



### **Cooking with the Clinicians:**

**Maureen Bowe, MSN, RN**

**Wednesday, February 4 • 1 – 2 p.m.**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Healthy Game Day Recipes**

**Thursday, February 5 • 11 a.m. – noon**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Mental Health Matters**

**Friday, February 6 • 11 a.m. – noon**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Coffee with the Clinicians: Hypertension, BP Screenings, and Heart Health**

**Thursday, February 12 • 11 a.m. – noon**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Better Health Member Exclusive Event: Chocolate Tasting**

**Friday, February 13 • 11 a.m. – noon**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Lunch & Learn: Heart Health with**

**Mabel LaForgia, DNP, RN, CNL at MMCSC**

**Thursday, February 19 • 11:30 a.m. – 1 p.m.**

Monmouth Medical Center Southern Campus –  
600 River Ave, Lakewood



### **Low-Sodium Cooking with Herbs and Spices**

**Tuesday, February 24 • 11 a.m. – noon**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Brunch & Learn: Heart Health with**

**Dr. Isaac Tawfik**

**Wednesday, February 25 • 10:30 – 11:30 a.m.**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Family & Friends Adult, Child & Infant CPR**

**Wednesday, February 25 • 6 – 7:30 p.m.**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Family Feud: Understanding Your Health at MMCSC**

**Thursday, February 26 • 11 a.m. – noon**

Monmouth Medical Center Southern Campus –  
600 River Ave, Lakewood

**FEBRUARY 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](http://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

### Medication Management (in-person)

**Tuesday, February 3 | 10 – 11 a.m.**

Understanding medications and potential side effects is important to feeling your best. Join our community health educators to discuss the importance of medication management and tips and tools that can be put into practice to help manage your medicine.

Attendance is free, registration required: <https://bit.ly/3Y7Xmf8>

### Nutrition Lecture: Heart-Healthy Eating (hybrid)

**Tuesday, February 3 | 11 a.m. – noon**

Kick off Heart Health Month with a discussion on strategies for heart healthy eating. Our registered dietitian will highlight the benefits of healthy fats, high fiber, and low sodium foods for heart health and will share ways to incorporate these healthy eating concepts.

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

### New in Community Health: Meet Our New Health Educator Jackie (in-person)

**Wednesday, February 4 | 11 a.m. – noon**

We have a new team member! Join us as we introduce the newest member of our team, Jackie Turner, RN, Community Health Educator. Chat with Jackie to learn more about her professional background and how she can help you on your health and wellness journey.

Attendance is free, registration required: <https://bit.ly/3N7HPTk>

### Cooking with the Clinicians: Maureen Bowe, MSN, RN (hybrid)

**Wednesday, February 4 | 1 – 2 p.m.**

Join us as we welcome Maureen Bowe, MSN, RN, Administrative Director of Cardiology Services, Renal & Nursing Resources at Monmouth Medical Center, to the demonstration kitchen for this month's Cooking with the Clinicians program. Follow along as Maureen prepares a heart-healthy recipe in recognition of American Heart Month and discusses tips for improving your cardiac health. Don't forget to wear your red attire – we will take a photo all together!

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

### Healthy Game Day Recipes (hybrid)

**Thursday, February 5 | 11 a.m. – noon**

Gear up for the big game with some healthy snack recipes! Join our registered dietitian for a crowd-pleasing, healthy recipe demonstration.

Attendance is free, registration required: <https://bit.ly/44DZA9P>

### Teen Takeover: Snack Chat (in-person)

**Thursday, February 5 | 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>

### Mental Health Matters (in-person)

**Friday, February 6 | 11 a.m. – noon**

Mental health is a pillar of our health and well-being. Although important, mental health can be a challenging and complex topic to learn about. Join us to discuss the meaning of mental health, how it impacts our physical and overall health, and where to find resources for support.

Attendance is free, registration required: <https://bit.ly/459QHVz>

### SEVA Acupressure for Self-Care: Emotional Balance (in-person)

**Monday, February 9 | 2 – 3 p.m.**

Based on ancient practices, acupressure helps promote whole-being, balance in your body, mind, emotions, and life force. Join us for an acupressure session that will focus on emotional balance, including approaches in meditation, breath practice, and acupressure with fingers and toes. These approaches can help with various health issues, including pain relief, digestion, and circulation.

Attendance is free, registration required: <https://bit.ly/4mUfDH4>



### **The Importance of Interpersonal Relationships (in-person)**

**Tuesday, February 10 | 11 a.m. – noon**

Social wellness may impact our overall health more than we realize. Meaningful and fulfilling interpersonal relationships positively impact our emotional, mental, and even physical health. Join us as we discuss the health benefits of interpersonal relationship, how to identify and build meaningful relationships, and enjoy a fun activity of mingle bingo.

Attendance is free, registration required: <https://bit.ly/4j3zNOy>

### **Cholesterol & Your Heart (in-person)**

**Wednesday, February 11 | 10 – 11 a.m.**

Cholesterol is a type of lipid (fat) that helps your body perform many important functions. However, too much cholesterol in your blood can cause health issues. Together, we will review what cholesterol is and what your numbers mean.

Attendance is free, registration required: <https://bit.ly/4j8grr9>

### **Heart Healthy Snacks and Sweets (hybrid)**

**Wednesday, February 11 | 11 a.m. – noon**

Join our registered dietitian in the kitchen for a demonstration highlighting snacks and sweets that support heart health!

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

### **Clases de Lactancia en Espanol (virtual)**

**Jueves, Febrero 12 | 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](mailto:TaraAnn.Murphy@rwjbh.org).

### **Coffee with the Clinicians: Hypertension, BP Screenings, and Heart Health (in-person)**

**Thursday, February 12 | 11 a.m. – noon**

February is Heart Health Month! Join a team of registered nurses from Monmouth Medical Center at the LiveWell Center to learn about blood pressure and what you can do to manage your numbers to stay well. Blood pressures will also be taken for those interested. *Coffee (decaf or regular), tea, and light refreshments will be provided to those in-person attendees.*

Attendance is free, registration required: <https://bit.ly/40W26V7>

### **Ask the Expert: Car Seat Safety Program (virtual)**

**Tuesday, February 12 | 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/4jfYqre>

### **Better Health Member Exclusive Event: Chocolate Tasting (in-person)**

**Friday, February 13 | 11 a.m. – noon**

Enjoy a taste of chocolate ahead of Valentine's Day with the LiveWell Center! Sample different types of chocolate and chocolate pairings and learn about the health benefits of dark chocolate. This event is exclusively open to Better Health Members. For more information on Better Health, call 862.781.3597.

Attendance is free, registration required: <https://bit.ly/4aMTeg5>

### **Preparing for Breastfeeding (hybrid)**

**Friday, February 13 | 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, February 16 | 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>

### **Safe @ Home (in-person)**

**Monday, February 16 | 10:30 a.m. – noon**

Safe@Home by Safe Sitter® is designed for students in grades 4-6 to prepare them to be safe when they are home alone. This program teaches students how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. All students will receive a book with this important information! Healthy snacks will be provided to attendees.

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

### **Kids Snack Time (in-person)**

**Monday, February 16 | 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>

### **Health & Wellness Through Creativity (in-person)**

**Tuesday, February 17 | 10 – 11 a.m.**

In recent decades, we have come to understand the inherent health advantages of engaging in artistic and leisure pursuits. Art can aid us in emotionally navigating the challenges of illness or injury, helping us process emotions during emergencies and difficult times. Join us to chat about the health benefits of art while enjoying creative activities.

Attendance is free, registration required: <https://bit.ly/3MMzUI8>

### **Build a Healthy Rice Bowl (hybrid)**

**Tuesday, February 17 | 11 a.m. – noon**

Rice is a global staple food that is versatile, affordable, and easy to prepare. Join our dietitian in the kitchen as she demonstrates ideas for building a balanced and delicious rice bowl.

Attendance is free, registration required: <https://bit.ly/48NTkPi>

### **Sleep Audit: Healthy Sleep Hygiene (in-person)**

**Wednesday, February 18 | 10 – 11 a.m.**

Sleep has many benefits including strong physical health and emotional well-being. Because of the many benefits of sleep, it's just as important to take the time to focus on our sleep quality and habits as any other health topic. Join our health educators to reflect on our sleep habits, take a sleep audit, and discuss some sleep hygiene tips.

Attendance is free, registration required: <https://bit.ly/3KFIPp9>

### **You Can't Fool Me: Medical Myth Trivia (virtual)**

**Wednesday, February 18 | 5:30 – 6:30 p.m.**

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/494h40j>

### **Member of the Month's Pick: Cooking Demonstration (in-person)**

**Thursday, February 19 | 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 a cooking demonstration on healthy, lower-sodium soups!

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

### **Kids Cooking Class (in-person)**

**Thursday, February 19 | 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>



### **Afternoon Tea with the LiveWell Center: Genetics 101 – Let's Discuss the Basics (in-person)**

**Monday, February 23 | 2 – 3 p.m.**

Have you ever heard that part of our health is made up by our genes? Join our community health educators as we discuss basic genetic concepts such as DNA, genes, chromosomes, and gene expression, and discuss how genes play a role in almost every human trait and disease. *Please note, this discussion will not explore specific genetic conditions or diseases, individual diagnoses, and is a community-based conversation.*

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

### **All About Immunity (in-person)**

**Tuesday, February 24 | 10 – 11 a.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.

Attendance is free, registration required: <https://bit.ly/3Y4FhP1>

### **Low-Sodium Cooking with Herbs and Spices (hybrid)**

**Tuesday, February 24 | 11 a.m. – noon**

Skip the saltshaker and open a world of flavor with herbs and spices. Learn how to pair herbs and spices together to season protein, veggies and more for heart healthy meals!

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

### **Brunch & Learn: Understanding Heart Failure with Dr. Isaac Tawfik (hybrid)**

**Wednesday, February 25 | 10:30 – 11:30 a.m.**

It's American Heart Month! Join Isaac Tawfik, MD, Interventional Cardiologist, Chief of Cardiology at Monmouth Medical Center and member of the RWJBarnabas Health Medical Group, as we learn more about heart failure. Dr. Tawfik will help you understand what heart failure is, what causes the heart to weaken, and steps individuals can take in partnership with their healthcare team to better manage this progressive condition. *Lunch will be served to in-person attendees.*

Attendance is free, registration required: <https://bit.ly/3Ys4WI7>

### **Family & Friends Adult, Child & Infant CPR (in-person) Wednesday, February 25 | 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>

### **Health Maintenance & Inflammatory Bowel Disease (IBD) with Dr. Teitelbaum (in-person)**

**Thursday, February 26 | 6 – 7 p.m.**

Inflammatory bowel disease, also called IBD, is an umbrella term for a group of conditions that cause swelling and inflammation of the tissues in the digestive tract; the most common types include ulcerative colitis and Chron's disease. Join Dr. Jonathan Teitelbaum, Pediatric Gastroenterologist and Chair of Pediatrics at Monmouth Medical Center, and the New Jersey Chapter of the Chron's & Colitis Foundation, for a discussion on IBD and supports available. Youth ages 6 – 12 will be invited to take part in hands-on cooking demonstration with our registered dietitian while adult participants connect with physicians to learn more about disease management and care. This program is open to individuals of all ages. *Program sign-in begins at 5:30 p.m.*

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





## Movement Programs at The LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

### Shaping Up Sitting Down (in-person)

**Wednesday, February 4, 11, 18 and 25 | 2:30 – 3:15 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.

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

### Baby and Me Yoga Flow (in-person)

**Thursday, February 5 and 19 | 9:30 – 10:30 a.m.**

Join Wheee Get Fit and Play for Baby and Me Yoga Flow! This gentle practice will have you and baby moving through gentle poses and movements to build core strength, stability, and flexibility. Class includes 30-40 minutes of yoga 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. 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/3WoWBet>

### Wheee Get Fit & Play: Bootcamp (in-person)

**Thursday, February 12 and 26 | 9:30 – 10:30 a.m.**

Wheee 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>



## Health Screenings

### One-On-One Health Coaching

**February | 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**

**RWJBarnabas**  
HEALTH

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



## February 2026 Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!

### 2026 Wellness Journey Series: Session 2 – Self-Efficacy at MMCSC (in-person)

**Thursday, February 5 | 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 second meeting will be dedicated to self-efficacy, also known as the belief in one's ability to change. We will discuss our current habit patterns, behavior change adherence so far, and how to increase our personal self-efficacy. Over the next 10 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, February 5, 12 and 26 | 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/3OH7ZR6>

### Nutrition Lecture: Heart Healthy Eating at MMCSC (in-person)

**Thursday, February 12 | 11 – 11:45 a.m.**

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room.* Kick off Heart Health Month with a discussion on strategies for heart healthy eating. Our registered dietitian will highlight the benefits of healthy fats, high fiber, and low sodium foods for heart health, and will demonstrate how to prepare a simple heart healthy recipe.

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

### Know Your Numbers: Blood Pressure Screenings at MMCSC (in-person)

**Thursday, February 19 | 10:30 – 11:30 a.m.**

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Conference Rooms A/B/C.* Drop in before this month's lunch & learn 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/4auyZQa>

### Lunch & Learn: Heart Health with Mabel LaForgia DNP, RN, CNL at MMCSC (in-person)

**Thursday, February 19 | 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.* Join Mabel LaForgia, DNP, RN, CNL, Chief Nursing Officer at Monmouth Medical Center Southern Campus, as we discuss heart health! Together we will explore methods to improve your heart health, signs and symptoms of potential issues, and steps you can take to manage your heart health with your care time. Lunch will be provided to attendees.

Attendance is free, registration required: <https://bit.ly/4p3B1Kz>

### Family Feud: Understanding Your Health at MMCSC (in-person)

**Thursday, February 26 | 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 test our general health knowledge with a Family Feud style quiz. Test your health knowledge by picking out what makes a piece of health information reliable or unreliable. A brief recap of health literacy information will be reviewed at the beginning of the program.

Attendance is free, registration required: <https://bit.ly/4qgJDP5>





## Support Groups and Information Sessions

### All Cancers Support Group (in-person)

**Monday, February 9 | 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).**

### 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, February 2, 9, 16 and 23 | 1 - 3 p.m.**

**Thursday, February 5, 12, 19 and 26 | 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, February 4 | 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](mailto: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, February 12 | 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](mailto:daniel.fernandez@rwjbh.org) or [leigh.mann@rwjbh.org](mailto:leigh.mann@rwjbh.org) to register.

### **Pulmonary Support Group (in-person)**

**Thursday, February 26 | 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](mailto:John.Sayson@rwjbh.org).

### **Tobacco and Nicotine Recovery Group (dual)**

**Thursday, February 5, 12, 19 and 26 | 10 – 11 a.m. (in-person)**

**Mondays, February | 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](mailto: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](mailto: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