



The Thyroid: Small gland, BIG Impact!

Wednesday, June 3 • 10 – 11 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Tech Talks: The Basics of AI & Our Health

Wednesday, June 10 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Sweet and Savory Food Pairings

Thursday, June 11 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Dine with the Doctor: Your Health, Your Results – Making Sense of Lab Work with Dr. Victor Almeida

Friday, June 12 • 11:30 a.m. – 1 p.m.

JBK Soul Kitchen in Toms River
(1769 Hooper Ave, Toms River, NJ 08753)



Cooking with the Clinicians: Dr. Peter Fish

Tuesday, June 16 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Injury Management 101 at MMCSC

Thursday, June 18 • 11 a.m. – noon

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Lunch & Learn: Brachytherapy Treatment for Skin Cancer with Dr. Deborah Smith

Tuesday, June 23 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Infant Choking Prevention & Safety (virtual)

Wednesday, June 24 • noon – 12:30 p.m.

Presented virtually via Zoom



Healthy Brain-Bites Cooking Demonstration at MMCSC

Thursday, June 25 • 11 a.m. – noon

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Blood Pressure Machines: Accuracy Validation

Monday, June 29 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

JUNE 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

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

Wednesday, June 3 | 10 - 11 a.m.

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/4mTSIgi>

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

Thursday, June 4 | 1 - 2 p.m.

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 summer salad.

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

Brain Health Bingo (in-person)

Thursday, June 4 | 2 - 3 p.m.

One of the best ways to age healthily is to keep your brain sharp. Join us for a morning of brain health bingo as we learn about the brain and have some fun!

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

Brain Health Bingo (in-person)

Thursday, June 4 | 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>

Takeover: Snack Chat (in-person)

Friday, June 5 | 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 first session, we will explore the role of technology in health management and share tips for staying safe online while using modern health-tracking equipment.

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

Kids Cooking Class (in-person)

Saturday, June 6 | 10:30 - 11:30 a.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>

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

Monday, June 8 | 2 - 3:30 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>



Produce Pick: Mini Bell Peppers (hybrid)

Tuesday, June 9 | 11 a.m. – noon

Crunchy and cute mini bell peppers are great for snacking and for adding color and flavor to family meals! Join our dietitian in the kitchen for a demonstration featuring mini bell peppers!

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

Exploring the Connection: The Impact of Physical Health on Brain Health (in-person)

Wednesday, June 10 | 10 – 11 a.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.

Attendance is free, registration required: <https://bit.ly/4213Rm2>

Tech Talks: The Basics of AI & Our Health (in-person)

Wednesday, June 10 | 11 a.m. – noon

Although there are multiple kinds of artificial intelligence (AI), machine learning is the type that has become more and more accessible to use. It is used in products, businesses, search engines, and even healthcare! AI can make information more accessible to us, but we have to make sure we understand how to use it properly to avoid the spread of misinformation. If you have ever wondered how AI chat bots like ChatGPT work, join our health educators to discuss the basics of AI and how it impacts health literacy.

Attendance is free, registration required: <https://bit.ly/4ty6VSP>

Clases de Lactancia en Espanol (virtual)

Jueves, Junio 11 | 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.

Sweet and Savory Food Pairings (hybrid)

Thursday, June 11 | 11 a.m. – noon

Summer fruit is on the way! Learn how to pair fruits with both sweet and savory flavors to help increase your fruit consumption!

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

Core Components of Aging: A Summer Series with Monmouth University – Session 2: Keeping Busy: Exploring New Leisure Activities as We Age (in-person)

Friday, June 12 | 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 second session, we will explore different leisure activities to help us stay busy, healthy, and active as we age.

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



Preparing for Breastfeeding (hybrid)

Friday, June 12 | 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, June 15 | 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 (in-person)

Monday, June 15 | 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 safety. *This program will be taking place alongside the Toddler Snack Time program.*

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

Afternoon Tea with the LiveWell Center: SMART Goals (in-person)

Monday, June 15 | 2 - 3 p.m.

New season, new goals! Summertime is the perfect time of year to use the motivation of longer days to make new healthy habits. Join our health educators as well discuss SMART goals, what makes creating new habits so difficult, and strategies to combat those barriers.

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

Mental Fitness: Work Out Your Mental Health (in-person)

Tuesday, June 16 | 10 - 11 a.m.

Our mental health is just as important as our physical health. Healthy mental health habits and coping strategies take a similar level of "working out" or training to become effective as physical activity does for our muscles. Join our health educators to discuss mental health, healthy coping strategies, and enjoy a mental health strength activity

Attendance is free, registration required: <https://bit.ly/4e2bUWR>

Cooking with the Clinicians: Dr. Peter Fish (hybrid)

Tuesday, June 16 | 11 a.m. - noon

This month we welcome Dr. Fish, Internist with RWJBH, to the demonstration kitchen for our Cooking with the Clinicians program. Join Dr. Fish and our registered dietitian in the kitchen as we cook and "dish" about internal medicine!

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

National Eat Your Veggies Day (hybrid)

Wednesday, June 17 | 11 a.m. - noon

Celebrate "Eat your Vegetables Day" in the Demo kitchen as our dietitian shares creative and delicious ideas for eating more vegetables!

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

Movement Matters: Health Challenge (in-person)

Wednesday, June 17 | 1 - 2 p.m.

The warmer months mean more time spent outside. Let's take advantage of the beautiful weather and get moving! Join our health educators to discuss why movement is important for our overall health and to be given a movement challenge to participate in.

Attendance is free, registration required: <https://bit.ly/42o6mPk>



Nutrition Lecture: The MIND Diet for Brain Health (hybrid)

Thursday, June 18 | 11 a.m. - noon

Join our dietitian for a discussion about the MIND diet, a hybrid of the Mediterranean and the DASH diets. Learn how the MIND diet may help support brain health as we age and learn how to add brain-healthy foods to your everyday diet.

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

Core Components of Aging: A Summer Series with Monmouth University - Session 3: Occupational Therapy Resources: Exploring ADL & DME Equipment (in-person)

Friday, June 19 | 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 third session, we will explore the various ADL & DME equipment available to help improve your daily living.

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

Lunch & Learn: Brachytherapy Treatment for Skin Cancer with Dr. Deborah Smith (hybrid)

Tuesday, June 23 | 11:30 a.m. - 1 p.m.

Skin cancer is the most commonly diagnosed cancer in the US and May is Skin Cancer Awareness Month! Join Deborah Smith, MD, MS, Radiation Oncologist, for a discussion on skin cancer and Brachytherapy, a cutting-edge treatment for early non-melanoma skin cancer. Dr. Smith will explore this noninvasive, fast approach and what types of skin cancer it is used to treat. *Lunch will be provided to in-person attendees.*

Attendance is free, registration required: <https://bit.ly/499vqOa>

Bike Safety and Helmet Fitting for Kids (in-person)

Tuesday, June 23 | 3 - 4 p.m.

Summer is the time of year to ride bicycles, scooters, skateboards, etc. Join our health educators and the Safe Kids Monmouth and Ocean County Coalition Coordinator to talk all things bike safety and get a brand-new helmet fitted to your head to take home! *Drop-in to the LiveWell Center between 3 and 4 p.m. for your free helmet fitting. Please email LiveWellCenter@rwjbh.org with the number of children you are bringing and their ages. Helmets will be distributed to children ages 16 and younger. Sizes are limited and subject to availability.*

Attendance is free, registration required: <https://bit.ly/4daxdV7>

Simple Skillet Meals (hybrid)

Wednesday, June 24 | 11 a.m. - noon

Make weeknights a breeze with quick and simple skillet meals! Join our dietitian as she demonstrates a skillet meal featuring seasonal ingredients.

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

Infant Choking Prevention & Safety (virtual)

Wednesday, June 24 | noon - 12:30 p.m.

A person of any age can choke, but children younger than 5 years are at a particularly high risk for choking. Infants and toddlers explore by putting things in their mouths and can easily choke on them. Choking rescue looks different for those under the age of 1. Join our health educators for a virtual program to discuss what happens to the body when choking, choking prevention tips, choking rescue technique for an infant, and FAQs about choking devices.

Attendance is free, registration required: <https://bit.ly/4vL1IIN>



Kids Snack Time (in-person)

Wednesday, June 24 | 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/39pxV20>

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

Wednesday, June 24 | 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>

A Day in the Sun: Summer Safety Scenarios (in-person)

Thursday, June 25 | 1 - 2 p.m.

Join our health educators for a fun and interactive program where we walk through a day in the sun and discuss health and safety topics we encounter.

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

Core Components of Aging: A Summer Series with Monmouth University - Session 4: Healthy Aging: Accessibility & Resources (in-person)

Friday, June 26 | 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 fourth session, we will explore the resources available to you and discuss access to care as we age.

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

Blood Pressure Machines: Accuracy Validation (in-person)

Monday, June 29 | 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.

Too Hot, Too Cold: How Your Body Loses Temperature Control with Age (in-person)

Tuesday, June 30 | 10 - 11 a.m.

Age can affect the body's ability to regulate body temperature. Join our health educators to discuss why this happens, additional factors impacting temperature regulation, strategies to help our bodies regulate temperature, and an interactive activity.

Attendance is free, registration required: <https://bit.ly/4vFj4GO>

Healthy Chicken Marinades (hybrid)

Tuesday, June 30 | 11 a.m. - noon

Shake up your chicken routine with a healthy chicken marinade. Learn how to marinate and cook chicken for a healthy, protein-packed meal!

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

Baby Care Basics: Staying Safe and Sound (virtual)

Tuesday, June 30 | 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>



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, June 1, 8, 15 and 29 | 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, June 10, 17 and 24 | 2:30 - 3:15 p.m.

Friday, June 12, 19 and 26 | 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

June | 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**



June 2026

Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!

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

Thursday, June 4 | 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. Get to know your kidneys and the facts about chronic kidney disease (CKD). Kidney disease is common, can happen to anyone, and there is no cure. Join our nurse health educator as we discuss the role of our kidneys, the importance of preserving kidney function, along with all of the ways to prevent kidney disease and its progression.

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

Zumba Gold - Seated at MMCS (in-person)

Thursday, June 4, 11, 18 and 25 | 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>

Dine with the Doctor: Your Health, Your Results - Making Sense of Lab Work with Dr. Victor Almeida

Friday, June 12 | 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). Ever wonder what all of the acronyms on your bloodwork mean and why your doctor ordered certain tests? Join Dr. Victor Almeida, Chief Medical Officer of Monmouth Medical Center Southern Campus, as we dive into the basics of routine bloodwork including common tests, blood cell counts (CBC), basic chemistry tests, and urinalysis. Dr. Almeida will also explain how these results impact your health.

Attendance is free, registration required: <https://bit.ly/3QH6iaY>

Injury Management 101 at MMCS (in-person)

Thursday, June 18 | 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. Injury management involves preventing, responding to, and managing injuries that we may experience ourselves or that we may witness. Join our health educators to discuss how to respond effectively to common injuries and medical emergencies as well as basic first aid techniques.

Attendance is free, registration required: <https://bit.ly/3QIH3eb>

Healthy Brain-Bites Cooking Demonstration at MMCS (in-person)

Thursday, June 25 | 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. Join our Registered Dietitian for a discussion and simple cooking demo featuring brain healthy foods. Learn about brain boosting foods and enjoy a taste of a simple brain healthy recipe!

Attendance is free, registration required: <https://bit.ly/3QImYP7>



Support Groups and Information Sessions

All Cancers Support Group (in-person)

Monday, June 8 | 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, June 8 | 6 - 7 p.m.

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

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

Bereavement Support Group - Ocean County (in-person)

Tuesdays | 2:30 - 4 p.m.

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

For more information or to register, please call Kathleen Holahan, MSW, LCSW, at [732.778.0636](tel:732.778.0636)

Breastfeeding Support Groups (in-person)

Monday, June 1, 8, 15 and 29 | 1 - 3 p.m.

Thursday, June 4, 11, 18 and 25 | 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, June 11 | 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 or leigh.mann@rwjbh.org to register.

Pulmonary Support Group (in-person)

Thursday, June 25 | 3 – 4 p.m.

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

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

Tobacco and Nicotine Recovery Group (dual)

Thursday, June 4, 11, 18 and 25 | 10 – 11 a.m. (in-person)

Mondays, June | 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