



**Family & Friends Adult, Child & Infant CPR**  
Wednesday, July 1 and 29 • 6 – 7:30 p.m.  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Healthy Red White and Blue Dessert**  
Thursday, July 2 • 11 a.m. – noon  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Cooking with the Clinicians:**  
**Angela Zagami, BSN, RN**  
Wednesday, July 8 • 11 a.m. – noon  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

**JULY 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**



**What to Expect During Your Maternity Hospital Stay with Dr. Lichtenberger (virtual)**  
Friday, July 10 • 1 – 1:45pm  
Presented virtually via Zoom



**Headache Gone, Life On!**  
Tuesday, July 14 • 11 a.m. – noon  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Lunch & Learn: Putting Your Best Foot Forward - Podiatry with Dr. Verdoni at MMCS**  
Thursday, July 16 • 11:30 a.m. – 1 p.m.  
Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood



**Your Healthcare Compass: A Nurse's Guide to Being Your Own Healthcare Advocate**  
Tuesday, July 21 • 2 – 3 p.m.  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Brunch & Learn: Can You Hear Me Now? Exploring Advancements in Audiology with Dr. Melanie Panglinan**  
Tuesday, July 28 • 10:30 – 11:30 a.m.  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Healthy 30- Minute Meals**  
Wednesday, July 29 • 11 a.m. – noon  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Nutrition Lecture: Weight Management - The Power of Protein at MMCS**  
Thursday, July 30 • 11 a.m. – noon  
Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood



## Health Education and Nutrition Programs at the LiveWell Center

### **Produce Pick: Corn (hybrid)**

**Wednesday, July 1 | 11 a.m. - noon**

Summer produce is in full swing! Enjoy the taste of a summer superstar, corn! Join our dietitian in the kitchen to learn a simple and healthy recipe featuring this seasonal favorite.

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

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

**Wednesday, July 1 and 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>

### **Healthy Red, White, and Blue Dessert (hybrid)**

**Thursday, July 2 | 11 a.m. - noon**

Celebrate the season with a patriotic treat. Join our dietitian as she shares simple and healthy red, white, and blue dessert recipes.

Attendance is free, registration required: <https://bit.ly/4eVNZJ6>

### **Nutrition Lecture: Mindful Eating (hybrid)**

**Tuesday, July 7 | 11 a.m. - noon**

Join our dietitian for a discussion about mindful eating. Learn simple steps to practice mindful eating and how this practice can help you reach your weight management goals.

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

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

**Tuesday, July 7 | 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/39pxV2O>

### **Injury Prevention and First Aid (in-person)**

**Wednesday, July 8 | 10 - 11 a.m.**

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. Also, do you know what to do in a situation of potential injury? Join our nurse health educator as we identify and collect necessary first aid kit items, find a safe storage space, and learn the steps to take with an unexpected injury as well as explore prevention.

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

### **Cooking with the Clinicians: Angela Zagami, BSN, RN (hybrid)**

**Wednesday, July 8 | 11 a.m. - noon**

This month we welcome Monmouth Medical Center Labor and Delivery Nurse, Angela Zagami, BSN, RN, to the demonstration kitchen for our Cooking with the Clinicians program. Join Angela 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>



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

**Jueves, Julio 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](mailto:TaraAnn.Murphy@rwjbh.org).

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

**Thursday, July 9 | 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>

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

**Thursday, July 9 | 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>

### **Core Components of Aging: A Summer Series with Monmouth University - Session 5: Caregiving for Others (in-person)**

**Friday, July 10 | 11 a.m. - noon**

As we age, our health needs might become more complex. Older adults are more susceptible to developing various chronic conditions which may lead to more visits to the doctor's office and an increase in medication use. Join Monmouth University's Occupational Therapy students for a weekly summer series designed to help improve the quality of life for older adults. For our fifth session, we will discuss the challenges we may face as we care for others, creating healthy boundaries, and making sure we leave time to take care of ourselves.

Attendance is free, registration required: <https://bit.ly/49h58ZU>

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

**Friday, July 10 | 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, July 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**



### **Blood Pressure Machines: Accuracy Validation (in-person)**

**Monday, July 13 | 11 a.m. - noon**

Many of you have home blood pressure machines and have voiced concerns that they are accurate or you are using them correctly. Let's take the time to make sure we are getting our numbers correct. To find out, bring your monitor to our wellness center and a nurse will take one measurement with your monitor and another with a monitor here in the office. If your monitor isn't accurate, it may be time to invest in a new one.

Attendance is free, appointment required. Call **862.781.3597** to schedule your free appointment.

### **Headache Gone, Life On! (in-person)**

**Tuesday, July 14 | 11 a.m. - noon**

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/4vdhnzr>

### **Your Healthcare Compass: A Nurse's Guide to Being Your Own Healthcare Advocate (in-person)**

**Tuesday, July 21 | 2 - 3 p.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! On our health journey in life, we undoubtedly face challenges and situations we haven't encountered before. Being an advocate for yourself and knowing which tools and resources can help you best is fundamental in getting the most positive health outcomes possible. Join our nurse health educator as we understand and learn the "what" and the "why's" of being an advocate in your own healthcare. We can thrive together!

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

### **Hydration Station (in-person)**

**Wednesday, July 22 | 10 - 11 a.m.**

Have you ever wondered how much water you should actually be drinking within a day? Join our health educators to discuss the importance of staying hydrated, signs of dehydration, and tricks and tips you can implement into your summer routine to avoid dehydration on those hot days.

Attendance is free, registration required: <https://bit.ly/4v93Qsq>

### **Superfood Salsa (hybrid)**

**Wednesday, July 22 | 11 a.m. - noon**

Adding salsa to a meal or snack is a great way to increase your fruit and vegetable intake. Join our dietitian in the kitchen as she demonstrates salsa recipes and learn why salsa is a superfood!

Attendance is free, registration required: <https://bit.ly/42JET1b>

### **Childhood Diabetes Education: Pack a Healthy Lunch (hybrid)**

**Thursday, July 23 | 6 - 7 p.m.**

Join Diabetes Educators, Ashley D'Esposito, MS, RDN and Lisa Ball-O'Brien LSW CDCES, along with LiveWell Center registered dietitian, Jennifer Klein, MS, RDN for an interactive cooking class! Prepare for "Back-to School" and learn how to pack a healthy, carb-balanced lunch. Provided through the generous support of the Goodes family. This class is open to children with Type 1 Diabetes and their caregiver.

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



### **Core Components of Aging: A Summer Series with Monmouth University – Session 6: Aging in Place (in-person)**

**Friday, July 24 | 11 a.m. – noon**

As we age, our health needs might become more complex. Older adults are more susceptible to developing various chronic conditions which may lead to more visits to the doctor's office and an increase in medication use. Join Monmouth University's Occupational Therapy students for a weekly summer series designed to help improve the quality of life for older adults. For our sixth session, we will explore balance & fall prevention, cognitive rehabilitation training, bone & cardiac health, posture assessments, and supports that an occupational therapist can offer.

Attendance is free, registration required: <https://bit.ly/49h58ZU>

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

**Monday, July 27 | 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>

### **Brunch & Learn: Can You Hear Me Now? Exploring Advancements in Audiology with Dr. Melanie Pangilinan (hybrid)**

**Tuesday, July 28 | 10:30 – 11:30 a.m.**

Join Dr. Melanie Pangilinan, Audiologist, Monmouth Medical Center, as she explores advancements in audiology and assisted hearing devices! Dr. Pangilinan will cover topics including hearing tests, fitting hearing aids and implants, providing rehabilitation, and counseling for hearing loss prevention and management. *Light brunch will be provided to in-person attendees.*

Attendance is free, registration required: <https://bit.ly/4vdVKz1>

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

**Tuesday, July 28 | 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 30 Minute Meals (hybrid)**

**Wednesday, July 29 | 11 a.m. – noon**

Join our registered dietitian in the demonstration kitchen to learn how to prepare a healthy meal made in 30 minutes, or less. Perfect for a quick weeknight meal!

Attendance is free, registration required: <https://bit.ly/4f0ZMpx>

### **Core Components of Aging: A Summer Series with Monmouth University – Session 7: Being Productive: Healthy Aging Development Plan (in-person)**

**Friday, July 31 | 11 a.m. – noon**

As we age, our health needs might become more complex. Older adults are more susceptible to developing various chronic conditions which may lead to more visits to the doctor's office and an increase in medication use. Join Monmouth University's Occupational Therapy students for a weekly summer series designed to help improve the quality of life for older adults. For our final session, we will explore creating a healthy development plan as we age to stay productive. This multifaceted approach considers physical, mental, and social needs to offer a comprehensive look at health.

Attendance is free, registration required: <https://bit.ly/49h58ZU>



## 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, July 6, 13, and 27 | 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, July 1, 8, 22 and 29 | 2:30 - 3:15 p.m.

Friday, July 10, 24 and 31 | 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

July | 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**



**July 2026**

## **Programs at Monmouth Medical Center Southern Campus**

600 River Avenue, Lakewood | Call 862.781.3597 to register!

### **Awareness is the First Step to Wellness: Women's Health Screenings at MMCSC (in-person)**

**Thursday, July 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. Hop on the health train to wellness as we visit and explore different types of adulthood screenings. We will make stops along the way to discuss and learn about cancer screening, the DEXA scan for osteoporosis, blood pressure and cholesterol screenings, as well as those important routine screenings. All aboard the train to wellness, join the nurse health educator to get empowered as we arrive to the wellness destination.*

Attendance is free, registration required: <https://bit.ly/4ff80dX>

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

**Thursday, July 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>

### **Lunch & Learn: Putting Your Best Foot Forward - Podiatry with Dr. Verdoni at MMCSC (in-person)**

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

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Conference Room A/B/C. Join Dr. Tyler Verdoni, DPM, fellowship-trained foot and ankle surgeon, at Seaview Orthopaedic and Medical Associates, for a discussion about podiatric health. From plantar fasciitis, to bunions, to orthotics, to arthritis, and non-surgical regenerative treatments, we will explore common issues and how foot health impacts our overall well-being, balance, and mobility. *Lunch will be provided to attendees from 11:30 a.m. -- noon. Lecture begins at noon.**

Attendance is free, registration required: <https://bit.ly/3RvWH7f>

### **My Back Hurts! Is it Sciatica? At MMCSC (in-person)**

**Thursday, July 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. Understanding Sciatica is the first step to relief! Over 70 million adults experience sciatica symptoms for various reasons. Join our nurse health educator as we discuss potential causes of compression of the sciatic nerve, the science behind it, symptoms, prevention, and how to manage back pain associated with it!*

Attendance is free, registration required: <https://bit.ly/4u4euQt>

### **Nutrition Lecture: Weight Management- The Power of Protein at MMCSC (in-person)**

**Thursday, July 30 | 1 - 2 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. Join Jennifer Klein, MS, RDN, to discuss the important role protein has in our diet and learn how it can contribute to healthy weight management.*

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



## Support Groups and Information Sessions

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

**Monday, July 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](tel: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 \(4377\)](tel:833.233.IFPR).

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

**Monday, July 13 | 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](mailto: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](tel:732.778.0636)

### Breastfeeding Support Groups (in-person)

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

**Thursday, July 2, 9, 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](tel: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](tel:732.778.0636).

### Ovarian Cancer Support Group (in-person)

**Thursday, July 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](tel: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, July 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](mailto:John.Sayson@rwjbh.org).

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

**Thursday, July 2, 9, 23 and 30 | 10 – 11 a.m. (in-person)**

**Mondays, July | 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