



### **Blood Pressure Screenings**

**Monday, January 5 • 11 a.m. – noon**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Healthy Habit Vision Boards for 2026**

**Tuesday, January 6 • 10 – 11 a.m.**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Budget-Friendly Meals**

**Wednesday, January 7 • 11 a.m. – noon**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Tech Talks: Social Media, Health Content, and the Algorithm**

**Tuesday, January 13 • 10 – 11 a.m.**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Lunch & Learn: Understanding Sepsis with Quality Resource Services at MMCSC**

**Thursday, January 15 • 11:30 a.m. – 1 p.m.**

Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood



### **Safe Sitter®**

**Monday, January 19 • 10 a.m. – 2 p.m.**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **My High 5 for Infant Safety**

**Wednesday, January 21 • 6 – 6:30 p.m.**

Presented Virtually on Zoom



### **Adaptive Strategies to Deal with Stress**

**Tuesday, January 27 • 10 – 11 a.m.**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Lunch & Learn: Meet the Healthcare Professionals – Chronic Disease**

**Wednesday, January 28 • 11:30 a.m. – 1 p.m.**

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **New in Community Health: Meet Our New Health Educator Jackie at MMCSC**

**Thursday, January 29 • 11 a.m. – noon**

Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood

**JANUARY 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

### Blood Pressure Screenings (in-person)

**Monday, January 5 | 11 a.m. – noon**

Drop by 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/4iBM3p6>

### Healthy Habit Vision Boards for 2026 (in-person)

**Tuesday, January 6 | 10 – 11 a.m.**

Does your list of resolutions for 2026 look oddly similar to the list that you made for 2025? Join the LiveWell Center as we encourage one another and discuss making and setting realistic health goals for 2026. We will make 2026 wellness vision boards to help stay motivated throughout the year!

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

### Nutrition Lecture: Setting Nutrition Goals for 2026 (hybrid)

**Tuesday, January 6 | 11 a.m. – noon**

Start the year off right with SMART and attainable nutrition goals. Join our dietitian for a discussion about building healthy nutrition goals for 2026.

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

### Budget-Friendly Meals (hybrid)

**Wednesday, January 7 | 11 a.m. – noon**

Eating healthy doesn't have to break the bank. Join our dietitian to learn about some of the healthiest budget-friendly ingredients and enjoy a cooking demo featuring a money-saving meal!

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

### Bone Up on Your Health: Osteoporosis 101 (in-person)

**Wednesday, January 7 | 1 – 2 p.m.**

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/443maIF>

### Clases de Lactancia en Español (virtual)

**Jueves, Enero 8 | 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).

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

**Thursday, January 8 | 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>

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

**Thursday, January 8 | 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>





### **What to Expect During Your Maternity Hospital Stay with Dr. Lichtenberger (virtual)**

**Friday, January 9 | 1 – 1:45pm**

Join Dr. Janice Lichtenberger, Director of the Nursery at Monmouth Medical Center, for a discussion on what to expect during your maternity stay at the hospital and for your newborn after birth. Together we will explore topics such as feeding, jaundice, routine testing, and medications, among other topics. We will also have a question and answer session to address your concerns.

Attendance is free, registration required: <http://bit.ly/3Kpuv2c>

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

**Friday, January 9 | 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, January 12 | 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>

### **Toddler Story Time: Clifford Takes a Walk (in-person)**

**Monday, January 12 | 11 – 11:30 a.m.**

Story time shouldn't be left for just bedtime! Join us at the LiveWell Center for a kid's story time where we read safety books and discuss pedestrian safety while reading "Clifford Takes a Walk". *This program immediately follows our Toddler Snack Time Program.*

Attendance is free, registration required: <https://bit.ly/4523msJ>

### **Afternoon Tea with the LiveWell Center: Health Scrabble (in-person)**

**Monday, January 12 | 2 – 3 p.m.**

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 our health educators to play a mental health themed game of Scrabble where we discuss the meaning of mental health, how it impacts our physical and overall health, and where to find resources for support. *Tea and light refreshments will be served.*

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

### **Tech Talks: Social Media, Health Content, and the Algorithm (in-person)**

**Tuesday, January 13 | 10 – 11 a.m.**

Social media has grown to become a huge part of everyday life. With emerging health content constantly trending, it is important to build skills of social media literacy to help us decipher what is and is not good health information. Join our health educators to discuss different kinds of social media, how to decipher good from bad information shared, how an "algorithm" works, and trending health content.

Attendance is free, registration required: <https://bit.ly/4ovR6Zk>

### **Healthy Air Fryer Chicken (hybrid)**

**Tuesday, January 13 | 11 a.m. – noon**

Join our dietitian in the kitchen for a demonstration featuring the air fryer! Learn how to prepare simple and delicious chicken dishes for a healthy, high protein addition to your meals. No air fryer? No worries – oven preparation directions will be provided as well.

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



### 5-Ingredient Meals (hybrid)

**Wednesday, January 14 | 11 a.m. - noon**

Keep it quick in the kitchen with 5-ingredient meals. Join our dietitian for a cooking demonstration featuring a recipe that only uses 5-main ingredients and learn how using shortcut ingredients can help you save time in the kitchen!

Attendance is free, registration required: <https://bit.ly/4pMIC17>

### Kids Cooking Class (in-person)

**Thursday, January 15 | 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>

### Fun Friday: Coaster Making (in-person)

**Friday, January 16 | 10 - 11 a.m.**

Arts and crafts are a great way to destress - and what better way to relax than making some beautiful home decor? Join us at the LiveWell Center to make our own coasters.

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

### Safe Sitter® (in-person)

**Monday, January 19 | 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.*

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

### Kids Snack Time (in-person)

**Monday, January 19 | 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 Literacy for Older Adults (in-person)

**Tuesday, January 20 | 11 a.m. - noon**

Health literacy is the ability to access, understand, and use information and services to promote health for oneself, one's family, and one's community. These skills help us navigate the healthcare system, make health-related decisions, and more. Join us to discuss health literacy skills, common phrases used in healthcare, and more.

Attendance is free, registration required: <https://bit.ly/3M9sige>

### Lightened-up Comfort Food: Chicken & Dumplings (hybrid)

**Wednesday, January 21 | 11 a.m. - noon**

Winter is the perfect time for comfort food. Enjoy a lighter version of a comforting dish with our dietitian's lighter chicken and dumplings recipe. Enjoy a cooking demonstration and tips for improving the nutritional value of your favorite comfort foods!

Attendance is free, registration required: <https://bit.ly/3M6X5Xb>

### My High 5 for Infant Safety (virtual)

**Wednesday, January 21 | 6 - 6:30 p.m.**

The High 5 is a child safety checklist that helps caregivers create a list of safety actions to take with their children. Having a safety priority list makes it easy for caregivers to customize priorities to fit the needs of each family, especially for families with new infants. Join our health educators as we discuss the high 5 for infant safety.

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





### **Brain Bootcamp: Games, Games, & More Games (in-person)**

**Monday, January 26 | 1 – 2 p.m.**

The brain controls everything we think, feel, and do. Therefore, it's important we take care of our brains. Join our community health educators for brain bootcamp to learn about the importance of keeping our brain healthy, how board games help keep our minds sharp as we age, and play a few different games such as Jenga, card games, Trivial Pursuit, and more.

Attendance is free, registration required: <https://bit.ly/441EaTP>

### **Adaptive Strategies to Deal with Stress (in-person)**

**Tuesday, January 27 | 10 – 11 a.m.**

Did you know that not all stress is considered bad stress? Join our health educators as we discuss the different types of stress, how stress impacts our health, and effective strategies to deal with unhealthy levels of stress.

Attendance is free, registration required: <https://bit.ly/3M6Xhpn>

### **Have No Fear, Your Dietitian is Here: Kale (hybrid)**

**Tuesday, January 27 | 11 a.m. – noon**

Cottage cheese, kale, anchovies – no thank you! Some healthy foods are hard to love. But have no fear and join us in the kitchen for a series where our registered dietitian will transform well-known “picky foods” into delicious recipes. This month we'll feature kale!

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

### **Lunch & Learn: Meet the Healthcare Professionals – Chronic Disease (hybrid)**

**Wednesday, January 28 | 11:30 a.m. – 1 p.m.**

Join Monmouth Medical Center (MMC) and the Senior Citizens Activities Network (SCAN) for a FREE healthcare information session with a panel of medical experts from MMC who will address your health-related questions and help you find the pathway to better health! Taking place at the LiveWell Center in Eatontown and moderated by Kenneth Granet, MD, FACP, Chief Medical Officer of MMC, this panel on chronic diseases features three nurses from the hospital: Alyson Bryson, BSN, RN, Disease Management Coordinator, Autumn Dempsey, Autumn Dempsey, RN, CDE, Regional Program Coordinator for The Center for Diabetes Education, and Lynn Hunter, BSN, RN, CCM, Assistant Director of Case Management. *Sign-in begins at 11:15 a.m., with panel starting at 11:30 a.m. Lunch will be served after the panel session.*

Attendance is free, registration required: <https://bit.ly/49DVVfo>

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

#### **Carolyn Korotky, BSN, RN-BC, CIC (hybrid)**

**Thursday, January 29 | 11 a.m. – noon**

This month we welcome Carolyn Korotky, BSN, RN-BC, CIC, Regional Director, Infection Prevention & Control, at Monmouth Medical Center and Monmouth Medical Center Southern Campus, to the demonstration kitchen for our Cooking with the Clinicians program. Join us in the kitchen as we cook and “dish” about the multi-faceted and comprehensive approach that the Hospital takes to stop and prevent the spread of infection!

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





## 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, January 5 and 12 | 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, January 7, 14, 21 and 28 | 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, January 8 and 22 | 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, January 15 and 29 | 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

**January | 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**



## December 2026 Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!

### 2026 Wellness Journey Series: New Year, New Goals at MMCSC (in-person)

**Thursday, January 8 | 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 first kick-off meeting will be dedicated to discussing yearly outcomes and personal health goals as the new year starts. Over the next 11 months of 2026, we will have monthly check-ins to discuss challenges and successes as we progress! Our final meeting will be at the end of 2026 where we reflect on the previous year.

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

### Zumba Gold – Seated at MMCSC (in-person)

**Thursday, January 8, 22 and 29 | 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>

### Lunch & Learn: Spotting Sepsis with Quality Resource Services at MMCSC (in-person)

**Thursday, January 15 | 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.* At Monmouth Medical Center Southern Campus (MMCSC), we believe it is critical to work with our community to identify an illness as early as possible. Sepsis is a life-threatening complication of an infection that is treatable if it's identified and treated quickly. Join leadership from the MMCSC Quality Resource Services Department as we discuss what sepsis is, its signs and symptoms, and the critical role you can play in spotting sepsis and keeping yourself and loved ones healthy!

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

### Nutrition Lecture: Setting Nutrition Goals for 2026 at MMCSC (in-person)

**Thursday, January 22 | 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.* Start the year off right with SMART and attainable nutrition goals. Join our dietitian for a discussion about building healthy nutrition goals for 2026.

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

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

**Thursday, January 29 | 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.* This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. 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/4izg4Wo>





## Support Groups and Information Sessions

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

**Monday, January 12 | 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

### Bariatric Support Group Meetings (in-person)

**Thursday, January 15 | 6 – 7 p.m.**

Convenient in-person meetings are held at the Anne Vogel Family Care and Wellness Center, Suite 1200 at 200 Wyckoff Rd, Eatontown. 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. Each month, we will discuss a different topic on nutrition, exercise and healthy living behaviors. For more information, call 732.923.6070.

### Breastfeeding Support Groups (in-person)

**Monday, January 5, 12, 19 and 26 | 1 – 3 p.m.**

**Thursday, January 8, 15, 22 and 29 | 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, January 7 | 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, January 8 | 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, January 29 | 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, January 8, 15, 22 and 29 | 10 – 11 a.m. (in-person)**

**Mondays, January | 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