



Make-Ahead Breakfast Bites

Thursday, April 2 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Play it Safe! Cardiac and Concussion Screenings for Young Athletes

Saturday, April 11 • 9 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



All About Immunity

Wednesday, April 15 • 1 – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

APRIL 2026

COMMUNITY HEALTH

Calendar

Programs are

FREE and
OPEN TO ALL

Registration is required for programs. Call 862.781.3597 or visit rwjbh.org/events to sign-up.



RWJBarnabas HEALTH

**Monmouth Medical Center
Monmouth Medical Center
Southern Campus**



Cooking with the Clinicians: Cheryl Covello

Thursday, April 16 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Living Well with Diabetes at MMSC

Thursday, April 16 • 11:30 a.m. – 1 p.m.

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Lunch & Learn: Urgent Care vs. ER with Dr. Mojares

Tuesday, April 21 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Nutrition Throughout Cancer Survivorship: Shortcut Cooking

Wednesday, April 22 • 1 – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Bone Up on Your Health: Osteoporosis at MMSC

Thursday, April 23 • 11 a.m. – noon

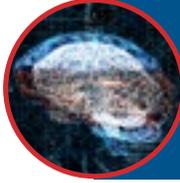
Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Family & Friends Adult, Child & Infant CPR

Wednesday, April 29 • 6 – 7:30 p.m.

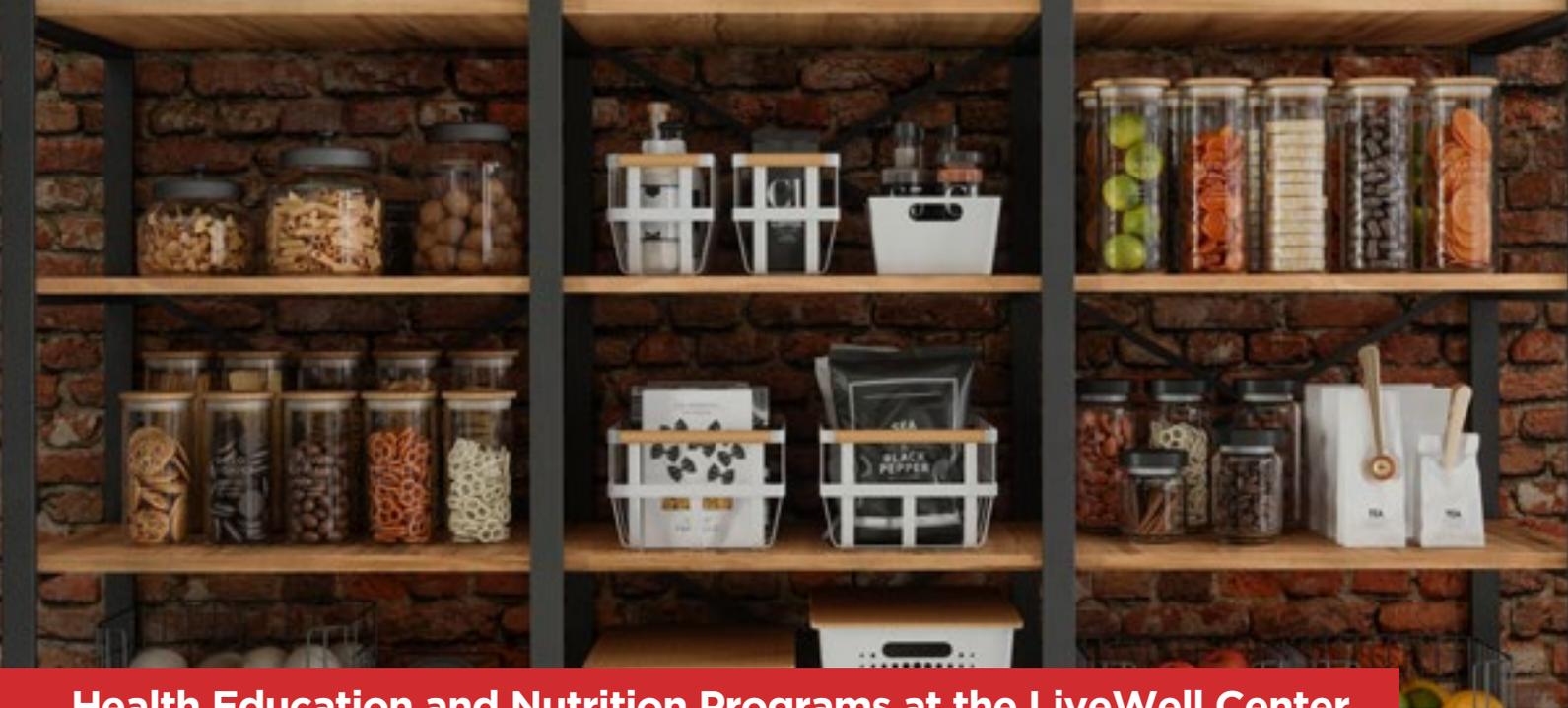
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Mental Health Scrabble at MMSC

Thursday, April 30 • 11 a.m. – noon

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Health Education and Nutrition Programs at the LiveWell Center

You Can't Fool Me Medical Myth Trivia (in-person)

Wednesday, April 1 | 10 – 11 a.m.

It's April Fools Day! Can we fool you? Join us for a round of medical myth trivia! Do you know the difference between facts and myths in medicine? Can you spot misinformation and other barriers to health? Exercise your brain with this fun, virtual game and test your knowledge!

Attendance is free, registration required: <https://bit.ly/4qYJzmV>

Produce Pick: Leeks (hybrid)

Wednesday, April 1 | 11 a.m. – noon

Spring has sprung and leeks are in season! Join our dietitian in the kitchen as she demonstrates delicious and nutritious ways to enjoy leeks.

Attendance is free, registration required: <https://bit.ly/4reRcX4>

Make-Ahead Breakfast Bites (hybrid)

Thursday, April 2 | 11 a.m. – noon

Start your day off right with a quick and healthy breakfast! Join our dietitian in the kitchen as she demonstrates breakfast recipes you can make ahead and enjoy at home or on the go.

Attendance is free, registration required: <https://bit.ly/3MX6GR3>

Teen Takeover: Snack Chat (in-person)

Thursday, April 2 | 6 – 7 p.m.

Join Ms. Jenn, in the kitchen for a hands-on cooking class where we'll have fun making healthy snacks and discuss trending nutrition topics. Open to kids aged 11-17 years old.

Attendance is free, registration required: <https://bit.ly/40CRPNE>

Safe Sitter® (in-person)

Tuesday, April 7 | 10 a.m. – 2 p.m.

Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. The class is filled with fun games, guided discussion, and role-playing exercises. Students will learn safety skills, childcare skills, and life and business skills. *Pizza will be provided to attendees for lunch.*

Attendance is free, registration required: <https://bit.ly/3NRHl6e>

Nutrition Lecture: Spring Clean Your Pantry (hybrid)

Tuesday, April 7 | 11 a.m. – noon

Spring is in the air, which means it's time for Spring cleaning! Join our registered dietitian for tips on keeping a well-stocked and nutritious pantry. Learn about the most versatile and healthy pantry ingredients to keep on hand and tips on proper food storage.

Attendance is free, registration required: <https://bit.ly/44EpASI>

Be Kind to your Kidneys: Let's Discuss Kidney Disease Prevention (in-person)

Wednesday, April 8 | 11 a.m. – noon

Get to know your kidneys and the facts about chronic kidney disease (CKD). Kidney disease is common, can happen to anyone, and can be managed with your healthcare team. Join our nurse health educator as we discuss the role of our kidneys, the importance of preserving kidney function, and ways to prevent kidney disease and its progression.

Attendance is free, registration required: <https://bit.ly/4s6zipP>

What the Health? (in-person)

Wednesday, April 8 | 1 – 2 p.m.

There are so many health recommendations passed around in our friend and familial networks, on social media, and even from different doctors. It can be confusing to know what advice to listen to and what to scrap. Join our health educators as we discuss all of the basic, best-practice recommendations to promote health and wellbeing. We will also have a Q&A portion to ask health educators questions about general health information you may have heard online or from others.

Attendance is free, registration required: <https://bit.ly/4e9Vqd8>

Ask The Expert: Car Seat Safety (virtual)

Wednesday, April 8 | 5:30 – 6:30 p.m.

Not sure if your baby is ready for their next car seat? Have you ever wondered if one car seat is safer than another? Anna Busler, MPH, Safe Kids Coordinator of Monmouth/Ocean Counties, Child Passenger Safety Technician Certified, will be available to answer all your child passenger safety questions. This is a virtual program.

Attendance is free, registration required: <https://bit.ly/46misLs>



Clases de Lactancia en Espanol (virtual)

Jueves, Abril 9 | 10 - 11 a.m.

Este programa está diseñado para ofrecer a las mujeres información sobre los beneficios de la lactancia materna, así como las habilidades para amamantar con éxito a sus bebés y alcanzar sus objetivos de alimentación con leche materna. El programa ofrece apoyo prenatal para la lactancia con educación antes del parto sobre la lactancia. Las familias pueden acceder a sesiones gratuitas de información prenatal sobre la lactancia en español, mientras se preparan para la llegada de su bebé. Las clases se ofrecen el segundo jueves de cada mes de 10 a.m. a 11 a.m. en el Anne Vogel Family Care & Wellness Center ubicado en 200 Wyckoff Road en Eatontown. También se ofrece asistencia virtual.

Las sesiones son gratis, pero se requiere registración llamando al 862.781.3873 o enviando un correo electrónico a TaraAnn.Murphy@rwjbh.org.

Preparing for Breastfeeding (hybrid)

Friday, April 10 | 2 - 3:30 p.m.

Join our Certified Lactation Consultant for a FREE discussion on breastfeeding preparation at the LiveWell Center or virtually. The talk provides mothers-to-be, and their support person, the opportunity to learn more about the basics of breastfeeding. We will explore how to: get a good latch, establish your milk supply, identify that your baby is getting enough, and pump and store breastmilk. In-person and virtual option.

Registration is required and seats limited. To register, call 862.781.3873

Play it Safe! Cardiac and Concussion Screenings for Young Athletes (in-person)

Saturday, April 11 | 9 a.m. - noon

Join the Matthew J. Morahan III Health Assessment Center for Athletes and Monmouth Medical Center at the LiveWell Center in Eatontown as your child gears up for sport season. Schedule an appointment for free cardiac screening for those 6 to 18 and concussion baseline screenings for those 5 to 18.

Attendance is free, registration required: <https://bit.ly/3LAzh10>

Afternoon Tea with the LiveWell Center: Brain Facts (in-person)

Monday, April 13 | 2 - 3 p.m.

Our brains control everything we think, feel, and do. They are such an integral part of our everyday functioning and health. Join our health educators as we discuss wacky facts about our brain health that you may not have known before and participate in a fun brain health activity.

Attendance is free, registration required: <https://bit.ly/3lmZcZy>

Hypertension Awareness: Check Your Pressure Before It Checks You! (in-person)

Tuesday, April 14 | 11 a.m. - noon

Hypertension is a silent killer, but awareness can be a lifesaver. Understanding the circulatory system and how it works, as well as the potential consequences of hypertension, can help us become proactive in our health and lifestyle. Join our nurse health educator as we learn which factors we can control and how to manage hypertension.

Attendance is free, registration required: <https://bit.ly/4qOb6aF>

Simple Sauces (hybrid)

Wednesday, April 15 | 11 a.m. - noon

A simple sauce can elevate a meal by adding extra flavor and texture. Learn how to create simple sauces that will complement a variety of veggies and lean proteins.

Attendance is free, registration required: <https://bit.ly/4aNbpN1>

All About Immunity (in-person)

Wednesday, April 15 | 1 - 2 p.m.

Your immune system is your body's first-line defense against invaders like germs. It helps protect you from getting sick and promotes healing when you're unwell or injured. Join our community health educators to discuss how the immune system works and strategies to strengthen your immune system, especially as spring arrives.

Attendance is free, registration required: <https://bit.ly/4qXZDFE>



Cooking with the Clinicians:

Cheryl Covello, BSN, RN, CNOR (hybrid)

Thursday, April 16 | 11 a.m. - noon

Join us as we welcome Cheryl Covello, BSN, RN, CNOR, Acting Assistant Vice President, Perioperative Services at Monmouth Medical Center, to the demonstration kitchen for this month's Cooking with the Clinicians program. Follow along as Cheryl prepares a healthy recipe and discusses perioperative services.

Attendance is free, registration required: <https://bit.ly/469aXpK>

Fun Friday: Don't Toss it - "Upcycling" your Food Scraps (hybrid)

Friday, April 17 | 11 a.m. - noon

It's almost Earth Day! Commit to reducing food waste by "upcycling" food scraps. From regrowing scallions to making vegetable stock, learn how to reuse food scraps to benefit the environment and your budget!

Attendance is free, registration required: <https://bit.ly/3ZV5fp6>

Toddler Snack Time (in-person)

Monday, April 20 | 10:30 - 11 a.m.

Bring your little one's ages 18 months to 4 years old for a hands-on cooking class, featuring a fun and healthy snack!

Attendance is free, registration required: <https://bit.ly/3B3Ck5x>

Kids Snack Time (in-person)

Monday, April 20 | 4 - 4:30 p.m.

Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult!

Attendance is free, registration required: <https://bit.ly/39pxV2O>

Lunch & Learn: Urgent Care vs. ER with Dr. Mojares (hybrid)

Tuesday, April 21 | 11:30 a.m. - 1 p.m.

Chest pain, cold/flu, x-ray, or difficulty breathing...wondering when exactly you should go to urgent care versus the emergency room? Join Richard Mojares, MD, FAAP, FACP, Internal Medicine Physician and head of Family First Urgent Care & Primary Physicians, as we explore what exactly urgent care locations offer and when to utilize urgent care instead of primary care or the emergency room.

Attendance is free, registration required: <https://bit.ly/46OrjFZ>

Seasonal Salads (hybrid)

Tuesday, April 21 | 2 - 3 p.m.

Who says salads can't be exciting? Join our registered dietitian to learn how to build a balanced and delicious salad using fresh and seasonal flavors.

Attendance is free, registration required: <https://bit.ly/4tUPr3i>

Nutrition Throughout Cancer Survivorship:

Shortcut Cooking (hybrid)

Wednesday, April 22 | 1 - 2 p.m.

Whip up a healthy meal in no time using short-cut ingredients! Join Jennifer Klein, MS, RDN, Regional Nutrition Manager at Monmouth Medical Center, live from our demonstration kitchen as she demonstrates a quick and healthy recipe utilizing simple kitchen short-cuts. *This demonstration is being offered in collaboration with the RWJBH Oncology Survivorship Program.*

Attendance is free, registration required: <https://bit.ly/4kOVfr8>

Mediterranean Sheet Pan Dinner (hybrid)

Thursday, April 23 | 6 - 7 p.m.

Mediterranean style eating helps support heart and brain health! Join our dietitian in the kitchen as she demonstrates a simple Mediterranean-inspired sheet pan meal.

Attendance is free, registration required: <https://bit.ly/4b8zM9d>

Baby's First Bites (hybrid)

Monday, April 27 | noon - 1 p.m.

Join our registered dietitian in the demonstration kitchen to learn tips for introducing your baby to their first foods. Whether you're starting with purees or safe finger foods, our RD will provide tips for eating beginners!

Attendance is free, registration required: <https://bit.ly/47b2pAf>

Know Your Numbers: Blood Pressure Screenings at the LiveWell Center (in-person)

Tuesday, April 28 | 10 - 11 a.m.

Drop in to get your blood pressure taken by one of our nurses. Learn more about what your numbers should be and how to manage your blood pressure effectively.

Attendance is free, registration required: <https://bit.ly/3NH0I6T>



LiveWell Center Member of the Month's Pick: Test Your Memory – Movie Trivia (in-person)

Tuesday, April 28 | 11 a.m. – noon

It's time to celebrate...you! Join us for our LiveWell Center Member of the Month's program pick. This month's requested program features some fun-filled movie trivia. Put your memory to the test and join us for movie trivia and more!

Attendance is free, registration required: <https://bit.ly/4hgzygf>

Let's Bake: Shortcut Flatbread (hybrid)

Tuesday, April 28 | 1 – 2 p.m.

It's time to bake! Join our registered dietitian in the kitchen as she whips up a quick and healthy flatbread.

Attendance is free, registration required: <https://bit.ly/3MqkblU>

Healthy Game Day: Heart Health Hangman (in-person)

Wednesday, April 29 | 10 – 11 a.m.

Everyone enjoys a game of hangman! Join our health educators as we play an interactive game focused on heart health.

Attendance is free, registration required: <https://bit.ly/3ZX0WcZ>

Kids Cooking Class (in-person)

Wednesday, April 29 | 5 – 6 p.m.

Let's cook! Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult!

Attendance is free, registration required: <https://bit.ly/3fM977W>

Family & Friends Adult, Child & Infant CPR (in-person)

Wednesday, April 29 | 6 – 7:30 p.m.

The AHA's Family & Friends® CPR Course a video-based, classroom course intended for anyone who wants to learn CPR and prefers to learn in an Instructor-led or facilitated group environment. This course is for people who do not need a course completion card for a job or other requirements. Family & Friends CPR is ideal for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life.* This is not a certification course.* A book for reference with a completion card will be given at class. Individuals 10 and up are welcome to attend; 15 in-person spaces available. *Physical movement waiver required for participants.*

Attendance is free, registration required: <http://bit.ly/3AMdoB3>

Veggie Burger Taste Test (in-person)

Thursday, April 30 | 11 a.m. – noon

Interested in plant-based burgers, but unsure of how they'll taste? This is the program for you! Join our dietitian in the kitchen as we taste test a variety of store-bought veggie burger options. Which one will you like best?!

Attendance is free, registration required: <https://bit.ly/4tV2VvU>



Movement Programs at The LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Shaping Up Sitting Down (in-person)

Wednesday, April 1, 8, 15, 22 and 29 | 2:30 - 3:15 p.m.

Friday, April 3, 10, 17, and 24 | 12:15 - 1 p.m.

A gentle, yet effective full body workout can be done sitting down! Join us for this class that includes movement to improve cardiovascular health, increase strength, and improve functional ability. Moves can be scaled up or down to accommodate all fitness levels. Please bring light weights to class (1-3 lbs. recommended); weights are optional and not necessary to enjoy the full benefits of this workout. This class is designed for adults 55+. *Physical movement waiver is required for all participants. Community members may sign-up for one Shaping Up Sitting Down class per week.*

Attendance is free, registration required. Call us to register at 862.781.3597

Whee Get Fit & Play: Bootcamp (in-person)

Thursday April 2 | 9:30 - 10:30 a.m.

Whee Get Fit and Play is a boot camp style group fitness class for moms and their little ones! Class includes a 30-40 minutes workout followed by 15-20 minutes of kid time activities during which we play songs, dance, and crawl! We welcome ALL fitness levels, ages, sizes and backgrounds. Certified Pregnancy and Postpartum fitness instructors help make modifications to meet you where you're at. Being in a class full of moms creates a great community of new friendships to bloom. Ask your doctor if you are cleared to exercise before taking the class. Please bring your own towel or mat for the program. *In-person program only and physical movement waiver required.*

Attendance is free, registration required: <https://bit.ly/3KZgl4e>

Movement for Better Balance at the LiveWell Center (in-person)

Monday, April 6 and 13 | 10 - 10:45 a.m.

Regardless of body type or fitness level, this class is designed to improve balance and posture. This class is designed for adults 55+. *Physical movement waiver is required for all participants.*

Attendance is free, registration required. Call us to register at 862.781.3597



Health Screenings

One-On-One Health Coaching

April | Appointments Available Upon Request

Free. Phone or web appointments available with a registered nurse to discuss your current risk for high blood pressure, stroke, diabetes, and address any health concerns you may have. Registration required 862.781.3818



April 2026

Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!

2026 Wellness Journey Series: Session 4 - Self Regulation at MMCSC (in-person)

Thursday, April 2 | 11 a.m. - noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. When it comes to making changes to our health, some people feel more encouraged when surrounded by community, helping to hold them accountable. If the idea of communal support sounds intriguing to you, consider joining our newest continuing program series where we discuss monthly health goals! Our fourth meeting will be dedicated to learning self regulation techniques when it comes to health goals. We will discuss our current habit patterns, behavior change adherence so far, and the most effective ways to regulate and track ourselves for habit formation. Over the next 8 months of 2026, we will have monthly check-ins to discuss challenges and successes as we try to reach our goals. Our final meeting will be at the end of 2026 where we reflect on the year.

Attendance is free, registration required: <https://bit.ly/4orpioO>

Zumba Gold - Seated at MMCSC (in-person)

Thursday, April 2, 9, 23 and 30 | noon - 12:45 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. Zumba Gold® is perfect for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. There is an option to do this class seated or standing. Physical movement waiver is required for all participants.

Attendance is free, registration required: <https://bit.ly/3OH7ZRe>

First Aid for Older Adults at MMCSC (in-person)

Thursday, April 9 | 11 a.m. - noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. Do you own a First Aid kit? Are you prepared for the unexpected? A lot of times we can't seem to find band-aids or even a gauze pad when we could really use one! Putting together and keeping a First Aid kit in the home can prevent more than you may think. Join our nurse health educator as we identify and collect necessary first aid kit items, create a list, and find the best storage for our kit items within the home.

Attendance is free, registration required: <https://bit.ly/478dqCi>

Lunch & Learn: Living Well with Diabetes at MMCSC (in-person)

Thursday, April 16 | 11:30 a.m. - 1 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Conference Rooms A/B/C. Around 40 million Americans have diabetes, with an additional 115.2 million having pre-diabetes. Join experts, Autumn Dempsey, RN, CDCES, Program Coordinator, Outpatient Diabetes Education & Nutrition Services, and Teah Arum, MS, RDN, Diabetes Educator, from the Monmouth Medical Center Southern Campus Center for Diabetes Education, for an educational session where we will: understand diabetes and risk reduction; learn simple, realistic meal planning techniques; discuss how food impacts blood sugar; address how to prevent complications; explore why diabetes education matters; and gain practical tips you can use immediately. Individuals living with diabetes, those newly diagnosed, those at risk, and caregivers are welcome to attend. Lunch will be provided to attendees.

Attendance is free, registration required: <https://bit.ly/3ZY8PPs>

Bone Up on Your Health: Osteoporosis at MMCSC (in-person)

Thursday, April 23 | 11 a.m. - noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. Approximately 10 million Americans have osteoporosis and another 44 million have low bone density, placing them at increased risk of breaking a bone. Join our community health educators to discuss osteoporosis risk factors, tips for prevention, and more.

Attendance is free, registration required: <https://bit.ly/4rDUbJg>

Mental Health Scrabble at MMCSC (in-person)

Thursday, April 30 | 11 a.m. - noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. Mental health is a pillar of our health and well-being. Although important, mental health can be a complex and challenging topic to discuss, learn about, and seek medical support for. Join our health educators for a mental health themed version Scrabble where we discuss the definition of mental health, how it impacts our overall health, and resources for support.

Attendance is free, registration required: <https://bit.ly/4cJJUqa>



Support Groups and Information Sessions

All Cancers Support Group (in-person)

Monday, April 13 | 2 - 3 p.m.

The RWJBH Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer. From diagnosis through treatment, recovery and survivorship, we provide members with support, education, hope and encouragement as a part of a community of others who are facing treatment and survivorship together. All programs are free and open to all RWJBarnabas Health and Rutgers Cancer Institute patients. Join us for an in-person All Cancers Support Group at the LiveWell Center, meeting the second Monday of each month from 2 - 3 p.m.

Registration is required. Please call Debra McGivney at 732-272-6938 for additional information or to register for this program.

All Recovery Meeting (virtual)

Daily

All Recovery Meetings are for everyone who supports recovery and honor all pathways to recovery. Join us virtually and connect with others who are initiating and maintaining a recovery lifestyle.

For more information and for Zoom codes, call 833.233.IFPR (4377).

Bariatric Support Group Meetings (in-person)

Monday, April 6 | 6 - 7 p.m.

This program takes place at Monmouth Medical Center Southern Campus (600 River Avenue, Lakewood, NJ) in Conference Rooms A/B/C. Open to patients who have had or are considering bariatric surgery. Family, friends and support persons are also invited to attend. This is a great opportunity to meet others going through the same weight loss journey. Our meetings focus on achieving optimal wellness through weight loss surgery. Meeting the third Thursday of each month, we will discuss a different topic on nutrition, exercise, and healthy living behaviors.

For more information, please contact **Victoria Kleyner, MS, RDN**, Bariatric Registered Dietitian, at Victoria.Kleyner@rwjbh.org or visit <https://bit.ly/45S2ad1>.

Bereavement Support Group - Ocean County (in-person)

Tuesdays | 2:30 - 4 p.m.

The Ocean County Bereavement Support Group occurs on Tuesdays from 2:30 to 4 p.m., with the option to attend in-person only. The group is open to Ocean County residents.

For more information or to register, please call Kathleen Holahan, MSW, LCSW, at 732.778.0636

Breastfeeding Support Groups (in-person)

Monday, April 6, 13, 20 and 27 | 1 - 3 p.m.

Thursday, April 2, 9, 16, 23 and 30 | 1 - 3 p.m.

Join us for a free, in-person Breastfeeding Support Group offered weekly and facilitated by a Certified Lactation Consultant at the LiveWell Center. Promoting breastfeeding through peer support.

Call for first time registration: 862.781.3873

Cardiac Support Group (in-person)

Wednesday, April 1 | 3 - 4 p.m.

Open to individuals with heart disease and other cardiac diagnoses. This support group offers patients and their families an opportunity to share experiences, practical information, and resources while inspiring and supporting others. Group meets on the first Wednesday of each month from 3 to 4 p.m. at Monmouth Medical Center in the Diabetes Education Center Room in the Alexander Pavilion.

For more information, please contact **Patricia Ostrander, BSN, RN, CCRN**, at Patricia.Ostrander-Coffey@rwjbh.org.

Caregiver Support Group - Ocean County (in-person)

The Ocean County Caregiver Support Group occurs on Tuesdays from 12 to 2 p.m., with the option to attend in-person or virtually. Caregivers can schedule individual appointments on Wednesdays and Thursdays. The Caregiver Support Group is only open to Ocean County residents or persons caring for Ocean County residents 60 and over.

For more information or to register, please call Kathleen Holahan, MSW, LCSW, at 732.778.0636.



Ovarian Cancer Support Group (in-person)

Thursday, April 9 | noon - 1 p.m.

For women diagnosed with cervical, ovarian, endometrial, or uterine cancer. This support group offers patients and their families an opportunity to actively participate in healing after a cancer diagnosis. Group meets on the second Thursday of each month from noon to 1 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown). **For more information, call Leslie Shephard, MSN, RN, OCN, at 732.923.6709.**

PROUDLY Me! Transgender Edu-port (Education and Support) Program (virtual)

Every second Thursday of the month | 6 - 8 p.m.

PROUDLY Me! is a free education and support program to help the transgender and non-binary confirming community members by creating a safe space of learning through peer support and resources. PROUDLY Me! meets virtually every second Thursday of the month from 6 - 8 p.m. Please email daniel.fernandez@rwjbh.org or leigh.mann@rwjbh.org to register.

Pulmonary Support Group (in-person)

Thursday, April 30 | 3 - 4 p.m.

Open to individuals diagnosed with a pulmonary disease. This support group offers patients and their families an opportunity to share experiences, practical information, and resources while inspiring and supporting others. Group meets on the last Thursday of each month from 3 to 4 p.m. at Monmouth Medical Center in the Diabetic Education Center room in the Alexander Pavilion.

For more information, please contact John Sayson at John.Sayson@rwjbh.org.

Tobacco and Nicotine Recovery Group (dual)

Thursday, April 2, 9, 16, 23 and 30 | 10 - 11 a.m. (in-person)

Mondays, April | 7 - 8 p.m. (virtual)

Open to anyone with a nicotine or tobacco addiction who is currently in recovery or working towards recovery. Led by a Certified Tobacco Treatment Specialist, topics vary weekly and groups run virtually and in-person. To register, please contact the Quit Center at **833.795.QUIT (7848)** or email quitcenter@rwjbh.org.

RWJBH Oncology Support Community (virtual)

The RWJBH Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer through a variety of support groups, and educational, physical activity, and relaxation programs. For full calendar of events, visit: <https://bit.ly/3Na4nFB>

Call us at **862.781.3597** or email LiveWellCenter@rwjbh.org with any questions or to register

**Monmouth Medical Center
Southern Campus**

600 River Avenue | Lakewood, NJ 08701

LiveWell Center

Anne Vogel Family Care & Wellness Center
200 Wyckoff Road, Suite 1200 | Eatontown, NJ 07724