



Cooking for One – Foil Packet Meals
Thursday, June 6 • 11 a.m. - noon
 LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Brain Bootcamp: Keeping Your Brain Fit at MMCS
Thursday, June 6 • 1 – 2 p.m.
 Monmouth Medical Center Southern Campus –
 600 River Avenue, Lakewood



Cancer Survivorship Wellness Celebration
Thursday, June 6 • 5 – 7:30 p.m.
 LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Healthy Dessert: Freezer Fudge
Tuesday, June 11 • 11 a.m.- noon
 LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Brain Health Brunch:
 The 10 Warning Signs of Alzheimer’s**
Thursday, June 13 • noon – 1 p.m.
 LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Nutrition Lecture:
 Anti-inflammatory Foods at MMCS**
Friday, June 14 • 11:30 a.m. – 12:15 p.m.
 Monmouth Medical Center Southern Campus –
 600 River Avenue, Lakewood



Fun Friday: Music & The Brain
Friday, June 21 • 11 a.m. – noon
 LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



No Grill, No Problem
Tuesday, June 25 • 11 a.m. – noon
 LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Summer Skillet Meals
Wednesday, June 26 • 6 – 7 p.m.
 LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

JUNE 2024

**COMMUNITY
 HEALTH**
 Calendar

Programs are
FREE and
OPEN TO ALL

Registration is required for programs. Call 862.781.3597 or visit rwjbh.org/events to sign-up.



**RWJBarnabas
 HEALTH**

**Monmouth Medical Center
 Monmouth Medical Center
 Southern Campus**



Health Education and Nutrition Programs at the LiveWell Center

Power Bowls Cooking Demo (hybrid)

Tuesday, June 4 | 11 a.m. - noon

Power your day with balanced nutrition in a bowl! Join our dietitian in the kitchen to learn how to prepare a “power bowl” packed with the nutrients you need. Perfect for an energizing lunch or dinner!

Attendance is free, registration required: <https://bit.ly/3xLpbzT>

Tech Talks: Navigating Your Smartphone (in-person)

Wednesday, June 5 | 11 - 11:30 a.m.

Nowadays, there is tons of new technology that is part of our everyday life. Join our community health educators to discuss tips and tricks to make using our smartphones easier.

Attendance is free, registration required: <https://bit.ly/49POIW5>

Kids Snack Time (in-person)

Wednesday, June 5 | 5 - 5:45 p.m.

Grab your apron and join Ms. Jenn for a hands-on, snack-time cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult!

Attendance is free, registration required: <https://bit.ly/39pxV2O>

Cooking for One - Foil Packet Meals (hybrid)

Thursday, June 6 | 11 a.m. - noon

Cook for one with minimal clean up using the “Foil Packet” method! Join us in the demonstration kitchen to learn how simple and versatile this method can be!

Attendance is free, registration required: <https://bit.ly/3ZhNApG>

Cancer Survivorship Wellness Celebration (in-person)

Thursday, June 6 | 5 - 7:30 p.m.

June 2nd is National Cancer Survivors Day! RWJBarnabas Health invites cancer survivors and their caregivers to an educational evening featuring physician lectures and interactive health and wellness demonstrations. Physicians will discuss aspects of survivorship following a cancer diagnosis followed by breakout sessions focusing on nutrition, movement, and mindfulness. Members of the Oncology Services departments will also be onsite with educational resources.

Attendance is free, registration required: <https://bit.ly/3xV1hCg>

Healthy Dessert: Freezer Fudge (hybrid)

Tuesday, June 11 | 11 a.m. - noon

Warmer weather calls for cool treats! Join our dietitian in the kitchen to learn how to prepare a delicious healthier freezer fudge, perfect to satisfy your sweet tooth on a warm day!

Attendance is free, registration required: <https://bit.ly/3JsZelb>

Preparing for Breastfeeding (hybrid)

Tuesday, June 11 | 3 - 4:30 p.m.

Join our Certified Lactation Consultant for a FREE discussion on breastfeeding preparation at the LiveWell Center or virtually. The talk provides mothers-to-be, and their support person, the opportunity to learn more about the basics of breastfeeding. We will explore how to: get a good latch, establish your milk supply, identify that your baby is getting enough, and pump and store breastmilk. In-person and virtual option.

Registration is required and seats limited. To register, call **862.781.3873**

Teen Takeover (in-person)

Wednesday, June 12 | 6 - 7 p.m.

Join Ms. Jenn in the kitchen for a hands-on cooking class where we'll have fun making healthy, trending recipes. Open to kids aged 11-17 years old.

Attendance is free, registration required: <https://bit.ly/40CRPNE>

Nutrition Lecture: Anti-inflammatory Foods (hybrid)

Thursday, June 13 | 11 a.m. - noon

Did you know that certain foods may help ease chronic inflammation in the body? Join our dietitian for a discussion on anti-inflammatory foods and eating patterns that may help ease inflammation.

Attendance is free, registration required: <https://bit.ly/3AFkzLO>

Brain Health Brunch:

The 10 Warning Signs of Alzheimer's (in-person)

Thursday, June 13 | noon - 1 p.m.

Join the Alzheimer's Association at the LiveWell Center as we recognize Alzheimer's & Brain Health Month! Enjoy some light brunch as we learn how to recognize common signs of Alzheimer's in yourself and others and next steps to take, including how to talk to your doctor.

Attendance is free, registration required: <https://bit.ly/3QfQZTx>



The Dad Olympics (in-person)

Friday, June 14 | 10 a.m. – noon

It's Father's Day weekend and you've got this dad thing down pat! Calling all new dads to join us with their little ones for a morning of fun activities all about baby care basics. Attendees will join in on games related to baby wearing, paced bottle feeding, diaper changing, safe sleep, and swaddling! Learn about best practices to keep your little one safe and about local resources available to you and your family.

Registration is strongly encouraged. To register, call 862.781.3873

Toddler Snack Time (in-person)

Monday, June 17 | 10:30 – 11 a.m.

Bring your little one's ages 18 months to 4 years old for a hands-on cooking class, featuring a fun and healthy snack!

Attendance is free, registration required: <https://bit.ly/3B3Ck5x>

The LiveWell Center's Green Market (in-person)

Tuesday, June 18 | 11:30 a.m. – 2 p.m.

It's the season to buy local fresh fruits and vegetables! Stop by the Anne Vogel Family Care and Wellness Center at 200 Wyckoff Rd, Suite 1200, Eatontown, 07724 for our Green Market. Located inside the building, you can purchase local, fresh, and affordable fruits and veggies. Our registered dietitian will provide meal ideas using this week's produce. *Market is credit card only and a free reusable grocery bag is given at purchase. Market will operate bi-weekly June 18th – October 22nd.*

Produce Pick of the Month: Zucchini (hybrid)

Wednesday, June 19 | 11 a.m. – noon

Join our registered dietitian in the kitchen as she demonstrates a simple and delicious recipe featuring a summer favorite, zucchini!

Attendance is free, registration required: <https://bit.ly/3rzLMsW>

Fun Friday: Music & The Brain (in-person)

Friday, June 21 | 11 a.m. – noon

Music can be a great source of enjoyment and comfort, but did you know that it can help improve our brain health? Join our community health educators to discuss the health benefits that music has on our brains.

Attendance is free, registration required: <https://bit.ly/44aqjsY>

Afternoon Tea with the LiveWell Center:

What Would You Do? (in-person)

Monday, June 24 | 2 – 3 p.m.

The decisions we make in life largely depend on who we are, how we show up in the world, our mood, and our past experiences. One decision we make may seem like the best choice in our eyes, while it may be a bit more uncertain for another. Join us as we discuss decision-making in different types of scenarios and life events.

Attendance is free, registration required: <https://bit.ly/3lmZcZy>

No Grill, No Problem (hybrid)

Tuesday, June 25 | 11 a.m. – noon

No grill, no worries! You can still enjoy tasty summer BBQ recipes! Join our dietitian to learn how to prepare classic summer BBQ recipes in the oven, stovetop, or air-fryer!

Attendance is free, registration required: <https://bit.ly/3Wt9cck>

Safe Steps for Older Adults (in-person)

Wednesday, June 26 | 11 a.m. – noon

Falls can occur anywhere and are the leading cause of concussions in older adults. Fortunately, there are many preventative measures that can be taken to reduce the risk of a fall and head injury. Join us to discuss all things fall prevention including tips to prevent concussions.

Attendance is free, registration required: <https://bit.ly/3HG6MpM>

Summer Skillet Meals (hybrid)

Wednesday, June 26 | 6 – 7 p.m.

Spend more time enjoying summer and less time in the kitchen with simple and quick skillet meals! Join our dietitian for a demonstration featuring a simple skillet meal!

Attendance is free, registration required: <https://bit.ly/437Hg6A>

Tips and Tricks to Childproof Your Home (virtual)

Wednesday, June 26 | 6 – 6:30 p.m.

Before we know it, our babies become a lot more mobile - crawling, scooting, rolling over, and even walking! That means it's time to do some childproofing around the house to keep your little one safe. Join our community health educators to discuss the best tips and tricks to childproof your home, including a childproofing checklist to keep you on track.

Attendance is free, registration required: <https://bit.ly/4b5vGfh>

Kids Cooking Class (in-person)

Saturday, June 29 | 10 – 10:45 a.m.

Saturday, June 29 | 11:15 a.m. – noon

Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult!

Attendance is free, registration required: <https://bit.ly/3fM977W>



Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Movement for Better Balance at the LiveWell Center (in-person)

Tuesday, June 4, 18 and 25 | 10 - 10:45 a.m.

Regardless of body type or fitness level, this class is designed to improve balance and posture. This class is designed for adults 55+. *Physical movement waiver is required for all participants.*

Attendance is free, registration required: <http://bit.ly/3Yp4O4p>

Shaping Up Sitting Down (in-person)

Wednesday, June 5, 12, and 19 | 2:30 - 3:15 p.m.

A gentle, yet effective full body workout can be done sitting down! Join us for this class that includes movement to improve cardiovascular health, increase strength, and improve functional ability. Moves can be scaled up or down to accommodate all fitness levels. Please bring light weights to class (1-3 lbs recommended); weights are optional and not necessary to enjoy the full benefits of this workout. This class is designed for adults 55+. *Physical movement waiver is required for all participants.*

Attendance is free, registration required: <https://bit.ly/3w8yXrW>



Health Screenings

One-On-One Health Coaching

June | Appointments Available Upon Request

Free. Phone or web appointments available with a registered nurse to discuss your current risk for high blood pressure, stroke, diabetes, and address any health concerns you may have. Registration required **862.781.3818**



Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood

Tai Chi (in-person)

Thursday, June 6, 13, 20 and 27 | 11 a.m. - noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. Tai Chi is an ancient Chinese tradition that involves a series of postures performed in a slow, focused manner, accompanied by deep breathing. The practice of Tai Chi supports mental calmness and clarity and assists in providing positive feelings of control over one's life. Tai Chi is low impact and safe for all ages and fitness levels. Kit Lau, Tai Chi and Qigong instructor, will guide you through the steps of Tai Chi practice in a standing or seated position. Physical movement waiver required for all participants.

Attendance is free, registration is required: <https://bit.ly/3SWuN1p>

Brain Bootcamp: Keeping Your Brain Fit at MMCS (in-person)

Thursday, June 6 | 1 - 2 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. The brain controls everything we think, feel, and do. Therefore, it's important we take care of our brains. Join our community health educators for brain bootcamp to learn different activities we can do to keep our brain healthy.

Attendance is free, registration is required: <https://bit.ly/42uTk1J>

Let's Move: Dancing Through the Decades at MMCS (in-person)

Friday, June 14 | 10:30 - 11:15 a.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Conference Rooms A/B/C. Join us as we get moving and dance through the decades at this movement class. Led by the Monmouth University Graduate Occupational Therapy Doctoral Students, you're bound to have a blast! Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. All equipment provided. *Physical movement waiver is required for all participants.*

Attendance is free, registration is required: <https://bit.ly/4bdEeRA>

Nutrition Lecture: Anti-inflammatory Foods at MMCS (in-person)

Friday, June 14 | 11:30 a.m. - 12:15 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. Did you know that certain foods may help ease chronic inflammation in the body? Join our dietitian for a discussion on anti-inflammatory foods and eating patterns that may help ease inflammation.

Attendance is free, registration is required: <https://bit.ly/4aJPzbT>

Let's Move: Balance Better at MMCS (in-person)

Friday, June 28 | 10:30 - 11:15 a.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Conference Rooms A/B/C. Join us as we get moving and focus on exercises that will improve our balance and stability. Led by the Monmouth University Graduate Occupational Therapy Doctoral Students, you're bound to have a blast! Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. All equipment provided. *Physical movement waiver is required for all participants.*

Attendance is free, registration is required: <https://bit.ly/4aO9Qgx>

Tech Talks: Navigating Your Smartphone at MMCS (in-person)

Friday, June 28 | 11:30 a.m. - noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. Nowadays, there is tons of new technology that has become central in our everyday life. Join our community health educators to discuss tips and tricks to make using our smartphones easier.

Attendance is free, registration is required: <https://bit.ly/3JxoCwk>



Support Groups and Information Sessions

All Recovery Meeting (virtual)

Daily

All Recovery Meetings are for everyone who supports recovery and honor all pathways to recovery. Join us virtually and connect with others who are initiating and maintaining a recovery lifestyle.

For more information and for Zoom codes, call 833.233.IFPR (4377).

Bereavement Support Group (in-person)

Wednesday, June 19 | 4:30 – 5:30 p.m.

Open to individuals who have experienced a loss and seek to share with others who may have experienced a similar loss. This support group offers the community an opportunity to share experiences, practical information, and resources, while inspiring and supporting others in a group setting. Group meets on the third Wednesday of each month from 4:30 to 5:30 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown).

For more information, call group facilitator, Rebecca Colson, MA, NCC, LPAT, ATR-BC, LAC, at 732.923.6917.

Bariatric Support Group Meetings (in-person)

Thursday, June 20 | 6 – 7 p.m.

Convenient in-person meetings are held at the Anne Vogel Family Care and Wellness Center, Suite 1200 at 200 Wyckoff Rd, Eatontown. Family, friends and support persons are also invited to attend. This is a great opportunity to meet others going through the same weight loss journey. Our meetings focus on achieving optimal wellness through weight loss surgery. Each month, we will discuss a different topic on nutrition, exercise and healthy living behaviors. For more information, call 732.923.6070.

Breastfeeding Support Groups (in-person)

Monday, June 3, 10, 17 and 24 | 1 – 3 p.m.

Thursday, June 6, 13, 20, and 27 | 1 – 3 p.m.

Join us for a free, in-person Breastfeeding Support Group offered weekly and facilitated by a Certified Lactation Consultant at the LiveWell Center. Promoting breastfeeding through peer support.

Call for first time registration: 862.781.3873.

Cardiac Support Group (in-person)

Wednesday, June 5 | 3 – 4 p.m.

Open to individuals with heart disease and other cardiac diagnoses. This support group offers patients and their families an opportunity to share experiences, practical information, and resources while inspiring and supporting others. Group meets on the first Wednesday of each month from 3 to 4 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown.)

For more information, please contact Patricia Ostrander, BSN, RN, CCRN, at Patricia.Ostrander-Coffey@rwjbh.org

Caregiver Support Group – Monmouth County (in-person)

Wednesday, June 26 | 5:30 – 6:30 p.m.

Meets the fourth Wednesday of the month and open to individuals who are providing care for a spouse, parent, or other loved one. This support group, held in conjunction with the Alzheimer's Association Greater New Jersey Chapter, offers individuals an opportunity to share experiences, practical information, and resources while inspiring and supporting others. For more information, call Claire Verruni, at 862.781.3817.

Caregiver Support Group – Ocean County (in-person)

Offered on various dates/times throughout the month. Caregiver counseling is available to anyone struggling to care for a resident over the age of 60 living in Ocean County. For more information or to register, please call Kathleen Holahan, MSW, LCSW, at 732.778.0636

Ovarian Cancer Support Group (in-person)

Thursday, June 13 | noon – 1 p.m.

For women diagnosed with cervical, ovarian, endometrial, or uterine cancer. This support group offers patients and their families an opportunity to actively participate in healing after a cancer diagnosis. Group meets on the second Thursday of each month from noon to 1 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown). For more information, call Leslie Shephard, MSN, RN, OCN, at 732.923.6709.



Pulmonary Support Group (in-person)

Thursday, June 27 | 3 - 4 p.m.

Open to individuals diagnosed with a pulmonary disease. This support group offers patients and their families an opportunity to share experiences, practical information, and resources while inspiring and supporting others. Group meets on the last Thursday of each month from 3 to 4 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown).

For more information, please contact John Sayson at John.Sayson@rwjbh.org.

PROUDLY Me! Transgender Edu-port (Education and Support) Program (virtual)

Every second Thursday of the month | 6 - 8 p.m.

PROUDLY Me! is a free education and support program to help the transgender and non-binary confirming community members by creating a safe space of learning through peer support and resources. PROUDLY Me! meets virtually every second Thursday of the month from 6 - 8 p.m. Please email daniel.fernandez@rwjbh.org or leigh.mann@rwjbh.org to register.

Stroke Support Group (in-person)

Wednesday, June 19 | 2 - 3 p.m.

Open to those affected by stroke and their loved ones. This support group aims to offer a welcoming environment to share coping strategies and success stories, as well as provide ongoing education to individuals whose lives have been impacted by stroke.

For more information, call Alyson Bryson, BSN, RN, 732.923.6314 or email Alyson.Bryson@rwjbh.org.

Tobacco and Nicotine Recovery Group (dual)

Thursday, June 6, 13, 20, and 27 | 10 - 11 a.m. (in-person)

Mondays, June | 7 - 8 p.m. (virtual)

Open to anyone with a nicotine or tobacco addiction who is currently in recovery or working towards recovery. Led by Certified Tobacco Treatment Specialist, topics vary weekly and groups run virtually and in-person. To register, please contact the Quit Center at 833.795.QUIT (7848) or email quitcenter@rwjbh.org.

RWJBH Oncology Support Community (virtual)

The RWJBH Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer through a variety of support groups, and educational, physical activity, and relaxation programs. For full calendar of events, visit: <https://bit.ly/3Na4nFB>

Weight-Loss Surgery New Patient Seminar (virtual)

Thursday, June 13 | 5 - 6 p.m.

At Monmouth Medical Center, instead of emphasizing short-term goals like reducing the size of your waist, our Bariatric Surgery New Patient Lecture Series focuses on long-term benefits like reducing your risk of Type 2 diabetes, sleep apnea, and hypertension. Every aspect of the program, including bariatric surgery, will be clearly presented so you can make the right choice. Attend one of our life-changing seminars to learn more.

To register, visit <https://bit.ly/46ETOmU> or call 732.923.6070.

Call us at 862.781.3597 or email LiveWellCenter@rwjbh.org with any questions or to register

Monmouth Medical Center Southern Campus

600 River Avenue
Lakewood, NJ 08701

LiveWell Center

Anne Vogel Family Care & Wellness Center
200 Wyckoff Road, Suite 1200
Eatontown, NJ 07724

As we hold in-person health education events, your health and safety are our top priority. As of this time, masks are strongly encouraged in the LiveWell Center. Additional COVID-19 safety protocols are also in place.

Nurses Improving Care for Healthsystem Elders

NICHE
NICHE Designated Hospital

RWJBarnabas
HEALTH

**Monmouth Medical Center
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