



ThriveWell

Community Health Calendar

JUNE 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!



Floor Stretch Session

Tuesday, June 9 • 9 a.m. – 10 a.m.



**Lunch & Learn:
Sepsis – Know the Signs, Save a Life**

Tuesday, June 23 • 12 p.m. – 1 p.m.



**Bagels & Briefings:
Understanding Osteoporosis**

Wednesday, June 24 • 11 a.m. – 12 p.m.



Chair Yoga Class

Friday, June 26 • 9 a.m. – 10 a.m.



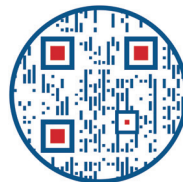
**Lunch & Learn: Inside the Ocean Healthcare
Network – Connecting You to Care**

Tuesday, June 30 • 12 p.m. – 1 p.m.

RWJBarnabas
HEALTH

**Community
Medical Center**

25564594-05/26



Become a member!

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



ThriveWell

JUNE 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.

Floor Stretch Session

Tuesday, June 9 • 9 a.m. - 10 a.m.

Please join us for a guided stretching session designed to improve flexibility, reduce muscle tension, and enhance overall mobility. This class is suitable for all fitness levels and is a great way to start your day!

Provided by Pure Toms River Yoga.

Lunch & Learn:

Sepsis - Know the Signs, Save a Life

Tuesday, June 23 • 12 p.m. - 1 p.m.

Join us for an important educational session focused on sepsis awareness, prevention, and early recognition. Learn how to identify warning signs, understand risk factors, and discover why rapid treatment can save lives. This session will provide practical information to help protect you and your loved ones from this serious medical emergency.

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

Bagels & Briefings:

Understanding Osteoporosis

Wednesday, June 24 • 11 a.m. - 12 p.m.

Join us for an educational session as we cover osteoporosis risk factors, prevention strategies, nutrition, exercise, and the importance of early screening and treatment. Gain valuable tips to support long-term, bone health and reduce the risk of fractures and injuries.

Complimentary bagels will be provided.

Chair Yoga Class

Friday, June 26 • 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.

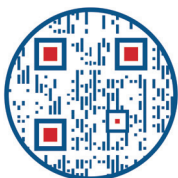
Provided by Pure Toms River Yoga.

Lunch & Learn: Inside the Ocean Healthcare Network - Connecting You to Care

Tuesday, June 30 • 12 p.m. - 1 p.m.

Learn more about the Ocean Healthcare Network and the healthcare resources available throughout the community. This session will provide an overview of programs, support services, wellness initiatives, and care coordination opportunities designed to help individuals and families access the care they need close to home.

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



Become a member!

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

**RWJBarnabas
HEALTH**

**Community
Medical Center**