



# ThriveWell

## Community Health Calendar

JULY 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!*



**Lunch & Learn:  
Hepatitis Awareness – Protect Your Health**

Tuesday, July 14 • 12 p.m. – 1 p.m.



**Chair Yoga Class**

Wednesday, July 15 • 11 a.m. – 12 p.m.



**Lunch & Learn: Making Healthy and Wise  
Decisions for Your Health and Mental Health**

Tuesday, July 21 • 12 p.m. – 2 p.m.



**Meditation Class**

Tuesday, July 22 • 11:30 a.m. – 12:15 p.m.

**RWJBarnabas  
HEALTH**

**Community  
Medical Center**

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**Become a member!**

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



# ThriveWell

**JULY 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.

## **Lunch & Learn: Hepatitis Awareness – Protect Your Health**

**Tuesday, July 14 • 12 p.m. – 1 p.m.**

Join us for an informative education session focused on hepatitis awareness, prevention, and early detection. Learn about different types of hepatitis, how the disease spreads, common risk factors, and symptoms to watch out for, and the importance of testing and treatment. Gain valuable information to protect yourself, your family, and your community from this often silent but serious disease.

A complimentary lunch will be provided by *AristaCare*.

## **Chair Yoga Class**

**Wednesday, July 15 • 11 a.m. – 12 p.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: Making Healthy and Wise Decisions for Your Health and Mental Health**

**Tuesday, July 21 • 12 p.m. – 2 p.m.**

Join us for an engaging conversation on helpful resources and practical tools to support your physical and emotional well-being and make good choices about your health and mental health. WISE (Wellness Initiative for Senior Education) is presented by The Mental Health Association's Senior Success Program. WISE promotes healthy aging, emotional wellness, and social connections.

A complimentary lunch will be provided by *The Senior Success Program*.

## **Meditation Class**

**Tuesday, July 22 • 11:30 a.m. – 12:15 p.m.**

Join Nurse Gina for a relaxing self-care journey designed to calm the mind, reduce anxiety, and support nervous system regulation. We will practice gentle breathing techniques, including box and 4-7-8 breathing, followed by a soothing 15-minute meditation to help you relax, recharge, and reconnect with a sense of calm and well-being.



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