

NOVEMBER 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



Brunch & Learn: Promoting Health, Hygiene, and Wellness in Older Adults with the Monmouth University Occupational Therapy Graduate Program
Wednesday, November 4 • 11 a.m. – 12:30 p.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Cooking with the Clinicians: Dr. Erika Concepcion
Wednesday, November 4 • 1 – 2 p.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



First Aid & Injury Prevention at MMCSC
Thursday, November 5 • 11 a.m. – noon
Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood



Nutrition Lecture: Portion Control for Weight Management and Diabetes
Monday, November 9 • 11 a.m. – noon
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Cooking with the Clinicians: Teah Arum, RD
Tuesday, November 10 • 1 – 2 p.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Meet the Healthcare Professionals - The Metabolic Shift
Wednesday, November 11 • 11:30 a.m. – 1 p.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Brunch & Learn: What's New to Medicare in 2027
Wednesday, November 18 • 10:30 a.m. – noon
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Healthy Seasonal Sides
Thursday, November 19 • 11 a.m. – noon
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Mental Health at the Holidays with Cailtin Dorn, LCSW, at MMCSC
Thursday, November 19 • 11:30 a.m. – 1 p.m.
Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood



Thanksgiving Leftover Recipes
Tuesday, November 24 • 11 a.m. – noon
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Health Education and Nutrition Programs at the LiveWell Center

The Immunity Blueprint: Resilience During Cold & Flu Season (in-person)

Tuesday, November 3 | 10 – 11 a.m.

Cold and flu season is upon us! As the seasons change, keeping our bodies strong and resilient becomes more important than ever. Join our nurse health educator as we discuss simple health behaviors you can implement surrounding nutrition, sleep, hygiene, stress, movement, and vaccinations to ensure you boost your immune system this season.

Attendance is free, registration required: https://bit.ly/4yGU5nk

Plate-Method Meals (hybrid)

Tuesday, November 3 | 11 a.m. – noon

Join our dietitian in the kitchen to learn how easy portion control can be, using the Plate Method. Learn how to create a plate full of flavor and balanced nutrition!

Attendance is free, registration required: https://bit.ly/4xvbq1u

Brunch & Learn: Promoting Health, Hygiene, and Wellness in Older Adults with the Monmouth University Occupational Therapy Graduate Program (in-person)

Wednesday, November 4 | 11 a.m. – 12:30 p.m.

Join the LiveWell Center and the Monmouth University Occupational Therapy Graduate Program for an interactive educational experience focused on personal health, hygiene, and wellness for older adults. *Light brunch will be provided to in-person attendees.*

Attendance is free, registration required: https://bit.ly/46Ab5zK

Cooking with the Clinicians: Dr. Erika Concepcion (hybrid)

Wednesday, November 4 | 1 – 2 p.m.

This month we welcome Dr. Erika Concepcion, Chair of the Department of Psychiatry at Monmouth Medical Center, to the demonstration kitchen for our Cooking with the Clinicians program. Join Dr. Concepcion and our registered dietitian in the kitchen as we cook and "dish" about behavioral health care at Monmouth Medical Center!

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

Five Wishes (in-person)

Thursday, November 5 | 10 – 11 a.m.

Letting your loved ones know what matters most to you is the greatest gift of all. Join Claire Verruni, RN, CHPN, as she presents Five Wishes, an easy-to-use legal document that helps you express your wishes ahead of a serious illness. In addition to medical and legal issues, Five Wishes deals with matters of comfort and maintaining dignity, as well as the many personal, family, and spiritual concerns people say matter most.

Attendance is free, registration required: https://bit.ly/3Zck2cY

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

Thursday, November 5 | 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

Kids Cooking Class (in-person)

Thursday, November 5 | 5 – 6 p.m.

Let's cook! Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs ages 4 and up are welcome to attend with an adult!

Attendance is free, registration required: https://bit.ly/3fM977W

Nutrition Lecture: Portion Control for Weight Management and Diabetes (hybrid)

Monday, November 9 | 11 a.m. – noon

Join our registered dietitian for a discussion on the importance of portion control. Learn common portion sizes, how to determine portions that are right for you, and learn tips for practicing portion control.

Attendance is free, registration required: https://bit.ly/44EpASl

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Cooking with the Clinicians: Teah Arum, MS, RDN (hybrid)

Tuesday, November 10 | 1 – 2 p.m.

In honor of National Diabetes Month, the LiveWell Center will welcome Teah Arum, Registered Dietitian and Diabetes Educator with MMC & MMCSC's Center for Diabetes Education, to the demonstration kitchen. Join Teah and our registered dietitian in the kitchen as we cook and "dish" about managing diabetes throughout the holiday season!

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

Your Healthcare Compass: A Nurse's Guide to Caregiving (in-person)

Tuesday, November 10 | 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! This month in the series, we will discuss caregiving. We will cover the many challenges that come with being the person who provides assistance to someone with illness, disability, or age-related limitations as one assists with daily tasks, medical needs, and emotional support. We will also explore approaches to manage the stress one may face in this role and how to embed self-care into our daily routine.

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

Lunch & Learn: Meet the Healthcare Professionals - The Metabolic Shift: Navigating Weight Loss and Medication as We Age (hybrid)

Wednesday, November 11 | 11:30 a.m. – 1 p.m.

As we age, maintaining metabolic health and managing weight become complex yet essential pillars of independence, mobility, and overall quality of life. Join Dr. Kenneth Granet, FACP, Chief Medical Officer of Monmouth Medical Center as he moderates a panel discussion featuring Dr. Scott Eisenberg, Cardiologist, Dr. Erik Klein, Primary Care Physician, and Jennifer Klein, MS, RDN, Registered Dietitian, as we discuss this shift. We will explore how metabolic needs change over time, address the unique challenges of weight management in later life, and unpack approaches to weight managementincluding lifestyle modifications, physical activity, and GLP-1s. *Lunch will be provided to in-person attendees after the program.*

Attendance is free, registration required: https://bit.ly/4xsxMk6

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

Wednesday, November 11 | 1 – 2 p.m.

Drop into the LiveWell Center to get your blood pressure taken by one of our nurses. Learn more about what your numbers should be and how to manage your blood pressure effectively.

Attendance is free, registration required: https://bit.ly/3NH0I6T

Clases de Lactancia en Espanol (virtual)

Jueves, Noviembre 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.

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

Friday, November 13 | 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

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Preparing for Breastfeeding (hybrid)

Friday, November 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, November 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

Headache Gone, Life On! (in-person)

Tuesday, November 17 | 10 – 11 a.m.

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

Seasonal Produce Pick: Brussels Sprouts (hybrid)

Tuesday, November 17 | 11 a.m. – noon

Enjoy a taste of seasonal produce in our dietitian-led cooking class featuring Brussels sprouts! Learn about Brussels sprouts' health benefits and how delicious they can be.

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

Kids Snack Time (in-person)

Tuesday, November 17 | 4:15 – 4:45 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

Brunch & Learn: What's New to Medicare in 2027 (in-person)

Wednesday, November 18 | 10:30 a.m. – noon

Do you need help understanding changes to Medicare for 2027? Join Natasha Bishop, SHIP Counselor and Director of Volunteer Services at Family & Children's Service of Monmouth County, for a discussion on Medicare open enrollment. The Open Enrollment Period, during which beneficiaries can make certain changes to their Medicare coverage for 2027, will begin October 15th and extends to December 7th. This presentation provides an overview of Medicare and explains the options available to beneficiaries during Open Enrollment, changes in Medicare for 2027, and describes programs that can help qualifying beneficiaries pay for prescription plans and Medicare premiums and cost-sharing. SHIP is your local State Health Insurance Assistance Program. *SHIP provides unbiased help to Medicare beneficiaries, their families, and caregivers. Light brunch will be served to those attending in-person.*

Attendance is free, registration required: https://bit.ly/4y5626f

Healthy Seasonal Sides (hybrid)

Thursday, November 19 | 11 a.m. – noon

Join our dietitian in the kitchen to learn how to prepare a healthy seasonal side dish – a perfect complement to an autumn dinner or holiday spread.

Attendance is free, registration required: https://bit.ly/4j9HOTF

Diabetes as We Age (in-person)

Tuesday, November 24 | 10 – 11 a.m.

Through the years, those actively managing diabetes may face lower blood sugar levels more often, changes in mobility, as well as the task of managing other chronic health issues at the same time. Join our nurse health educator as we look at potential ways to prevent diabetes complications, remain independent, and receive the support needed to continue to manage diabetes.

Attendance is free, registration required: https://bit.ly/3T7XBrM

Thanksgiving Leftover Recipes (hybrid)

Tuesday, November 24 | 11 a.m. – noon

Turn your holiday leftovers into a new meal with our dietitian's Thanksgiving leftover recipes! Join us in the kitchen to learn healthy ways to reuse holiday leftovers.

Attendance is free, registration required: https://bit.ly/3TdoZo5

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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, November 2 and 9 | 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, November 4, 11 and 18 | 2:30 – 3:15 p.m.
Friday, November 6 and 13 | 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

Wheee Get Fit & Play: Bootcamp (in-person)

Thursday, November 5 and 19 | 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

Let's Move: Balance & Flexibility Training (in-person)

Friday, November 6 | 10 – 10:45 a.m.

Join the LiveWell Center and the Monmouth University Occupational Therapy Graduate Students for a class on balance and flexibility. The instructor will lead you through movements to stretch your muscles, build core strength, and improve balance and coordination. Exercise will begin with seated chair stretching and strength movement, followed by chair assisted standing balance and strength movements. All equipment provided. This class is designed for adults 55+. *Movement waiver is required for all participants.*

Attendance is free, registration required: https://bit.ly/4xheezP

Baby and Me Yoga Flow (in-person)

Thursday, November 12 | 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

Let's Move: Stretching (in-person)

Friday, November 13 | 10 – 10:45 a.m.

Join the LiveWell Center and the Monmouth University Occupational Therapy Graduate Students for a class on stretching. The instructor will lead you through movements to stretch your muscles, build core strength, and improve balance and coordination. All equipment provided. This class is designed for adults 55+. *Movement waiver is required for all participants.*

Attendance is free, registration required: https://bit.ly/4xheezP

RWJBarnabas HEALTH
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Monmouth Medical Center Southern Campus



November 2026
Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!

First Aid & Injury Prevention at MMCSC (in-person)

Thursday, November 5 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus' James and Sharon Maida Geriatric 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/4y3ffw3

Zumba Gold – Seated at MMCSC (in-person)

Thursday, November 5 and 12 | 12:15 – 1 p.m.

This event takes place at Monmouth Medical Center Southern Campus' James and Sharon Maida Geriatric 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

Healthy Harvest Salad at MMCSC (in-person)

Thursday, November 12 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus' James and Sharon Maida Geriatric Conference Room.
Fall produce season is in full swing. Join our dietitian to learn how to prepare a seasonal salad full of Fall harvest favorites!

Attendance is free, registration required: https://bit.ly/4riC8sN

Lunch & Learn: Mental Health at the Holidays with Caitlin Dorn, LCSW, at MMCSC (in-person)

Thursday, November 19 | 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.
It's what some would call the most wonderful time of the year! While the holidays can be a magical time, they may also come with some challenges. Join Caitlin Dorn, LCSW, Assistant Director of Inpatient Social Work at the Barnabas Health Behavioral Health Center, at Monmouth Medical Center Southern Campus, as she discusses different strategies to manage holiday stress, shifting dynamics in family and friends as we age, and how to prioritize our mental health this season.

Attendance is free, registration required: http://bit.ly/4oBqtmk



Health Screenings

One-On-One Health Coaching

November | 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**

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Support Groups and Information Sessions

All Cancers Support Group (in-person)

Thursday, November 19 | 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 third Thursday 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, November 9 | 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.

Breastfeeding Support Groups (in-person)

Monday, November 2, 9, 16, 23 and 30 | 1 – 3 p.m.

Thursday, November 5, 12 and 19 | 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

Ovarian Cancer Support Group (in-person)

Thursday, November 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.

Tobacco and Nicotine Recovery Group (dual)

Mondays, November | 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

Nurses Improving Care for Healthsystem Elders
NICHE
NICHE Designated Hospital

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