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

Class Schedule

September – December 2026

MD Anderson Cancer Center Cooper

Making Cancer History®

Welcome

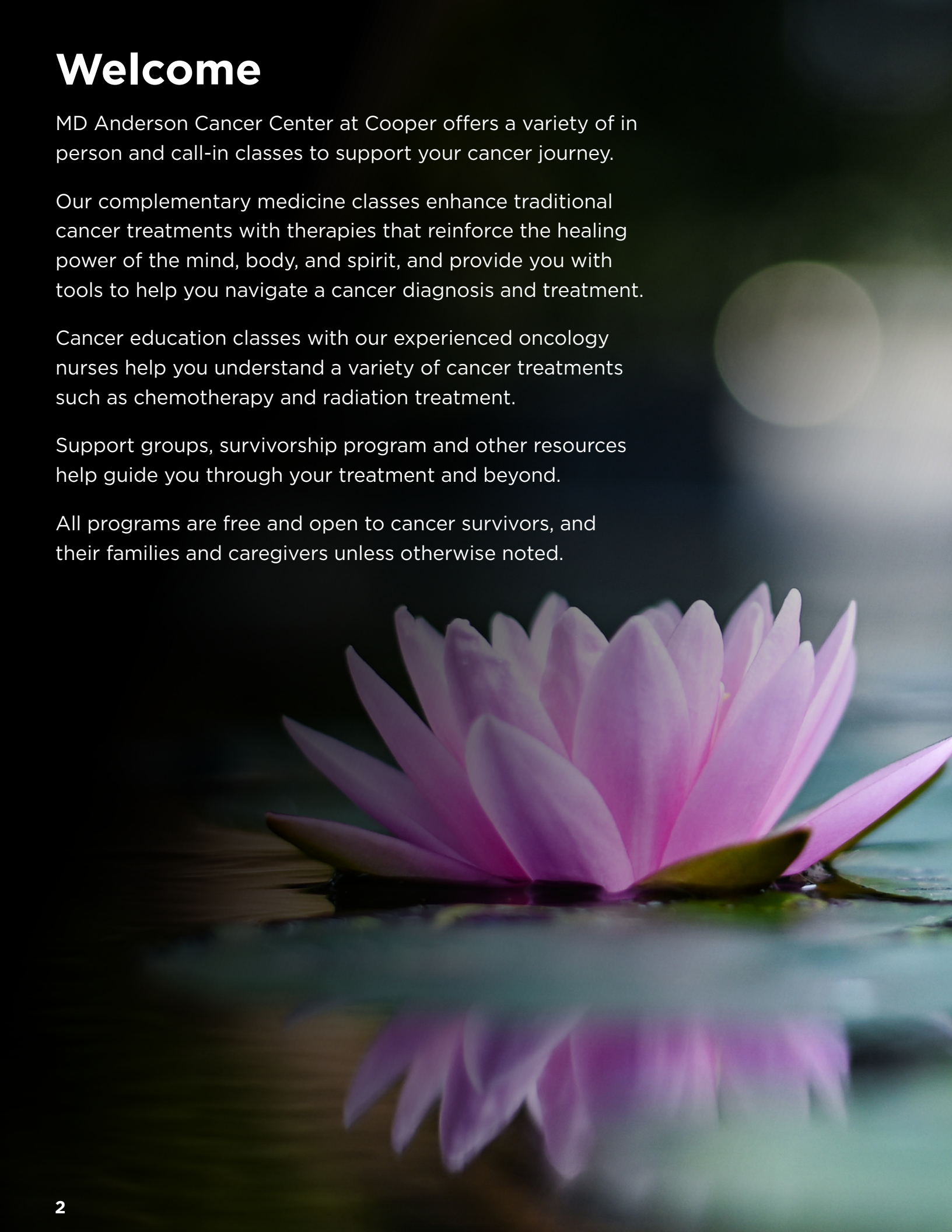
MD Anderson Cancer Center at Cooper offers a variety of in person and call-in classes to support your cancer journey.

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.



Dr. Diane Barton Complementary Medicine Program

Please join us for a variety of complementary medicine therapies and wellness activities programs designed to support cancer survivors.

Classes are available to cancer survivors at every stage of their cancer journey, whether before, during, or after treatment. We offer both in-person and hybrid options, allowing you to participate either on-site or from the convenience of your home.

We also invite you to participate in our **Seeds of Hope Project**. Volunteers help plant, water, harvest, and package organic vegetables grown in our Voorhees garden. The fresh produce is shared with patients and team members at MD Anderson Cancer Center at Cooper.

Please note: Masking is optional for in-person activities at the time of printing; however, policies may change based on current health and safety guidelines.

For questions or more information, please contact:

Bonnie Mehr
Director of The Dr. Diane Barton Complementary Medicine Program and Director of Integrative Oncology Services

mehr-bonnie@cooperhealth.edu

Dr. Diane Barton Complementary Medicine Program

Mind, Body, Spirit Series IN-PERSON Classes

Join us for traditional complementary medicine therapies, as well as fun, creative, and spirit-lifting classes designed to support your overall health and well-being. **No registration required.**

NEW LOCATION:

Ripa Center for Women's Health • 6100 Main Street • Multipurpose Room • Voorhees, NJ 08043

September

September 8	9:30 – 10:30 a.m.	Stretch, Flex, and Breathe
	10:30 – 11:30 a.m.	Mindfulness Meditation
September 10	9:30 – 10:30 a.m.	Gentle Movement
	10:30 – 11:30 a.m.	Mindfulness Meditation
September 15	9:30 – 10:30 a.m.	Tai Chi/Qigong
	10:30 – 11:30 a.m.	Writing and Journaling
September 29	9:30 – 10:30 a.m.	Chair Yoga
	10:30 – 11:30 a.m.	Nutrition

Mind, Body, Spirit Series IN-PERSON Classes

October

October 6	9:30 – 10:30 a.m.	Gentle Exercise
	10:30 – 11:30 a.m.	Nutrition
October 8	9:30 – 10:30 a.m.	Writing & Journaling
	10:30 – 11:30 a.m.	Gentle Exercise
October 13	9:30 – 10:30 a.m.	Belly Dancing
	10:30 – 11:30 a.m.	Stretch, Flex & Breathe
October 15	9:30 – 10:30 a.m.	Chair Yoga
	10:30 – 11:30 a.m.	Self-Massage
October 20	9:30 – 10:30 a.m.	Tai Chi/Qigong
	10:30 – 11:30 a.m.	Guided Imagery
October 22	9:30 – 10:30 a.m.	Movement to Music
	10:30 – 11:30 a.m.	Guided Imagery
October 27	9:30 – 10:30 a.m.	Movement to Music
	10:30 – 11:30 a.m.	Breathwork
October 29	9:30 – 10:30 a.m.	Gentle Exercise
	10:30 – 11:30 a.m.	Nutrition

Mind, Body, Spirit Series IN-PERSON Classes

November

November 3	9:30 – 10:30 a.m.	Movement to Music
	10:30 – 11:30 a.m.	Writing & Journaling
November 5	9:30 – 10:30 a.m.	Belly Dancing
	10:30 – 11:30 a.m.	Guided Imagery
November 10	9:30 – 10:30 a.m.	Chair Yoga
	10:30 – 11:30 a.m.	Affirmations & Gratitude
November 12	9:30 – 10:30 a.m.	Chair Yoga
	10:30 – 11:30 a.m.	Gentle Movement
November 17	9:30 – 10:30 a.m.	Tai Chi/Qigong
	10:30 – 11:30 a.m.	Breathwork
November 19	9:30 – 10:30 a.m.	Movement to Music
	10:30 – 11:30 a.m.	Nutrition
November 24	9:30 – 10:30 a.m.	Gentle Exercise
	10:30 – 11:30 a.m.	Self-Massage

December

December 8	9:30 – 10:30 a.m.	Chair Yoga
	10:30 – 11:30 a.m.	Guided Imagery
December 10	9:30 – 10:30 a.m.	Writing & Journaling
	10:30 – 11:30 a.m.	Mindfulness Meditation

VIRTUAL Classes

Mind and Movement Complementary Medicine Virtual Classes

With: Jennifer Jennings, Complementary Medicine Practitioner

Weekly evening sessions designs to support survivors of all ages and stages – from newly diagnosed to long-term survivors.

No registration required.

Tuesdays | 6:30 – 7:30 p.m.

Scan the QR code to join

September

September 8	Stress Management (Movement & Music) / Self-Massage
September 22	Coping with Fear of Recurrence

October

October 13	Stretch, Flex, and Breathe / Affirmations & Spiritual Wellness
October 27	Writing & Journaling / Gentle Exercise

November

November 10	Guided Imagery / Gentle Movement
November 24	Tai Chi/Qigong / Self-Massage

December

December 1	Mindfulness / Self-Massage / Holiday Nutrition
December 15	Chair Yoga / Affirmations for the New Year

Living and Loving Through Cancer; Improving Partner Communications and Relationships

This **ONLINE** discussion forum is facilitated by **Alishia Kalos, PsyD, CST**, who 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.

September Noon – 1:30 p.m.

Solo Sexuality: Rediscovering Pleasure and Self-Connection
Embracing self-pleasure, fantasy, and solo exploration as a part of healing.

October 6 – 7:30 p.m.

Emotional Closeness, Trust, and Vulnerability
Deepening emotional intimacy and rebuilding trust after cancer.

November Noon – 1:30 p.m.

Getting Support: Partnering With Your Care Team
Understanding who can help with sexual health – and how to ask.

December 6 – 7:30 p.m.

Looking Forward: Reclaiming Your Sexual Self
Celebrating growth, healing, and ongoing connection.

**Note: Meeting topics are flexible — participants can recommend revisiting previously discussed topics or suggesting 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

September
How to deal with "Scanxiety"

October
Sex & Cancer; It's Okay to Talk About It

November
Chemo Brain; Managing the Symptoms

December
Handling the Way People Treat You Now That Treatment is Over

Early Afternoon Sessions

1 – 1:40 p.m.

September 9

October 14

November 11

December 9

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

Late Afternoon Sessions

4 – 4:40 p.m.

September 23

October 28

November – No session

December – No session

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**.

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: Fall 2026; virtual session via Zoom.

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

Living Well With Advanced or Metastatic Cancer

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**.

Active Living After Cancer

MD Anderson at Cooper offers free support to help survivors get active, make healthy choices, and feel better. This program 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. This free program was designed and implemented by MD Anderson Cancer Center in Houston, Texas.

Sessions take place virtually Thursdays from 2 – 3:30 p.m.:

August 27	September 17	October 8	October 29
September 3	September 24	October 15	November 5
September 10	October 1	October 22	November 19

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

Breast Cancer Support Group

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

Time: 7 – 8:30 p.m.

September 9
October 13
November 10
December 8

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**.

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.

Time: 7 – 8 p.m.

September 15
October 20
November 17
December 15

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**.

Blood Cancer United/Multiple Myeloma Group

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

Time: 6 – 7:30 p.m.

September 24
October 22
November 19

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.

IN-PERSON Groups

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.

Time: 2 – 3:30 p.m.

September 8
October 13
November 10
December 8

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

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.

Time: 6 – 7:30 p.m.
Willingboro
Willingboro Library
220 Willingboro Way
Willingboro Township
NJ 08046

September 3
October 1
November 5
December 3

Time: 6 – 7:30 p.m.
Camden
Cooper University Hospital
Conference Center
One Cooper Plaza
Camden, NJ 08103

September 10
October 8
November 12
December 10

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** or **856.735.6258**.

SAVE THE DATE FOR A SPECIAL EVENT!

Sister Will You Help Me Gala Anniversary Celebration

Thursday, November 12, 2026

DoubleTree Hotel, Cherry Hill, New Jersey

Celebrating 25 Years for the Camden Group and 20 Years for the Willingboro Group

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.

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

Septiembre 9	Noviembre 11
Octubre 14	Diciembre 9

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

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

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

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

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**.

IN-PERSON Group

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.**

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

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