



15 Tips to Keep Your Bladder Healthy

Monday, March 9 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Achoo! Seasonal Allergies and You

Wednesday, March 11 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Indoor Gardening Palooza with Common Grounds Garden at MMCSC

Thursday, March 12 • 1 – 2 p.m.

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Dine with the Clinician: The Power of Nutrition with Jennifer Klein, MS, RDN

Friday, March 13 • 11:30 a.m. – 1 p.m.

JBK Soul Kitch Toms River – 1769 Hooper Ave., Toms River



Gut Healthy Recipes

Wednesday, March 18 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Know Your Numbers: Blood Pressure Screenings at MMCSC

Thursday, March 19 • 10 – 11 a.m.

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Cooking with the Clinicians: Zoranda Castaneda, MHA

Thursday, March 19 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



The Clear and Cloudy of Cataracts: Signs, Symptoms, and Treatment

Monday, March 23 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Colorectal Cancer with Dr. Sunny Arora

Tuesday, March 24 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Meditation Station: How To De-Stress

Tuesday, March 31 • 1 – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

MARCH 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

Wheel of Fortune: Health Edition (in-person)

Tuesday, March 3 | 1 - 2 p.m.

Who doesn't love game shows? Join the LiveWell Center as we play a "Wheel-of-Fortune" style game to test how much general health knowledge you know.

Attendance is free, registration required: <https://bit.ly/4qb1FC8>

Nutrition Lecture: National Nutrition Month Discover the Power of Nutrition (hybrid)

Tuesday, March 3 | 2 - 3 p.m.

March is National Nutrition Month! Join our registered dietitian for a discussion on the Power of Nutrition and learn tips to make healthy eating easy.

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

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

Wednesday, March 4 | 11 a.m. - noon

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 nurse to discuss osteoporosis risk factors, tips for prevention, and more.

Attendance is free, registration required: <https://bit.ly/4jW791O>

Produce Pick: Mushrooms (hybrid)

Thursday, March 5 | 11 a.m. - noon

Mushrooms are a nutrient-rich, flavor-packed veggie. Join our dietitian in the kitchen as she demonstrates delicious recipes for adding mushrooms to your meals!

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

Fun Friday: Gardening Wellness (in-person)

Friday, March 6 | 11 a.m. - noon

As spring rolls around, we may be excited to get back into warm weather hobbies such as gardening. Gardening is a beneficial activity that improves mental and physical health in many ways. Join our health educators as we discuss the health benefits of gardening and complete a small gardening activity.

Attendance is free, registration required: <https://bit.ly/46gqXHB>

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

Friday, March 6 | 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>

Kids Cooking Class (in-person)

Saturday, March 7 | 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>

15 Tips to Keep Your Bladder Healthy (in-person)

Monday, March 9 | 11 a.m. - noon

As you age, the elastic bladder tissue may become less stretchy, causing more frequent trips to the restroom. Join our community health educator to discuss tips on how to maintain a healthy bladder.

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

Spring Cleaning Made Easy (in-person)

Monday, March 9 | 1 - 2 p.m.

Spring is the perfect time to declutter and destress. Join our community health educators to discuss all things spring cleaning.

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

Simple Soups: Carrot Ginger (hybrid)

Tuesday, March 10 | 11 a.m. - noon

Join our dietitian in the kitchen as she demonstrates how to prepare a simple carrot ginger soup.

Attendance is free, registration required: <https://bit.ly/3M2ubHX>



LiveWell Center Member of the Month's Pick: Brain Bootcamp, Games, & More Games (in-person)

Tuesday, March 10 | 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 features some fun-filled brain games! 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/4hgzygf>

Achoo! Seasonal Allergies and You (in-person)

Wednesday, March 11 | 11 a.m. – noon

Spring allergy season is here! Join our nurse health educator for a discussion on seasonal allergies as we explore symptoms, treatments, and when it is time to see a doctor!

Attendance is free, registration required: <https://bit.ly/3ZOHFH2>

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

Wednesday, March 11 | 6 – 7:30 p.m.

The AHA's Family & Friends® CPR Course is 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>

Clases de Lactancia en Español (virtual)

Jueves, Marzo 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.

Build a Balanced Avocado Toast (hybrid)

Tuesday, March 12 | 11 a.m. – noon

Avocado toast is more than just trendy...it's healthy too! Join our dietitian as she demonstrates how to build a balanced avocado toast perfect for a light meal or a snack!

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

Preparing for Breastfeeding (hybrid)

Friday, March 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, March 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>

Afternoon Tea with the LiveWell Center: Uncovering Common Characteristics (in-person)

Monday, March 16 | 2 – 3 p.m.

Ever wondered what makes you tick and how this impacts the relationships you form? Join our community health educators for a light-hearted discussion about personality types and different ways to learn about your main character traits including: The Color Code, Zodiac Charts, the Myers-Briggs Type Indicator (MBTI) and the Enneagram. You will rotate through stations to take these assessments, comparing and connecting with fellow attendees to uncover commonalities!

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

Let's Connect: St. Patrick's Day Craft (in-person)

Tuesday, March 17 | 11 a.m. – noon

It's St. Patrick's Day! Join us for a fun socialization activity listening to music and making a St. Patrick's Day themed craft.

Attendance is free, registration required: <https://bit.ly/3M3lbCm>

Spring Clean Your Medicine Cabinet (in-person)

Wednesday, March 18 | 10 – 11 a.m.

Spring is here and that "itch" to clean is among us! Join our nurse health educator as we discuss tips to "spring clean" your medicine to ensure safe medication management practices and how to safely dispose of your expired or unused medications.

Attendance is free, registration required: <https://bit.ly/4a1mdXH>

Gut Healthy Recipes (hybrid)

Wednesday, March 18 | 11 a.m. – noon

A healthy gut supports good digestion, immune function, and reduces inflammation. In this session, our registered dietitian will demonstrate how to prepare a gut-friendly meal and discuss ingredients that help support a healthy gut!

Attendance is free, registration required: <https://bit.ly/4rkIO8F>

Cooking with the Clinicians: Zoranda Castaneda, MHA (hybrid)

Thursday, March 19 | 11 a.m. – noon

Join us as we welcome Zoranda Castaneda, MHA, Program Manager, Geriatrics Institute and Diabetes Center at Monmouth Medical Center and Monmouth Medical Center Southern Campus, to our demonstration kitchen for this month's Cooking with the Clinicians program. Follow along as Zoranda prepares a healthy recipe and discusses the variety of programs available through BHMg at Monmouth Medical Center.

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

The Clear and Cloudy of Cataracts: Signs, Symptoms, and Treatment (in-person)

Monday, March 23 | 11 a.m. – noon

Do you feel as though you're looking at the world through a dirty window? Let's explore the causes of cataracts, signs and symptoms, and how and when they should be treated.

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

Lunch & Learn: Colorectal Cancer with Dr. Sunny Arora (hybrid)

Tuesday, March 24 | 11:30 a.m. – 1 p.m.

Colorectal cancer (CRC) is the third most commonly diagnosed cancer and second leading cause of cancer death in the U.S., with rates of diagnosis increasing for those under 50. Join Sunny Arora, MD, MPH, Medical Oncologist and Hematologist, member of Monmouth Hematology Oncology and the RWJBarnabas Medical Group, in recognition of Colorectal Cancer Awareness Month for a discussion on the importance of colon cancer screening, risk factors, and prevention. Lunch will be provided to in-person attendees.

Attendance is free, registration required: <https://bit.ly/464pKDb>



Kids Snack Time (in-person)

Tuesday, March 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/39pxV2O>

Sleep Audit: Healthy Sleep Hygiene for Sleep Awareness Month (in-person)

Wednesday, March 25 | 11 a.m. – noon

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 and take a sleep audit as well as discuss some sleep hygiene tips.

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

Plant- Based Recipes: Falafel (hybrid)

Wednesday, March 25 | 1 – 2 p.m.

Learn how flavorful plant-based cooking can be! Join our dietitian in the kitchen to learn how to prepare falafel, a chick-pea-based patty popular in Middle Eastern cuisine.

Attendance is free, registration required: <https://bit.ly/46dRI4O>

Teen Takeover: Snack Chat (in-person)

Thursday, March 26 | 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>

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

Tuesday, March 31 | 10 – 11 a.m.

Drop in 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/3NH0I6T>

Meal-Prepped Lunch (hybrid)

Tuesday, March 31 | 11:00 a.m. – noon

Set yourself up for a healthy week with meal prep! Join our dietitian in the kitchen as she demonstrates how to prepare a healthy lunch to help you fuel your day.

Attendance is free, registration required: <https://bit.ly/49UNc71>

Meditation Station: How To De-Stress (in-person)

Tuesday, March 31 | 1 – 2 p.m.

Life is stressful, but we have the power to do something about it! Join our health educator to discuss the health benefits of meditation and participate in a guided meditation that will help you relax and de-stress.

Attendance is free, registration required: <https://bit.ly/49YpG9p>



Movement Programs at The LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Shaping Up Sitting Down (in-person)

Wednesday, March 4, 11, 18 and 25 | 2:30 - 3:15 p.m.

Friday, March 6, 13, 20, and 27 | 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

Baby and Me Yoga Flow (in-person)

Thursday, March 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 March 12 | 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>

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

Monday, March 9 and 23 | 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



Health Screenings

One-On-One Health Coaching

March | 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**



March 2026

Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!

2026 Wellness Journey Series: Session 3 – Process of Change at MMCSC (in-person)

Thursday, March 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 Monmouth Medical Center Southern Campus' newest continuing program series where we discuss monthly health goals! Our third meeting will be dedicated to learning the processes of change when it comes to health goals. We will discuss our current habit patterns, behavior change adherence so far, and the 10 processes of change used in health behavior change theory. Over the next 9 months of 2026, we will have monthly check-ins to discuss challenges and successes as we try to reach out goals. Our final meeting will be at the end of 2025 where we reflect on the year.

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

Zumba Gold – Seated at MMCSC (in-person)

Thursday, March 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/3OH7ZRe>

Indoor Gardening Palooza with Common Grounds Garden at MMCSC (in-person)

Thursday, March 12 | 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. Gardening has been shown to improve one's mood, physical health including balance, strength, and flexibility, dietary choices, and increase feelings of social connectedness. Regardless of the size of your space, there are still ways to participate in gardening – even indoors! Join Ayala Schlossberg, certified Master Garden from Common Grounds Garden, for a discussion on plants that can positively impact your well-being and a hands-on indoor seed-starting activity.

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

Dine with the Clinician: The Power of Nutrition with Jennifer Klein, MS, RDN (in-person)

Friday, March 13 | 11:30 a.m. – 1 p.m.

This event takes place at JBJ Soul Kitchen in Toms River 1769 Hooper Ave. March is National Nutrition Month! Join Jennifer Klein, Registered Dietitian Nutritionist, of Monmouth Medical Center and Monmouth Medical Center Southern Campus' Community Health Department as we discuss good nutrition. Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day. Learn tips for accessing healthy foods and build healthy habits into your day to help you feel great!

Attendance is free, registration required: <https://bit.ly/4qHEe4p>

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

Thursday, March 19 | 10 – 11 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. 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>

Exercise: Finding the Right Movement for You at MMCSC (in-person)

Thursday, March 19 | 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. Getting the proper amount of physical activity is important to maintain and improve our health. Whether you are bored of your usual workout routine and want to be exposed to new options or simply curious about what is out there, join us to discuss the importance of movement to our health and explore different types of exercises that you may not have heard of.

Attendance is free, registration required: <https://bit.ly/4rfE97U>

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

Thursday, March 26 | 1 – 2:30 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. 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/4pYBZbu>



Support Groups and Information Sessions

All Cancers Support Group (in-person)

Monday, March 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).

Bariatric Support Group Meetings (in-person)

Monday, March 2 | 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

Breastfeeding Support Groups (in-person)

Monday, March 2, 9, 16 and 23 | 1 - 3 p.m.

Thursday, March 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, March 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.

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, March 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 or leigh.mann@rwjbh.org to register.

Pulmonary Support Group (in-person)

Thursday, March 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.

Tobacco and Nicotine Recovery Group (dual)

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

Mondays, March | 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