ThriveWell

Community Health Calendar



NOVEMBER 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:
Breathe Easy - Lung Cancer Awareness
Tuesday, Nov 3 • 12 p.m. – 1 p.m.



Chair Yoga Class
Monday, Nov 9 • 10:30 a.m. – 11:30 a.m.



Lunch & Learn:
Caring for a Loved One at Home
Tuesday, Nov 10 • 12 p.m. – 1 p.m.



Lunch & Learn: Healing Well -
Wound Care & Hyperbaric Therapy
Friday, Nov 13 • 12 p.m. – 1 p.m.



Bingo, Bites, & Healthcare Trivia
Tuesday, Nov 17 • 12:30 p.m. – 1:30 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: Breathe Easy - Lung Cancer Awareness

Tuesday, Nov 3 • 12 p.m. – 1 p.m.

Join us for an informative lunch & learn with Dr. Sung Choi, a pulmonologist and RWJBarnabas Health Medical Group member, focused on lung cancer awareness and prevention. Learn about important risk factors, signs and symptoms, current treatment options, and the importance of lung cancer screening for individuals at high risk. Discuss how early detection and protecting your lung health can make a difference.

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

Chair Yoga Class

Monday, Nov 9 • 10:30 a.m. – 11:30 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.

Provided by Pure Toms River Yoga.

Lunch & Learn: Caring for a Loved One at Home

Tuesday, Nov 10 • 12 p.m. – 1 p.m.

Caring for a loved one at home can be challenging, especially when assisting with daily activities and personal care. Join Jeanne Stout, RN, and Mary Garner, PT, for an informative lunch & learn focused on safe ways to lift, transfer, and position a loved one, as well as how to assist with bathing, dressing, feeding, and other everyday needs. Help make caregiving safer and more comfortable for both you and your loved one.

A complimentary lunch will be provided by Harmony Village at Care One Jackson.

Lunch & Learn: Healing Well - Wound Care & Hyperbaric Therapy

Friday, Nov 13 • 12 p.m. – 1 p.m.

Join us for an educational lunch & learn with Dr. Michael Plischuk, podiatrist and Medical Director of the Center for Wound Care Healing and Hyperbaric Medicine at Community Medical Center, to learn about advanced wound care and hyperbaric therapy. Discover how specialized treatments can help with wounds that are slow to heal, who may benefit from hyperbaric therapy, and when it may be time to seek specialized wound care. Learn about treatment options available to support healing and improve overall health.

A complimentary lunch will be provided by Ocean Healthcare.

Bingo, Bites, & Healthcare Trivia

Tuesday, Nov 17 • 12:30 p.m. – 1:30 p.m.

Join us for a fun afternoon of lunch, bingo, and healthcare trivia! 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 Harrogate Village, HomeWell Homecare, and Embracing Hospice.

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