

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

Class Schedule

January – August 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.

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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

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

March 4	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:15 p.m.	Tai/Chi Gong for optimal health
	12:30 to 1:30 p.m.	Guided Imagery for Continued Healing
March 5	10 to 11 a.m.	Gentle Chair Yoga
	11:15 a.m. to 12:15 p.m.	Healing Through Writing and Journaling
	12:30 to 1:30 p.m.	Activate your healing Qi
March 6	10 to 11 a.m.	Gentle Body Movement for Flexibility
	11:15 a.m. to 12:15 p.m.	Food and You!
March 11	10 to 11 a.m.	Healing through Writing & Journaling
	11:15 a.m. to 12:15 p.m.	Stretch, Flex, and Breathe
	12:30 to 1:30 p.m.	Guided Imagery for Continuous Healing
March 12	10 to 11 a.m.	Activate your healing Qi
	11:15 a.m. to 12:15 p.m.	De Stress your Life!
	12:30 to 1:30 p.m.	Gentle Chair Yoga
March 13	10 to 11 a.m.	Gentle Body Movement for Flexibility
	11:15 a.m. to 12:15 p.m.	Healing Through Writing and Journaling
	12:30 to 1:30 p.m.	Guided Imagery for Continued Healing
March 18	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:15 p.m.	Tai/Chi Gong for optimal health
	12:30 to 1:30 p.m.	De Stress your Life!



MARCH *(continued)*

March 19	10 to 11 a.m. 11:15 a.m. to 12:15 p.m.	Breath work & Centering for positive healing Food and You!
March 20	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Activate your healing Qi Gentle Body Movement for Flexibility Healing Through Writing and Journaling
March 25	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Stretch, Flex, and Breathe Guided Imagery for Continued Healing The Art of MINDFULNESS
March 26	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Tai/Chi Gong for optimal health Healing Through Writing and Journaling The Art of MINDFULNESS
March 27	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	De Stress your Life! Gentle Body Movement for Flexibility Guided Imagery for Continued Healing

APRIL

April 1	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Stretch, Flex, and Breathe Tai/Chi Gong for optimal health Healing Through Writing and Journaling
April 2	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Activate your healing Qi Gentle Body Movement for Flexibility De Stress your Life!
April 3	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 p.m. to 1:30 p.m.	Breath work & Centering for positive healing Food and You! The Art of MINDFULNESS
April 8	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Stretch, Flex, and Breathe Healing Through Writing and Journaling Guided Imagery for Continued Healing
April 9	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Tai/Chi Gong for optimal health Breath work & Centering for positive healing Gentle Chair Yoga
April 10	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Gentle Body Movement for Flexibility Activate your healing Qi De Stress your Life!
April 16	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 p.m. to 1:30	The Art of MINDFULNESS Breath work & Centering for positive healing Food and you!

**IN-PERSON
CLASSES****APRIL** *(continued)*

April 17	10 to 11 a.m.	Tai/Chi Gong for optimal health
	11:15 a.m. to 12:15 p.m.	Gentle Body Movement for Flexibility
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling
April 22	10 to 11 a.m.	Stretch, Flex, and Breathe
	11:15 a.m. to 12:15 p.m.	Guided Imagery for Continued Healing
	2:30 to 1:30 p.m.	Gentle Chair Yoga
April 24	10 to 11 a.m.	Tai/Chi Gong for optimal health
	11:15 a.m. to 12:15 p.m.	De Stress your Life!
	12:30 to 1:30 p.m.	Gentle Body Movement for Flexibility

MAY

May 6	10 to 11 a.m.	Healing Through Writing and Journaling
	11:15 a.m. to 12:15 p.m.	Tai/Chi Gong for optimal health
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
May 7	10 to 11 a.m.	The Art of MINDFULNESS
	11:15 a.m. to 12:15 p.m.	Gentle Body Movement for Flexibility
	12:30 to 1:30 p.m.	Food and you!
May 13	10 to 11 a.m.	De Stress your Life!
	11:15 a.m. to 12:15 p.m.	Tai/Chi Gong for optimal health
	12:30 to 1:30 p.m.	Stretch, Flex, and Breathe
May 15	10 to 11 a.m.	Gentle Body Movement for Flexibility
	11:15 a.m. to 12:15 p.m.	Healing Through Writing and Journaling
	12:30 to 1:30 p.m.	Activate your healing Qi
May 20	10 to 11 a.m.	De Stress your Life!
	11:15 a.m. to 12:15 p.m.	Stretch, Flex, and Breathe
	12:30 to 1:30 p.m.	Tai/Chi Gong for optimal health
May 22	10 to 11 a.m.	Breath work & Centering for positive healing
	11:15 a.m. to 12:15 p.m.	Gentle Body Movement for Flexibility
	12:30 to 1:30 p.m.	Guided Imagery for Continued Healing
May 27	10 to 11 a.m.	Activate your healing Qi
	11:15 a.m. to 12:15 p.m.	Stretch, Flex, and Breathe
	12:30 to 1:30 p.m.	Healing Through Writing and Journaling
May 28	10 to 11 a.m.	Food and You!
	11:15 a.m. to 12:15 p.m.	Tai/Chi Gong for optimal health
	12:30 to 1:30 p.m.	Gentle Body Movement for Flexibility

JUNE

June 3	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	The Art of MINDFULNESS Stretch, Flex, and Breathe Tai/Chi Gong for optimal health
June 10	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Food and You! Healing Through Writing and Journaling Guided Imagery for Continued Healing
June 11	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Tai/Chi Gong for optimal health The Art of MINDFULNESS Gentle Body Movement for Flexibility
June 26	10 to 11 a.m. 11:15 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	Stretch, Flex, and Breathe Healing Through Writing and Journaling Guided Imagery for Continued Healing

JULY/AUGUST

“Seeds of Hope Project”





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 **berger-roxanne@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? - Wellness and Health After Treatment — 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.

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 new topic in greater detail each month.

January

Dealing with the Challenges of
Adjusting to Your New Normal
After Completing 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

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

2nd Wednesday of each month

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

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

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 22
- February 26
- March 26
- April 23
- May 28
- June 25

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**.

COMING THIS SPRING!



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 **berger-roxanne@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.

- January 14
 - February 11
 - March 11
 - April 8
 - May 13
 - June 10
 - July 8
 - August 12
-

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 **jjin-jeffrey@cooperhealth.edu** or **856.673.4669**.

Time: 7 to 8 p.m.

- January 21
- February 18
- March 18
- April 15
- May 20
- June 17
- July 15
- August 19

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, 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 23
- February 27
- March 27
- April 24
- May 22
- June 26
- July 24
- August 28

Support Groups - Hybrid

Laryngectomy 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** or **856.735.6257**.

Time: 2 to 3:30 p.m.

- January 8
- February 12
- March 12
- April 9
- May 14
- June 11
- July 9
- August 13



OR



LGBTQ+ Support Group

Join us for an open format support group specifically for member of the LGBTQ+ community who have been diagnosed with cancer. Partners, friends, and family are welcome. You may join us either in person at the Cooper Moorestown campus or virtually. Please contact **jin-jeffrey@cooperhealth.edu** or **856.673.4669** for more information and a link to the group.

Time: 3 to 4:30 p.m.

Dates:

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



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** or **856.735.6258**.

Time: 6 to 7:30 p.m.

WILLINGBORO

Willingboro Public Library
220 Willingboro Way
Willingboro Township, NJ 08046

- January 2
- February 6
- March 6
- April 3
- May 1
- June 5
- No meeting July/August

Time: 6 to 7:30 p.m.

CAMDEN

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

- January 9
- February 13
- March 13
- April 10
- May 8
- June 12
- No meeting July/August

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

- | | |
|--------------|-------------|
| • Enero 9 | • Mayo 8 |
| • Febrero 13 | • Junio 12 |
| • Marzo 13 | • Julio 10 |
| • Abril 10 | • Agosto 14 |



2025 Fitness and Nutrition (FAN):

Walk, Talk, Stretch, Thrive, And Breathe – Virtual Classes Only

Facilitated by a Dr. Diane Barton Complementary Medicine Specialist

As you go through your cancer journey, staying active is very important. Physical activity at any level can boost your mood, reduce stress and anxiety, improve sleep, and build strength and endurance. Take this time to get moving at your own pace while discussing tips to eat healthy, stay active, and free your mind from everyday stress.

For more information, please contact Roxanne Berger, LPN, Program Manager at **berger-roxanne@cooperhealth.edu** or **856.968.7091**.

THESE ARE VIRTUAL CLASSES ONLY.

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

Dates: Classes held **Tuesdays and Thursdays**

WINTER SESSION

January: 7, 9, 14, 16, 21, 23, 28, 30

February: 4, 6, 11, 13, 18, 20, 25, 27

March: 4, 6, 11, 13

SPRING SESSION

April: 1, 3, 8, 10, 15, 17, 22, 24, 29

May: 1, 6, 8, 13, 15, 20, 22, 27, 29

June: 3, 5

SUMMER SESSION

July: 8, 10, 15, 17, 22, 24, 29, 31

August: 5, 7, 12, 14, 19, 21, 26, 28

September: 2, 4, 9, 11



Join Zoom Meeting using this link:

<https://us06web.zoom.us/j/87228120385?pwd=1dzPsmwdImU5wWuqRLqKfyWaqGZj42.1>

Meeting ID number:

872 2812 0385

Passcode:

abc123

To join from a landline or cell phone, dial number listed below, when prompted enter the meeting ID number listed below, followed by the # sign

Dial:

+1-646-931-3860

Meeting ID number:

872 2812 0385#

Become a
FAN
member
today

Other Resources



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 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**.



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