthy habits, and staying motivated.

Whether this is your first attempt at quitting or you are looking to strengthen your resolve after quitting, this program and the tobacco treatment specialist will provide the resources to support your success.

## INDIVIDUAL OR GROUP COUNSELING AVAILABLE

Start date for group session:

Early January 2026; virtual session via Zoom.

**Kick off the New Year smoke free!**

If you are interested in learning about our tobacco Cessation Program or would like to join our online group, please contact our Tobacco Treatment Specialist Team at **856.968.6235**.

## Survivor's Week: June 7-13, 2026

Celebrate survivorship and the incredible resilience, strength and courage that our cancer survivors display throughout their cancer journey.

Our survivors are more than their cancer. This week of celebration will remind us of the power of togetherness. This year's theme is the Healing Power of Music.

**Stay tuned for more information about programs and events.**





## Living Well With Advanced or Metastatic Cancer – Coming Spring 2026

Navigating the challenges of metastatic or advanced cancer can be overwhelming. Our new virtual series provides a safe and compassionate space for patients to share experiences, receive emotional support, and connect with others facing similar journeys. Each session is led by experienced facilitators who offer valuable insights and resources to help manage the physical, emotional, and psychological aspects of cancer. Whether you're looking for advice, comfort, or community, we are here for you.

**Free six-week support series or online private group via Zoom.**

Please contact Roxanne Berger, LPN, Program Manager at **856.968.7091** or email **survivorship@cooperhealth.edu**.

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## Active Living After Cancer - Coming Spring 2026

MD Anderson at Cooper will offer a new support program to help survivors get active, make healthy choices, and feel better. It was created to improve the quality of life for cancer survivors by promoting physical activity and providing navigational services for survivorship issues. The program consists of 12 weekly sessions that focus on becoming more physically active, improving strength, reducing fatigue, and getting support from other cancer survivors. The focus is to gain cognitive and behavioral skills to increase physical activity.

For more information and start dates, please contact Roxanne Berger LPN, Program Manager at **856.968.7091** or email **survivorship@cooperhealth.edu**.

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## Vida Activa Después del Cáncer en Español

MD Anderson en Cooper ofrece apoyo gratuito para ayudar a los sobrevivientes a mantenerse activos, tomar decisiones saludables y sentirse mejor. Fue creado para mejorar la calidad de vida de los sobrevivientes de cáncer mediante la promoción de la actividad física y la prestación de servicios de navegación para problemas de supervivencia. El programa consta de 12 sesiones semanales que se enfocan en ser más activos físicamente, mejorar la fuerza, reducir la fatiga y obtener apoyo de otros sobrevivientes de cáncer. El objetivo es adquirir habilidades cognitivas y conductuales para aumentar la actividad física.

Sesiones ofrecidas para el invierno de 2026 en Español

**Jueves por la tarde 3 p. m. – 4:30 p. m.**

- 8, 15, 22, 29 de enero
- 5, 12, 19, 26 de febrero
- 5, 12, 19, 26 de marzo

Para más información y para registrarse llame a please contact Virgenmina López al **856.968.7092**.



### Brain Tumor Support Group

This **ONLINE** supportgroup welcomes adults who are all dealing with the issues surrounding brain tumors. We offer a safe place to talk openly and honestly, share information and experiences, and meet other survivors and caregivers in a relaxed and inviting environment.

To register and receive information about how to join the meeting, please contact Frank Del Rossi, Social Worker, MD Anderson at Cooper, at **delrossi-francis@cooperhealth.edu**.

**Time: 6 to 7:30 p.m.**

- January 3
- February 7
- March 6
- April 3
- May 1
- June 5
- July 3
- August 7

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### Breast Cancer Support Group

This **ONLINE** support group meets on the second Tuesday of the month.

For more information or to register for this group, please contact Rosann Whittington, Social Worker, MD Anderson at Cooper at **whittington-rosann@cooperhealth.edu** or **856.673.4268**.

**Time: 7 to 8:30 p.m.**

- January 13
- February 10
- March 10
- April 14
- May 12
- June 9
- July 14
- August 11

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### Caregivers Support Group

This **ONLINE** support group is open to all adult caregivers of a loved one with cancer. Topics include self-care, time management, handling stress, and overall support.

To register and receive information about how to join the meeting, please contact Jeff Jin, Social Worker, MD Anderson at Cooper, at email at **jin-jeffrey@cooperhealth.edu** or **856.673.4669**.

**Time: 7 to 8 p.m.**

- January 20
- February 17
- March 17
- April 21
- May 19
- June 16
- July 21
- August 18



## Support Groups - Online



### LLS/Multiple Myeloma Support Group

This **ONLINE** support group meets on the fourth Thursday of the month.

For more information or to register, contact Stacy Kreizman, Leukemia & Lymphoma Society Senior Manager, Patient and Community Outreach at **Stacy.Kreizman@lls.org** or **908.956.6608**.  
Facilitated by Lisa McLaughlin, Social Worker, MD Anderson at Cooper.

#### 4th Thursday of the month, 6 to 7:30 p.m.

- January 22
- February 26
- March 26
- April 22
- May 28
- June 25
- July 23
- August 27

## Support Groups - In-Person



### Head and Neck Cancer Group – IN-PERSON

This support group meets in person at MD Anderson at Cooper in Camden.  
Meetings are held the second Tuesday of the month.

For more information, please contact Lisa McLaughlin, Social Worker, MD Anderson at Cooper at **mcLaughlin-lisa@cooperhealth.edu** or **856.735.6257**.

#### Time: 2 to 3:30 p.m.

- January 13
- February 10
- March 10
- April 14
- May 12
- June 9
- July 14
- August 11



### Sister Will You Help Me – IN-PERSON

This is a cancer support group for women of color and faith. The group's mission is to empower through knowledge, encourage through sisterhood, enlighten through faith, and bond through love.

To register and receive information about how to join the meeting, please contact Dianne Hyman, MSN, RN, OCN, CN-BN, Transition Care Manager, MD Anderson at Cooper, at [hyman-dianne@cooperhealth.edu](mailto:hyman-dianne@cooperhealth.edu) or **856.735.6258**.

**Time: 6 to 7:30 p.m.**

#### **WILLINGBORO**

Willingboro Library  
220 Willingboro Way  
Willingboro Township, NJ 08046

- January – no meeting
- February 5
- March 5
- April 2
- May 7
- June 4

**Time: 6 to 7:30 p.m.**

#### **CAMDEN**

Cooper University Hospital Conference Center  
One Cooper Plaza  
Camden, NJ 08103

- January 8
- February 12
- March 12
- April 9
- May 14
- June 11

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### Grupo de Apoyo Latino – IN PERSON

MD Anderson Cancer Center le invita a unirse a nuestro grupo de apoyo para latinos sobrevivientes de Cancer. Ofrecemos información educativa y apoyo para usted y su familia.

Para más información y para registrarse llame a **Virgenmina López** al **856.968.7092**.

**El Grupo de Apoyo Latino ahora se reúne el segundo miércoles del mes de 10 a. m. a 11 a. m. solo en persona.**

- |              |             |
|--------------|-------------|
| • Enero 14   | • Mayo 13   |
| • Febrero 11 | • Junio 10  |
| • Marzo 11   | • Julio 8   |
| • April 8    | • Agosto 12 |

#### **Lugar:**

MD Anderson Cancer Center at Cooper  
Two Cooper Plaza  
4to Piso, cuarto 4100  
Camden, NJ 08103



### William G. Rohrer Cancer Genetics Program Online Resources

The William G. Rohrer Cancer Genetics Program offers hereditary cancer risk assessment, genetic counseling, and genetic testing by a team of specialized physicians, nurses and genetic counselors.

Our program has a variety of information and materials available online so anyone can learn more about the cancer genetic consultation process, hereditary cancer risk, and genetic testing.

**Video to view:** What you need to know about hereditary cancer and genetic testing (15 minutes)

**Documents to read:**

- Genetic counseling referral information
- Hereditary cancer and multi-gene testing
- Hereditary breast cancer
- Hereditary colorectal cancer
- Hereditary ovarian cancer
- Hereditary prostate cancer
- Hereditary pancreatic cancer
- Hereditary uterine cancer
- Lynch syndrome

**To access these resources visit:** [cooperhealth.org/services/cancer-genetics-program](https://cooperhealth.org/services/cancer-genetics-program)

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### Survivorship Educational Video Series

*Presented by the Wellness After Cancer Survivorship Program*

Our Survivorship team hosts monthly webinars designed to provide cancer survivors with the tools to navigate and manage the effects of their cancer and cancer treatment.

The webinars are live events led by experts from MD Anderson at Cooper and are recorded and shared on the CooperTV YouTube channel. Look for email invitations to the live events, and check out the CooperTV channel on YouTube to view our library of videos at any time.

**Topics include:**

- Introduction to Survivorship
- Bone Health
- Chemo Brain
- Managing Neuropathy
- Lymphedema
- Nutrition and Healthy Eating
- Fatigue and Insomnia
- Use of Supplements
- Faith and Coping

If you are interested in more information, please contact Roxanne Berger, LPN, Program Manager Coordinator, **Wellness After Cancer Survivorship Program** at **856.968.7091** or email at **[survivorship@cooperhealth.edu](mailto:survivorship@cooperhealth.edu)**.

Visit the **Cooper University Health Care YouTube** channel to view the recorded webinars and other informative videos.

Scan to visit our videos on **YouTube**.





### Patient Education Classes

#### Presented by:

Joan Molnar, RN, BSN, OCN, Patient Educator

Cindy Garretson, RN, BSN, CBC

Many types of medications are used to treat cancer, including chemotherapy, immunotherapy, targeted therapy, and hormone therapy – either alone or in combination with other medications or treatments. These therapies are very different in their chemical composition (what they are made of), how they are prescribed and given, and the side effects they might have.

During our **Introduction to Chemotherapy and Immunotherapy** classes, our patient education team helps patients, and their family members, understand the type of treatment they will be receiving and what to expect during their treatment. They also share important information on side effects and answer any questions you may have.

Classes are offered daily. Most classes are held in-person, but we offer a virtual class for patients who are unable to attend in-person. **Check with your caregiver for times and locations, and to schedule your class. For more information call 855.632.2667.**

## Notes



## Notes

