

MAY

RWJ Community Education Programs



Robert Wood Johnson
University Hospital
Hamilton

Let's be healthy together.



Looking for a full listing of our programs or ready to enroll?

Enroll on your own by visiting www.rwjbh.org/HamiltonPrograms

OR

QR Code : Open your phone camera, hover over the square image & click the web link.

For more info email us at CommunityEdHam@rwjbh.org

OR call The Health Connection at 609.584.5900

ALL PROGRAMS ARE LOCATED AT THE HAMILTON RWJ FITNESS & WELLNESS CENTER UNLESS OTHERWISE NOTED

Date	Start Time	End Time	Program Title	
Wed., May 1	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., May 1	12:00 PM	1:30 PM	Lunch & Learn: Stroke – It Can Happen to Anyone!	*Better Health Exclusive*
Wed., May 1	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., May 1	5:30 PM	6:30 PM	Caregiver Support Group	
Thu., May 2	10:00 AM	12:00 PM	Stanford Chronic Disease Series	
Thu., May 2	1:00 PM	2:00 PM	Tai Chi	*Better Health Exclusive*
Thu., May 2	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., May 2	1:30 PM	2:30 PM	Grief and Loss Support	
Thu., May 2	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri., May 3	12:00 PM	3:00 PM	Bridge Club	
Sat., May 4	10:00 AM	12:00 PM	1st Saturday Walks. Walking in Nature	
Mon., May 6	10:30 AM	11:30 AM	Caring for Loved Ones: Dealing with Challenging Behaviors	
Mon., May 6	12:00 PM	3:00 PM	Bridge Club	
Mon., May 6	1:00 PM	2:00 PM	Sweet Success Society: A Diabetes Group	
Mon., May 6	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Mon., May 6	1:30 PM	2:30 PM	Catch Some ZZZs	
Mon., May 6	5:30 PM	7:00 PM	Adult Children: Caregiving and Sibling Relationships	
Mon., May 6	6:00 PM	7:00 PM	Ortho 101: Total Knee Replacement	
Tue., May 7	10:00 AM	11:00 AM	Yoga	*Better Health Exclusive*
Tue., May 7	11:15 AM	11:45 AM	Meditation Class	*Better Health Exclusive*
Tue., May 7	12:00 PM	12:45 PM	Chair Yoga	*Better Health Exclusive*
Tue., May 7	1:30 PM	2:30 PM	Got Stress?	
Wed., May 8	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., May 8	11:00 AM	12:00 PM	Dance It Out!	
Wed., May 8	1:00 PM	2:00 PM	Grounds for Sculpture Wellness Walk	*Better Health Exclusive*
Wed., May 8	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., May 8	6:00 PM	7:30 PM	Spirituality, Compassion and Veganism	
Thurs., May 9	10:00 AM	12:00 PM	Stanford Chronic Disease Series	
Thurs., May 9	10:30 AM	11:30 AM	Grounds for Sculpture Wellness Walk	*Better Health Exclusive*
Thurs., May 9	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thurs., May 9	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri., May 10	12:00 PM	3:00 PM	Bridge Club	
Fri., May 10	5:30 PM	10:00 PM	CIA Bag Bingo	
Mon., May 13	11:00 AM	12:00 PM	What's Eating You?	
Mon., May 13	12:00 PM	3:00 PM	Bridge Club	
Mon., May 13	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Mon., May 13	5:30 PM	6:30 PM	Sweet Success Society: A Diabetes Group	
Tue., May 14	12:00 PM	1:30 PM	Lunch and Learn with RWJUH Medical Expert Panel	*Better Health Exclusive*
Tue., May 14	1:30 PM	2:30 PM	Letting Go of Clutter	
Tue., May 14	6:00 PM	7:00 PM	Bariatric Weight Loss Support Group	
Tue., May 14	6:30 PM	7:45 PM	An Evening of Yoga Nidra Meditation	

RWJUH Hamilton Better Health 65+ Club

Rediscover your Mind, Body & Spirit in Retirement
Better Health Program
Complimentary Membership at 65+ years old



A no-cost program for 65+ that combines medical education, interesting topics & fun activities. Registration Required.

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Date	Start Time	End Time	Program Title	
Wed., May 15	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., May 15	1:00 PM	2:00 PM	Mindfulness Meditation Beginner	
Wed., May 15	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., May 15	6:00 PM	7:00 PM	Alzheimer's Support	
Wed., May 15	6:00 PM	7:00 PM	Knowledge Café: Stroke Prevention-Because It Matters	
Wed., May 15	7:00 PM	8:00 PM	HealthRhythms™ Drumming	
Thu., May 16	10:00 AM	12:00 PM	Stanford Chronic Disease Series	
Thu., May 16	1:00 PM	2:00 PM	Tai Chi	*Better Health Exclusive*
Thu., May 16	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., May 16	1:30 PM	2:30 PM	Grief and Loss Support	
Thu., May 16	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri., May 17	12:00 PM	3:00 PM	Bridge Club	
Mon., May 20	10:30 AM	11:30 AM	Caring for Loved Ones with Chronic Conditions: Fall Prevention	
Mon., May 20	12:00 PM	3:00 PM	Bridge Club	
Mon., May 20	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Mon., May 20	3:00 PM	6:00 PM	Ask the Dietitian	
Mon., May 20	5:30 PM	7:00 PM	Adult Children: Balancing Caregiving, Family & Work	
Mon., May 20	6:00 PM	7:00 PM	Mental Health is Wealth	
Tue., May 21	10:00 AM	11:00 AM	Yoga	*Better Health Exclusive*
Tue., May 21	11:15 AM	11:45 AM	Meditation Class	*Better Health Exclusive*
Tue., May 21	11:30 AM	12:30 PM	Prediabetes Connect Group	
Tue., May 21	12:00 PM	12:45 PM	Chair Yoga	*Better Health Exclusive*
Tue., May 21	6:30 PM	8:30 PM	Calming and Coping Strategies for Kids: A Parent Workshop	
Wed., May 22	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., May 22	12:00 PM	1:30 PM	Lunch and Learn: Seniors Achieving Good Health & Wellbeing	*Better Health Exclusive*
Wed., May 22	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., May 22	5:00 PM	6:00 PM	Kids in the Kitchen: Herbaceous Flavors	
Wed., May 22	6:30 PM	8:30 PM	Reiki Share	
Thu., May 23	10:00 AM	12:00 PM	Stanford Chronic Disease Series	
Thu., May 23	10:00 AM	12:00 PM	2024 Hearing Aid Expo-Learn the Latest Hearing Aid Technology	
Thu., May 23	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., May 23	1:30 PM	2:30 PM	Wise Women Discussion Group	
Thu., May 23	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri., May 24	12:00 PM	3:00 PM	Bridge Club	
Tue., May 28	1:00 PM	2:00 PM	Dance It Out!	
Wed., May 29	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., May 29	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., May 30	10:00 AM	12:00 PM	Stanford Chronic Disease Series	
Thu., May 30	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., May 30	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri., May 31	10:00 AM	12:00 PM	"S.A.V.E." Training Program	*Better Health Exclusive*
Fri., May 31	12:00 PM	3:00 PM	Bridge Club	

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