



ThriveWell

Community Health Calendar

APRIL 2026

Programs are **FREE** and **OPEN TO ALL MEMBERS!**

Register for Events Here

To register for events please call **732-856-2238** or email **Madison.Karpe@rwjbh.org**

All programs are held in the **Outreach Classroom**
9 Hospital Drive, Toms River NJ
Second Floor - Room B15.

Spots are limited Sign-Up NOW!

RWJBarnabas
HEALTH

Community
Medical Center

25320055-03/26



**Senior Services Spotlight -
Ocean County Office of Senior Services**

Tuesday, April 7 • 9 a.m. - 10 a.m.



**Healthy Living for Brain & Body -
With Family and Community Health Services
a Rutgers Cooperative Extension**

Wednesday, April 15 • 10 a.m. - 11 a.m.



POUND Workout Class

Friday, April 17 • 10 a.m. - 10:45 a.m.



Chair Yoga Class

Monday, April 20 • 9 a.m. - 10 a.m.



**Lunch & Learn - Understanding Your
Prescriptions with the Pharmacists**

Friday, April 24 • 12 p.m. - 1 p.m.



**Lunch & Learn - Meet with the Visiting Nurse
Association Health Group (VNAHG)**

Wednesday, April 29 • 12 p.m. - 1 p.m.



Become a member!

Scan the QR code to sign up or
visit rwjbh.org/cmcthrivewell



ThriveWell

APRIL 2026

Community Medical Center's ThriveWell is a free membership program open to anyone of any age who want to improve their health and well-being!

Become a member to gain VIP access to events, health education, preventive screenings and more that will help you maintain and enhance your health.

Senior Services Spotlight - Ocean County Office of Senior Services Tuesday, April 7 • 9 a.m. – 10 a.m.

Join the Ocean County Senior Services as they will be onsite to share information about the wide range of programs, resources, and support services available to Ocean County residents designed to enhance health, independence, and overall quality of life.

Healthy Living for Brain & Body - With Family and Community Health Services a Rutgers Cooperative Extension Wednesday, April 15 • 10 a.m. – 11 a.m.

Learn the latest research and recommendations on lifestyle choices that may help keep your brain and body healthy as you age. Use hands-on tools to help incorporate these recommendations into a plan for healthy aging.

POUND Workout Class Friday, April 17 • 10 a.m. - 10:45 a.m.

POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to rockstars of all ages and abilities. This workout class is free!

Chair Yoga Class

Monday, April 20 • 9 a.m. – 10 a.m.

Please join us for a gentle, accessible yoga class focused on improving flexibility, strength, and relaxation while remaining seated or using chair support.

Lunch & Learn – Understanding Your Prescriptions with the Pharmacists

Friday, April 24 • 12 p.m. – 1 p.m.

Join us for an educational session led by a pharmacy resident who will provide information about prescription safety, medication management, and frequent questions related to medications. Also learn about how to safely dispose of unused or expired medications to protect your health and the community.

A complimentary lunch will be provided by Marquis Health Consulting Services.

Lunch & Learn - Meet with the Visiting Nurse Association Health Group (VNAHG)

Wednesday, April 29 • 12 p.m. – 1 p.m.

The RWJBH Home Care and Hospice Agency. Learn about the services available to you and ask questions of their nurses, social workers, and representatives. Lunch and a fun game with prizes included!

A complimentary lunch will be provided by VNAHG.



Become a member!

Scan the QR code to sign up or visit rwjbh.org/cmcthrivewell

**RWJBarnabas
HEALTH**

**Community
Medical Center**