



# ThriveWell

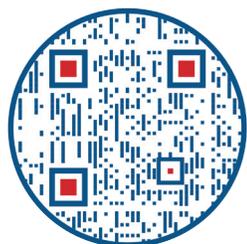
# Community Health Calendar



**MARCH 2026**

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

Registration is required for programs. Visit [ThriveWellCMC.eventbrite.com](https://www.thrivewellcmc.com/eventbrite.com) to sign-up or scan the QR code.



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**



**Balance Screenings**

Tuesday, March 10 • 11 a.m. – 12 p.m.



**Lunch & Learn: Understand Brain Injury Awareness with Dr. Ryan Holland**

Wednesday, March 11 • 12 p.m. - 1 p.m.



**Discover the Power of Nutrition**

Monday, March 16 • 10 a.m. - 11 a.m.



**POUND Workout Class**

Friday, March 20 • 10 a.m. – 10:45 a.m.



**Chair Yoga Class**

Monday, March 23 • 9 a.m. – 10 a.m.



**Lunch & Learn: What You Should Know about Colon Cancer with Dr. Paul Jennings**

Wednesday, March 25 • 11:30 a.m. – 12:30 p.m.



**Become a member!**

Scan the QR code to sign up or visit [rwjbh.org/cmcthrivewell](https://www.rwjbh.org/cmcthrivewell)



# ThriveWell

**MARCH 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.

## **Balance Screenings**

**Tuesday, March 10 • 11 a.m. – 12 p.m.**

Join our physical therapists for a balance assessment. Learn how to identify fall risks and support overall stability, mobility, and safety.

## **Lunch & Learn: Understand Brain Injury Awareness with Dr. Ryan Holland**

**Wednesday, March 11 • 12 p.m. - 1 p.m.**

Join neurosurgeon Dr. Ryan Holland for lunch and learn about the basics of brain injuries, including signs and symptoms, and why early care matters.

*A complimentary lunch will be provided.*

## **Discover the Power of Nutrition**

**Monday, March 16 • 10 a.m. - 11 a.m.**

Learn how simple nutrition choices can boost energy, improve health, and support a stronger, healthier lifestyle at this educational session.

## **POUND Workout Class**

**Friday, March 20 • 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, March 23 • 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: What You Should Know about Colon Cancer with Dr. Paul Jennings**

**Wednesday, March 25 • 11:30 a.m. – 12:30 p.m.**

Colorectal surgeon Dr. Paul Jennings will share information about colon cancer prevention, screenings, and the importance of early detection.

*A complimentary lunch will be provided.*



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