ThriveWell

Community Health Calendar



DECEMBER 2026

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

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!



Lunch & Learn:
Winter Wellness - Preventing Falls & Injuries

Tuesday, Dec 1 • 12 p.m. – 1 p.m.



Lunch & Learn:
Healthy Eating During the Holidays

Tuesday, Dec 8 • 12 p.m. – 1 p.m.



Bingo, Bites, & Better Health

Friday, Dec 11 • 12 p.m. – 1 p.m.

RWJBarnabas HEALTH

Community Medical Center

Become a member!
Scan the QR code to sign up or visit **rwjbh.org/cmcthrivewell**

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ThriveWell

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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.

Lunch & Learn:
Winter Wellness - Preventing Falls & Injuries
Tuesday, Dec 1 • 12 p.m. – 1 p.m.

Learn how to stay safe and active during the winter months. This informative session will cover common causes of falls, ways to improve balance and mobility, and simple tips to prevent injuries both at home and outdoors. Discover practical strategies to maintain your independence and confidence throughout the winter season.

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

Lunch & Learn:
Healthy Eating During the Holidays
Tuesday, Dec 8 • 12 p.m. – 1 p.m.

Enjoy the holiday season while making healthy food choices! Join us to learn simple nutrition tips, ways to create balanced meals, and strategies for enjoying your favorite holiday foods without sacrificing your health. Discover how small changes can help you maintain a healthy lifestyle throughout the holidays and beyond.

A complimentary lunch will be provided.

Bingo, Bites, & Better Health
Friday, Dec 11 • 12 p.m. – 1 p.m.

Join us for a fun afternoon of lunch and bingo! Enjoy a delicious meal and play multiple rounds of bingo for a chance to win prizes. This is a wonderful opportunity to relax, socialize, and spend time with others in the community.

A complimentary lunch and prizes will be provided by the Ocean Healthcare Network.

Become a member!
Scan the QR code to sign up or visit **rwjbh.org/cmcthrivewell**

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