

# JULY PROGRAMS

**Crossroads4Hope**  
A NETWORK OF CANCER SUPPORT  
Taking On Your Cancer Journey. Together.®

Monday

Tuesday

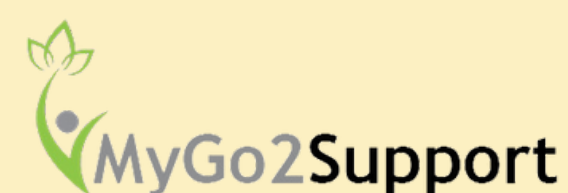
Wednesday

Thursday

Friday

## PROGRAM TYPE

- IN PERSON PROGRAMS
- MIND & BODY
- SUPPORT GROUPS
- SUPPORT4FAMILIES
- EDUCATION & NUTRITION



24/7 SUPPORT RIGHT AT YOUR FINGERTIPS.  
Call us today to enroll!!

## QUESTIONS?

CALL:  
908-658-5400

E-MAIL:  
PROGRAMTEAM@  
CROSSROADS  
4HOPE.ORG

FOLLOW US ON  
SOCIAL MEDIA:  
@CR4HOPE



\*For real time updates of our general programs and support group schedules, please visit our website at:  
<https://crossroads4hope.org/generalprograms/>  
<https://crossroads4hope.org/support-groups/>

**Wellness Workout** **1**  
6:00pm - 7:00pm

**Peaceful Practices For Life** **2**  
11:00am - 12:00pm  
**Men's Cancer Support Group (In-Person)**  
at Steeplechase Cancer Center  
30 Rehill Ave  
Somerville, NJ, 08876  
11:00am - 12:30pm  
T'ai Chi Chih  
12:30pm - 1:30pm  
Yoga  
6:30pm - 7:30pm

**Yoga, Breathe & Balance** **3**  
9:30am - 10:30am  
**Advanced Breast Cancer Support Group**  
11:30am - 1:00pm  
**Reiki Circle (In Person)**  
Bridgewater Library in Meeting Room C: 1 Vogt Dr.  
Bridgewater, NJ 08807  
2pm-3:30pm

**4<sup>th</sup> of July** **4**

**5**

**Wellness Workout** **8**  
6:00pm - 7:00pm

**Balance, Harmony, Flow: Jin Shin Jyutsu** **9**  
9:30am - 10:30am  
**Peaceful Practices For Life**  
11:00am - 12:00pm  
T'ai Chi Chih  
12:30 - 1:30pm  
Yoga  
6:30pm - 7:30pm

**Yoga, Breathe & Balance** **10**  
9:30am - 10:30am  
**Men's Cancer Support Group**  
6:30pm - 8:00pm

**Move and Tone** **11**  
9:00am - 10:00am  
**Bereavement Support Group**  
11:00am - 12:30pm  
**Latino Support Group**  
7:00pm - 8:30pm

**12**

**Wellness Workout** **15**  
6:00pm - 7:00pm

**Peaceful Practices For Life** **16**  
11:00am - 12:00pm  
T'ai Chi Chih  
12:30pm - 1:30pm  
**Reaching for Wellness: A Stretching Workshop**  
at Pluckemin Presbyterian Church: 279 US- 202  
Pluckemin, NJ 07978  
4:30pm-5:30pm  
Yoga  
6:30pm - 7:30pm

**Yoga, Breathe & Balance** **17**  
9:30am - 10:30am  
**Advanced Breast Cancer Support Group**  
11:30am - 1:00pm  
**Reiki Circle (In Person)**  
Bridgewater Library in Meeting Room C: 1 Vogt Dr.  
Bridgewater, NJ 08807  
2pm-3:30pm

**Move and Tone** **18**  
9:00am - 10:00am  
**Caregiver Support Group**  
12:00pm - 1:30pm  
**Managing Nutrition Beyond Cancer Treatment (English & Spanish)**  
7:30pm-8:30pm

**19**

**Wellness Workout** **22**  
6:00pm - 7:00pm

**Balance, Harmony, Flow: Jin Shin Jyutsu** **23**  
9:30am - 10:30am  
T'ai Chi Chih  
12:30 - 1:30pm  
Yoga  
6:30pm - 7:30pm

**Yoga, Breathe & Balance** **24**  
9:30am - 10:30am  
**Men's Cancer Support Group**  
6:30pm - 8:00pm

**Move and Tone** **25**  
9:00am - 10:00am  
**Bereavement Support Group**  
11:00am - 12:30pm  
**BBQ Nutrition Tips (In Person)**  
Pluckemin Presbyterian Church  
12:30pm - 1:30pm  
**Latino Support Group**  
7:00pm - 8:30pm

**26**

**Wellness Workout** **29**  
6:00pm - 7:00pm

**Day of Peace & Practice: Journaling and T'ai Chi Chih** **30**  
Bridgewater Library, Room B  
11:00am-12:00pm: Journaling  
12:30pm-1:30pm: T'ai Chi Chih  
1:30pm: Bring your own bag lunch  
Join us for one or all of the above!  
Yoga  
6:30pm - 7:30pm

**Yoga, Breathe & Balance** **31**  
9:30am - 10:30am  
**Advanced Breast Cancer Support Group**  
11:30am - 1:00pm

