



Our Community Celebrates World Breastfeeding Week

Thursday, August 6 • 1 – 3 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Healthy Summer Seafood Recipes

Wednesday, August 12 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Dine with the Clinician: The 4 Ms of Aging with Karla Vitug, APN, at the JBJ Soul Kitchen

Friday, August 14 • 11:30 a.m. – 1 p.m.

JBK Soul Kitchen – 1769 Hooper Ave, Toms River



Seasonal Produce Pick: Pineapple

Wednesday, August 19 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Nutrition Through Cancer Survivorship: Simple Skillet Meals

Wednesday, August 19 • 6 – 7 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Hydrating Summer Smoothies at MMCSC

Thursday, August 20 • 11 a.m. – noon

Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood



Breathe Easy: Understanding Lung Cancer

Tuesday, August 25 • 10 – 11 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Baby Care Basics: Staying Safe and Sound (virtual)

Tuesday, August 25 • 4 – 5 p.m.

Presented virtually via Zoom



Brunch & Learn: Changes in Gastrointestinal Health as We Age with Dr. Desai

Wednesday, August 26 • 10:30 – 11:30 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Healthy BBQ Kabobs

Wednesday, August 26 • 1 – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

AUGUST 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**



Health Education and Nutrition Programs at the LiveWell Center

Our Community Celebrates World Breastfeeding Week (in-person)

Thursday, August 6 | 1 – 3 p.m.

Come join Monmouth Medical Center's Breastfeeding Wellness Center as part of this international celebration to honor mothers and babies on their breastfeeding journey. Enjoy free activities during our 5th Annual Celebration of the observe with activities including hospital and local resources for growing families, physician support, giveaways, a photo booth, and light refreshments. Parents, babies, families, and support persons are all welcome to drop-in to the LiveWell Center in Eatontown for this event.

Attendance is free and open to all. For more information, please visit: <https://bit.ly/3r6D9Jc>

Nutrition Lecture: Understanding Carbohydrates (hybrid)

Tuesday, August 11 | 11 a.m. – noon

When it comes to diabetes and weight management, carbohydrates get a bad reputation. But it is okay to enjoy carbs. Join our registered dietitian for a discussion all about carbs. Learn which foods contain carbohydrates, how carbs support our healthy body, and how to choose portion sizes that will work for you!

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

Kids Cooking Class (in-person)

Tuesday, August 11 | 3 – 4 p.m.

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

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

Healthy Summer Seafood Recipes (hybrid)

Wednesday, August 12 | 11 a.m. – noon

Light and fresh seafood makes the perfect summer meal! Join our dietitian in the kitchen to learn about the health benefits of fish and enjoy a demonstration of a healthy seafood recipe.

Attendance is free, registration required: <https://bit.ly/4p2lf4w>

Clases de Lactancia en Español (virtual)

Jueves, Agosto 13 | 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.

LiveWell Center Member of the Month's Pick: Cooking Demonstration (in-person)

Friday, August 14 | 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 will feature a cooking demonstration showcasing a healthy and delicious seasonal dish.

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

Preparing for Breastfeeding (hybrid)

Friday, August 14 | 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**



Toddler Snack Time (in-person)

Monday, August 17 | 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>

Your Healthcare Compass: A Nurse's Guide to Procedure Preparation (in-person)

Tuesday, August 18 | 10 - 11 a.m.

Navigating healthcare and the healthcare system can be overwhelming! Join us for a monthly series where we explore topics related to healthcare access, patient-centered care, advocating for your well-being, and more! This month, we will discuss common medical procedures that are part of routine wellness checks and explore steps you should take to prepare as well as methods to manage "scanxiety."

Attendance is free, registration required: <https://bit.ly/4nSx6l4>

Cooking with the Clinicians:

Kellie Graf, MSN, RN, NE-BC (hybrid)

Tuesday, August 18 | 11 a.m. - noon

This month we welcome Kellie Graf, MSN, RN, NE-BC, Regional Administrative Director of Developmental Innovative Research at Monmouth Medical Center to the demonstration kitchen for our Cooking with the Clinicians program. Join Kellie and our registered dietitian in the kitchen as we cook and "dish" about Monmouth Medical Center!

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

Kids Snack Time (in-person)

Tuesday, August 18 | 4 - 4:30 p.m.

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

Attendance is free, registration required: <https://bit.ly/39pxV20>

Seasonal Produce Pick: Pineapple (hybrid)

Wednesday, August 19 | 11 a.m. - noon

Juicy and sweet pineapple adds a tropical taste to both sweet and savory dishes. Join our dietitian in the kitchen to discuss the health benefits of pineapple and prepares a simple, healthy pineapple recipe!

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

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

Wednesday, August 19 | 1 - 2 p.m.

Drop into the LiveWell Center 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/3NH0l6T>

Nutrition Through Cancer Survivorship:

Simple Skillet Meals (in-person)

Wednesday, August 19 | 6 - 7 p.m.

Spend more time enjoying summer and less time in the kitchen with simple skillet meals! Join Jennifer Klein, MS, RDN, Regional Nutrition Manager at Monmouth Medical Center, live from our demonstration kitchen for a cooking demo featuring a simple skillet meal! This demo is being offered in collaboration with the RWJBH Oncology Survivorship Program.

Attendance is free, registration required: <https://bit.ly/43EvaDu>

Safe Sitter® (in-person)

Thursday, August 20 | 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. Lunch will be provided to attendees.

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

Getting an 'A' for Memory (in-person)

Monday, August 24 | 11 a.m. - noon

Memory changes as we age, but it can be nerve-wracking when it feels like your memory is going downhill. Join us for a discussion on how to sharpen our memory and discuss memory changes that are normal and ones that may cause you concern.

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



Breathe Easy: Understanding Lung Cancer (in-person)

Tuesday, August 25 | 10 – 11 a.m.

Each year, the first of August is recognized as World Lung Cancer Day. Lung cancer is the leading cause of cancer deaths worldwide, primarily affecting smokers, though non-smokers can also be diagnosed. Join us as we explore the two main types of lung cancer including symptoms, diagnosis of each, treatment, and prevention measures. Learn what we can do for healthy lungs and a healthy life!

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

Hydrating Summer Snacks (hybrid)

Tuesday, August 25 | 11 a.m. – noon

Stay hydrated in the late summer months with hydrating summer snacks. Join our dietitian to learn which foods can help you stay hydrated and learn simple recipes to incorporate them into your daily menus.

Attendance is free, registration required: <https://bit.ly/4vVchc1>

Baby Care Basics: Staying Safe and Sound (virtual)

Tuesday, August 25 | 4 – 5 p.m.

It's time to learn how to care for your bundle of joy! Geared towards expecting and new parents, our nurse health educator will discuss how to safely care for your baby, exploring hot topics such as practicing proper hygiene, bathing, feeding, diapering, sleep, bonding, and more.

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

Brunch & Learn: Changes in Gastrointestinal Health as We Age with Dr. Desai (hybrid)

Wednesday, August 26 | 10:30 – 11:30 a.m.

Did you know that aging causes the gastrointestinal (GI) tract to slow down, reducing muscle elasticity and digestive enzyme production? This shift naturally leads to decreased nutrient absorption, altered stomach emptying, and a higher risk for mucosal damage, which can increase the chance of experiencing constipation, acid reflux, or food sensitivities. Join Dr. Jiten Desai, board-certified gastroenterologist and member of the Barnabas Health Medical Group (BHM), as we explore changes in gastrointestinal health as we age and approaches we can take to ease this transition. *Brunch will be provided to in-person attendees.*

Attendance is free, registration required: <https://bit.ly/4f9jTkX>

Healthy BBQ Kabobs (hybrid)

Wednesday August 26 | 1 – 2 p.m.

Food is more fun when it's served on a stick! Join our dietitian and she demonstrates how to prepare a healthy kabob, perfect for summer grilling.

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

Mental Health Unwind: Mindful Crafting for Stress Relief (in-person)

Thursday, August 27 | 11 a.m. – noon

Let's unwind! Did you know that mindful crafting can be a great tool to promote relaxation? Join us at the LiveWell Center for a fun and seasonal craft project to help alleviate stress and promote mental health.

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



Movement Programs at The LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

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

Monday, August 3, 10, 17, 24 and 31 | 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

Shaping Up Sitting Down (in-person)

Wednesday, August 5, 12, 19 and 26 | 2:30 – 3:15 p.m.

Friday, August 7, 14, 21 and 28 | 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



Health Screenings

One-On-One Health Coaching

August | 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**



August 2026 Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!

Blue Zones: The Blueprint for Longevity at MMCSC (in-person)

Thursday, August 6 | 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. Blue Zones are areas around the world where people consistently live to over 100 years old. Join us as we discuss factors contributing to longevity in these areas and how we can incorporate some of these healthy habits into our own lives for healthy aging.

Attendance is free, registration required: <https://bit.ly/4xUC98Z>

Headache Gone, Life On! At MMCSC (in-person)

Thursday, August 13 | 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. Another headache? Is it a migraine or is it a sinus headache? Could it be because of the weather? Stress? Or is the brain overloaded? There are many types of headaches and causes – let's take a look at what may be causing your head to throb and understand when you may need to see your doctor. Join our nurse health educator as we discuss the main headache types and their symptoms as well as potential interventions and treatments.

Attendance is free, registration required: <https://bit.ly/442FUf8>

Dine with the Clinician: The 4 Ms of Aging with Karla

Vitug, APN, at the JBJ Soul Kitchen (in-person)

Friday, August 14 | 11:30 a.m. – 1 p.m.

This program takes place at the JBJ Soul Kitchen in Toms River (1769 Hooper Ave, Toms River, NJ 08753). Age-friendly care is an essential aspect of improving quality of life for older adults. Join Karla Vitug, Advanced Practice Nurse (APN) at the James and Sharon Maida Geriatrics Institute at Monmouth Medical Center Southern Campus, as we discuss the 4 Ms evidence-based framework – What Matters, Medication, Mentation (Mind and Mood), and Mobility! We will also feature an interactive Q&A during the program and learn about some common myths related to aging.

Attendance is free, registration required: <https://bit.ly/4gvYR15>

Hydrating Summer Smoothies at MMCSC (in-person)

Thursday, August 20 | 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. As the summer heat rises, don't forget to hydrate. Join us for a cooking demonstration at MMCSC as our dietitian demonstrates simple smoothie recipes packed with hydration and good nutrition!

Attendance is free, registration required: <https://bit.ly/4v3mAcC>

The Thyroid: Small gland, BIG Impact! At MMCSC (in-person)

Thursday, August 27 | 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. Let's learn all about the thyroid and its functions! Join our nurse health educator as we discuss what the thyroid is, the functions of the thyroid, how an imbalance can impact us, and what we can do to live well while maintaining the thyroid gland.

Attendance is free, registration required: <https://bit.ly/3T9jMgA>



Support Groups and Information Sessions

All Cancers Support Group (in-person)

Monday, August 10 | 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, August 3 | 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>.

Breastfeeding Support Groups (in-person)

Monday, August 3, 10, 17, 24 and 31 | 1 – 3 p.m.

Thursday, August 13, 20 and 27 | 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

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, August 13 | 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, August 27 | 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)

Mondays, August | 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