



**Brunch & Learn: Lifting the Cloud – Navigating Depression in Older Adults with Dr. Erika Concepcion**  
Friday, May 1 • 10:30 – 11:30 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**My Back Hurts! Is it Sciatica?**  
Tuesday, May 5 • 10 – 11 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Healthy Spring Brunch**  
Thursday, May 7 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Lunch & Learn: Understanding Dementia with Dr. Angi**  
Tuesday, May 12 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Diabetes: Prevention, Warning Signs, and Treatment**  
Wednesday, May 13 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Cooking with the Clinicians: Lauren Russo, MSN, RN**  
Wednesday, May 13 • 1 – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Coffee with the Clinician: BEFAST Stroke Prevention with Alyson Bryson, BSN, RN**  
Thursday, May 14 • 10 – 11 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Lunch & Learn: Spotting a Stroke at with Kathleen Morris, DNP, RN, CCRN, NEA-BC at MMCSC**  
Thursday, May 21 • 11:30 a.m. – 1 p.m.

Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood



**Brunch & Learn: Menopause and Heart Health with Dr. Suzanne Magherini**  
Thursday, May 28 • 10:30 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Acupressure for Self-Care at MMCSC**  
Thursday, May 28 • 1 – 2 p.m.

Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood

MAY 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

### **Brunch & Learn: Lifting the Cloud - Navigating Depression in Older Adults with Dr. Erika Concepcion (hybrid)**

**Friday, May 1 | 10:30 - 11:30 a.m.**

May is Mental Health Awareness Month! Depression is a highly prevalent yet often underdiagnosed condition in older adults; there are certain risk factors as we age that may make us more susceptible to experiencing depression. Join Dr. Erika Concepcion, Chair of the Department of Psychiatry at Monmouth Medical Center, as we discuss what exactly depression is, causes, symptoms, treatments and resources, and protective factors. *Light brunch will be provided to in-person attendees.*

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

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

**Saturday, May 2 | 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>

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

**Tuesday, May 5 | 10 - 11 a.m.**

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/4v64WpY>

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

**Tuesday, May 5 | 11 a.m. - noon**

Have you ever heard of Jicama? Join our dietitian in the kitchen to try Jicama, a crunchy, slightly sweet root vegetable, native to Mexico. Enjoy a taste of Jicama and learn how to use it in delicious recipes!

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

### **Nutrition Lecture: Nutrition for Bone Health (hybrid)**

**Wednesday, May 6 | 11 a.m. - noon**

Join our registered dietitian for a discussion on nutrition for healthy bones. Learn how to plan meals that incorporate important bone-building nutrients.

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

### **Healthy Spring Brunch (hybrid)**

**Thursday, May 7 | 11 a.m. - noon**

Celebrate spring with brunch! Join us in the demonstration kitchen for a cooking demo featuring healthy brunch favorites.

Attendance is free, registration required: <https://bit.ly/40WX4ZZ>

### **LiveWell Center Member of the Month's Pick: The Benefits of Art Therapy (in-person)**

**Friday, May 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 program will explore art therapy. Tap into your creative side as we learn how art can help with cognitive stimulation and memory, emotional well-being, physical health, promote social connection, and provide a sense of purpose.

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

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

**Friday, May 8 | 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, May 8 | 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



### **Lunch & Learn: Understanding Dementia with Dr. Angi (hybrid)**

**Tuesday, May 12 | 11:30 a.m. - 1 p.m.**

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life, caused by physical changes in the brain. Join Dr. Priya Angi, board-certified Geriatrician and member of the RWJBarnabas Health Medical Group practicing at Monmouth Medical Center, for a community discussion on dementia. Together we will aim to understand symptoms, causes, progression, and treatment for individuals. Lunch will be served to in-person attendees.

Attendance is free, registration required: <https://bit.ly/47lyYvw>

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

**Tuesday, May 12 | 1 - 2 p.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>

### **Diabetes: Prevention, Warning Signs, and Treatment (in-person)**

**Wednesday, May 13 | 11 a.m. - noon**

Around 40 million Americans have diabetes, with an additional 115.2 million having pre-diabetes. Join experts, Autumn Dempsey, RN, CDCES, Program Coordinator, Outpatient Diabetes Education & Nutrition Services, and Teah Arum, MS, RDN, Diabetes Educator, from the Monmouth Medical Center Southern Campus Center for Diabetes Education, for an educational session where we will: understand diabetes and risk reduction; learn simple, realistic meal planning techniques; discuss how food impacts blood sugar; address how to prevent complications; explore why diabetes education matters; and gain practical tips you can use immediately. Individuals living with diabetes, those newly diagnosed, those at risk, and caregivers are welcome to attend.

Attendance is free, registration required: <https://bit.ly/4t9yOeh>

### **Cooking with the Clinicians: Lauren Russo (hybrid)**

**Wednesday, May 13 | 1 - 2 p.m.**

This month we welcome Lauren Russo, Administrative Director, Medical Surgical & ICU Division at Monmouth Medical Center, to the demonstration kitchen for our Cooking with the Clinicians program. Join Lauren 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, Mayo 14 | 10 - 11 a.m.**

Este programa está diseñado para ofrecer a las mujeres información sobre los beneficios de la lactancia materna, así como las habilidades para amamantar con éxito a sus bebés y alcanzar sus objetivos de alimentación con leche materna. El programa ofrece apoyo prenatal para la lactancia con educación antes del parto sobre la lactancia. Las familias pueden acceder a sesiones gratuitas de información prenatal sobre la lactancia en español, mientras se preparan para la llegada de su bebé. Las clases se ofrecen el segundo jueves de cada mes de 10 a.m. a 11 a.m. en el Anne Vogel Family Care & Wellness Center ubicado en 200 Wyckoff Road en Eatontown. También se ofrece asistencia virtual.

Las sesiones son gratis, pero se requiere registración llamando al **862.781.3873** o enviando un correo electrónico a [TaraAnn.Murphy@rwjbh.org](mailto:TaraAnn.Murphy@rwjbh.org).

### **Coffee with the Clinician: BEFAST Stroke Prevention with Alyson Bryson, BSN, RN (in-person)**

**Thursday, May 14 | 10 - 11 a.m.**

May is Stroke Awareness Month! Join Alyson Bryson, BSN, RN, Disease Management Coordinator at Monmouth Medical Center, for a discussion on how we can spot warning signs of a stroke and how we can quickly reach emergency services for the best outcomes. *Coffee (decaf or regular), tea, and light refreshments will be provided to those in-person attendees.*

Attendance is free, registration required: <https://bit.ly/4INt2Bk>

### **Cook Once, Eat Twice (hybrid)**

**Thursday, May 14 | 11 a.m. - noon**

Save time and eat well, with the “cook once, eat twice” method! Our registered dietitian will show you how to prepare a healthy meal and transform the leftovers into a new meal, without all the prep! We will also share meal planning tips on how to implement the “cook once, eat twice” method as an easy and versatile cooking method.

Attendance is free, registration required: <https://bit.ly/4d3Aczg>



### **Spot the Risk: Let's Discuss Skin Cancer (hybrid)**

**Friday, May 15 | 11 a.m. - noon**

May is Skin Cancer Detection and Prevention Month. According to the American Academy of Dermatology Association, approximately 9,500 people in the United States are diagnosed with skin cancer every day. Skin cancer is not only the most common cancer in the United States but is also the most preventable. Join our health educators to discuss the causes of skin cancer, major risk factors, how to practice safe sun behaviors, how to perform a self-exam, and other information to help protect us against UV Rays.

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

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

**Monday, May 18 | 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: Why We Love Traveling (in-person)**

**Monday, May 18 | 2 - 3 p.m.**

Whether it is a short day or weekend trip, an international trip, or something in between, it is no secret that traveling is an exciting part of life. But have you ever wondered why people like to travel so much? Does travel really change us? If so, how does encountering unfamiliar environments affect the way we think? Join us for a discussion on travel and its impact on health, happiness, and well-being.

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

### **It Starts with Awareness: Understanding Women's Health Screenings through the Decades (in-person)**

**Tuesday, May 19 | 10 - 11 a.m.**

Hop on the health train to wellness as we visit and explore different types of women's health 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 other important routine screenings. All aboard!

Attendance is free, registration required: <https://bit.ly/3PreV8Z>

### **Healthy Potluck Pasta Salad (hybrid)**

**Tuesday, May 19 | 11 a.m. - noon**

Barbeque season is around the corner. Prepare for outdoor potluck season with healthy pasta salad recipes! Our dietitian will share tips for creating a healthy pasta salad that is great for sharing at gatherings or for meal prep.

Attendance is free, registration required: <https://bit.ly/4byoc7P>

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

**Tuesday, May 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>

### **Finding The Right Movement for You (in-person)**

**Wednesday, May 20 | noon - 1 p.m.**

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/41rhiLz>

### **Gluten-Free Cooking Demo (hybrid)**

**Wednesday, May 20 | 1 - 2 p.m.**

In honor of Celiac Disease Awareness month, join our dietitian in the demonstration kitchen for a gluten-free cooking demo! Learn about gluten free ingredients and how to prepare a safe, gluten free meal for those with Celiac disease. *Please note, our demonstration kitchen is not a gluten-free facility.*

Attendance is free, registration required: <https://bit.ly/4IS9a0a>

### **Ask The Expert: Car Seat Safety (virtual)**

**Wednesday, May 20 | 5:30 - 6:30 p.m.**

Not sure if your baby is ready for their next car seat? Have you ever wondered if one car seat is safer than another? Anna Busler, MPH, Safe Kids Coordinator of Monmouth/Ocean Counties, Child Passenger Safety Technician Certified, will be available to answer all your child passenger safety questions. *This is a virtual program.*

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

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

**Thursday, May 21 | 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 Would You Do? Let's Talk About Boundaries (in-person)**

**Wednesday, May 27 | 10 – 11 a.m.**

The decisions we make in life largely depend on who we are, how we show up in the world, our mood, and our past experiences. One decision we make may seem like the best choice in our eyes, while it may be a bit more uncertain for another. Join us as we discuss decision-making in different types of scenarios and life events.

Attendance is free, registration required: <https://bit.ly/3Ptd7fD>

### **Simple Stir Fry (hybrid)**

**Wednesday, May 27 | 11 a.m. – noon**

Stir frying is a fast and easy method for preparing a vegetable-rich, balanced meal. Join us in the demonstration kitchen to learn how to make a simple and delicious stir fry!

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

### **Baby Care Basics: Staying Safe and Sound (virtual)**

**Wednesday, May 27 | noon – 1 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>

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

**Wednesday, May 27 | 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>

### **Brunch & Learn: Menopause and Heart Health with Dr. Suzanne Magherini (hybrid)**

**Thursday, May 28 | 10:30 a.m. – 11:30 a.m.**

Did you know that menopause can impact heart health? Join Dr. Suzanne Magherini, board certified Ob/Gyn, member of the RWJBarnbas Health Medical Group, as she discusses how the hormonal changes that occur during menopause can bring increased cardiovascular risk in the form of higher blood pressure and cholesterol levels. *Brunch will be provided to in-person attendees.*

Attendance is free, registration required: <https://bit.ly/3Pv4C3O>

### **Healthy Burger Bowls (hybrid)**

**Thursday, May 28 | 6 – 7 p.m.**

Join us for a cooking demonstration featuring a healthy cheeseburger bowl. This healthy twist on a BBQ favorite is sure to please this summer!

Attendance is free, registration required: <https://bit.ly/4INr6sB>

### **Is That What the Kids Are Doing? (in-person)**

**Friday, May 29 | 11 a.m. – noon**

Technology, social media, new slang, new recommendations for safety and more, it can be overwhelming to be a caregiver of a teen in 2026. Join our health educators as we discuss how we can stay up-to-date and connected with our teenagers (13-18 years old).

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



## Movement Programs at The LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

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

Wednesday, May 6, 13, and 20 | 2:30 - 3:15 p.m.

Friday, May 1, 8, 15 and 22 | 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**

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

Monday, May 4, 11, and 18 | 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

May | 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**



**May 2026**

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

600 River Avenue, Lakewood | Call 862.781.3597 to register!

### **2026 Wellness Journey Series: Session 5 – External Impacts on Our Health at MMCSC (in-person)**

**Thursday, May 7 | 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 5th meeting means we are focusing on how our environment influences our decision making and habit formation. In this session, we will discuss our current habit patterns, behavior change adherence so far, reflect on how our external environment has impacted our health habits so far, and discuss what we can do to improve or maintain our external environment. Over the next 7 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 2026 where we reflect on the year.*

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

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

**Thursday, May 7, 14 and 28 | 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>

### **Mental Health is Brain Health at MMCSC (in-person)**

**Thursday, May 14 | 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. Mental health awareness continues to grow as more people recognize the importance of emotional balance, psychological resilience, and cognitive wellness. Maintaining brain health is crucial for overall well-being, especially as we age. Join our nurse health educator as we “flex our cortex” and explore ways to maximize health daily for this multifaceted organ.*

Attendance is free, registration required: <https://bit.ly/4d3TDbb>

### **Lunch & Learn: Spotting a Stroke at MMCSC (in-person)**

**Thursday, May 21 | 11:30 a.m. – 1 p.m.**

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Conference Rooms A/B/C. May is Stroke Awareness Month! Join Kathleen Morris, DNP, RN, CCRN, NEA-BC, Director of Nursing Resources, Monmouth Medical Center-Southern Campus, for a discussion on how we can spot warning signs of a stroke and how we can quickly reach emergency services for the best outcomes.*

Attendance is free, registration required: <https://bit.ly/486Pe3I>

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

**Thursday, May 28 | 1 – 2:30 p.m.**

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue 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 such as meditation, breath practice, and acupressure. 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, May 11 | 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, May 4 | 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, May 4, 11, 18 and 31 | 1 - 3 p.m.**

**Thursday, May 7, 14, 21 and 28 | 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, May 14 | 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, May 28 | 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, May 7, 14, 21 and 28 | 10 – 11 a.m. (in-person)**

**Mondays, May | 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