

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

# Class Schedule

September – December 2025



# 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.

**3 Dr. Diane Barton Complementary Medicine Program**

**6 Classes and Programs**

**9 Support Groups**

**11 Other Resources**

# Dr. Diane Barton Complementary Medicine Program



Please join us for a variety of **in-person** 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.

## SEPTEMBER

<b>September 9</b>	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:30 p.m.	Healing Through Writing and Journaling
<b>September 10</b>	10 to 11 a.m.	Gentle Chair Yoga
	11:15 a.m. to 12:30 p.m.	Tai/Chi Gong for Optimal Health
<b>September 16</b>	10 to 11 a.m.	Gentle Exercise for Building Stamina and Core Strength
	11:15 a.m. to 12:30 p.m.	Breathwork and Centering for Positive Healing
	12:30 to 1:30 p.m.	Let's Talk Nutrition for Optimal Health
<b>September 17</b>	10 to 11 a.m.	Gentle Body Movement for Improving Flexibility
	11:15 a.m. to 12:30 p.m.	Guided Imagery for Continued Healing
<b>September 18</b>	10 to 11 a.m.	Stretch, Flex and Breathe
	11:15 a.m. to 12:30 p.m.	Healing Through Writing and Journaling
	12:30 to 1:30 p.m.	Breathwork and Centering for Positive Healing
<b>September 23</b>	10 to 11 a.m.	Gentle Exercise for Building Stamina and Core Strength
	11:15 a.m. to 12:30 p.m.	Tai/Chi Gong for Optimal Health
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling
<b>September 24</b>	10 to 11 a.m.	Mindfulness
	11:15 a.m. to 12:30 p.m.	Creative Arts for Healing
<b>September 25</b>	10 to 11 a.m.	Let's Talk Nutrition for Optimal Health
	11:15 a.m. to 12:30 p.m.	Breathwork and Centering for Positive Healing
	12:30 to 1:30 p.m.	Stretch, Flex and Breathe



## OCTOBER

<b>October 7</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 Guided Imagery for Continued Healing Healing Through Writing and Journaling
<b>October 8</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Gentle Exercise for Building Stamina and Core Strength Tai/Chi Gong for Optimal Health Let's Talk Nutrition for Optimal Health
<b>October 9</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m.	Mindfulness Creative Arts for Healing
<b>October 14</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 Breathwork and Centering for Positive Healing Through Writing and Journaling
<b>October 15</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	The Art and Healing of Self Massage Gentle Exercise for Building Stamina and Core Strength Guided Imagery for Continued Healing
<b>October 16</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 Tai/Chi Gong for Optimal Health Breathwork and Centering for Positive Healing
<b>October 21</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Mindfulness Stretch, Flex and Breathe Healing Through Writing and Journaling
<b>October 22</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m.	Mindfulness Creative Arts for Healing
<b>October 23</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Gentle Exercise for Building Stamina and Core Strength Tai/Chi Gong for Optimal Health Let's Talk Nutrition for Optimal Health
<b>October 29</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 Breathwork and Centering for Positive Healing Healing Through Writing and Journaling
<b>October 30</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 The Art and Healing of Self Massage Guided Imagery for Continued Healing



## NOVEMBER

<b>November 4</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Gentle Chair Yoga Gentle Exercise for Building Stamina and Core Strength Let's Talk Nutrition for Optimal Health
<b>November 5</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 Tai/Chi Gong for Optimal Health
<b>November 6</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m.	Mindfulness Creative Arts for Healing
<b>November 11</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Gentle Exercise for Building Stamina and Core Strength Stretch, Flex and Breathe Healing Through Writing and Journaling
<b>November 12</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Breathwork & Centering for Positive Healing Tai/Chi Gong for Optimal Health The Art and Healing of Self Massage
<b>November 13</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Gentle Exercise for Building Stamina and Core Strength Gentle Chair Yoga Guided Imagery for Continued Healing
<b>November 18</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 Let's Talk Nutrition and the Holidays Mindfulness
<b>November 19</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m.	Mindfulness Creative Arts for Healing
<b>November 20</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 Healing Through Writing and Journaling
<b>November 25</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Breathwork and Centering for Positive Healing Tai/Chi Gong for Optimal Health Gentle Exercise for Building Stamina and Core Strength
<b>November 26</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 Gentle Chair Yoga
<b>November 27</b>	10 to 11 a.m. 11:15 a.m. to 12:30 p.m. 12:30 to 1:30 p.m.	Gentle Exercise for Building Stamina and Core Strength Gentle Body Movement For Improving Flexibility Let's Talk Nutrition for Optimal Health



## 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.**

---

## 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 their treatment. Online forum groups are separate groups based on gender identity.

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

**Times:** Noon to 1:30 p.m.  
6 to 7:30 p.m.

**Dates:** Program dates will be  
provided when you register.



## Survivorship

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

#### Presented by:

**Susan M. Hunter, RN, MSN**, Survivorship Nurse Navigator

**Roxanne Berger, LPN**, Program Manager

W.H.A.T. Next? - **W**ellness and **H**ealth **A**fter **T**reatment - 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, 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 months and topics for discussion change monthly.

#### September

How to deal with scan anxiety

#### October

Sex and Cancer; It's ok to talk about it

#### November

Chemo brain: managing the symptoms

#### December

Handling the way people treat you now that treatment is over

For more information, please contact Roxanne Berger, LPN, at **survivorship@cooperhealth.edu** or **856.968.7091**.

#### 2nd Wednesday of each month

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

- September 10
- October 8
- November 12
- December 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.**

- September 24
- October 22
- November 26 - no session
- December 24 - 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



### Tobacco Cessation Program

Learn how going tobacco-free may help you live a longer, healthier life by lowering your risk for heart disease, stroke, and cancer. Kicking the tobacco habit offers some rewards that you'll notice right away and some will become apparent over time. You will save money immediately by not buying tobacco products!

#### Here are a few other benefits you may notice:

- Food tastes better and your sense of smell returns to normal
- Your breath, hair, clothes and household smell better
- You will breathe easier doing ordinary activities
- You can lower your risk of wrinkles, gum disease and tooth loss

If you are interested in learning more about our Tobacco Cessation Program, please contact our Certified Tobacco Treatment Specialist Team at **856.735.6235**.



---

### 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.

#### Online private group.

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



## Brain Tumor Support Group

This **ONLINE** support group 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**.

## 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.

- September 9
- October 14
- November 11
- December 9

## 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.

- August 19
- September 16
- October 21
- November 18
- December 16

## 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, 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.

- August 28
- September 25
- November 20
- No December group

## Support Groups - Hybrid

### Head and Neck Cancer Group

This support group meets in person at MD Anderson at Cooper in Camden or participants can join virtually. Meetings are held the second Wednesday of the month.

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



OR



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

- August 13
- September 10
- October 8
- November 12
- December 10

## Support Groups - In-Person

### Sister Will You Help Me - In-Person Sessions Only

This is an **IN-PERSON** 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 Public Library  
220 Willingboro Way  
Willingboro Township, NJ  
08046

- September 4
- October 2
- November 6
- December 4

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

#### **CAMDEN**

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

- September 11
- October 9
- November 13
- December 11



### Grupo de Apoyo Latino

MD Anderson Cancer Center at Cooper le invita a unirse a nuestro grupo de apoyo para sobrevivientes latinos del cáncer. Ofrecemos información educativa y apoyo para usted y su familia. Para más información y para registrarse llame a **Virgenmina López** al **856.968.7092**.

**Lugar:** PRUP - Puerto Riqueños Unidos para El Progreso  
818 S. Broadway Street.  
Camden, NJ 08103

**Hora: 11 a.m. to noon**

- 11 de septiembre
- 9 de octubre
- 13 de noviembre
- 11 de diciembre



### 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)

---

### 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, **Wellness After Cancer Survivorship Program** at **856.968.7091** or email at [berger-roxanne@cooperhealth.edu](mailto:berger-roxanne@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**.



**NEW  
PROGRAM  
SPRING  
2026**



**VIRTUAL  
PROGRAM**

## **Active Living After Cancer (ALAC)**

MD Anderson at Cooper offers free support to help cancer survivors get active, make healthy choices, and feel better. It was created to improve the quality of life of cancer survivors by promoting physical activity and providing navigational services for survivorship issues. The program consists of 12 weekly sessions that focuses on becoming more physically active, improving strength, reducing fatigue and getting support from other cancer survivors.

This free program, which was designed and implemented by MD Anderson Cancer Center Houston, Texas, consists of 12 weekly sessions followed by a reunion at the conclusion of the program.

For more information, please contact Roxanne Berger, LPN, Program Manager, at **[berger-roxanne@cooperhealth.edu](mailto:berger-roxanne@cooperhealth.edu)**.