



The Thyroid: Small Gland, BIG Impact! at MMSC
Thursday, October 1 • 11 a.m. – noon
Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Seasonal Produce Pick: Pumpkin
Thursday, October 1 • 11 a.m. – noon
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



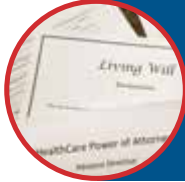
The Daily Dose: Navigating Brand Name Prescriptions, Over-the-counter Drugs, and Supplements with the MMC Pharmacy Team
Thursday, October 8 • 11 a.m. – noon
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Cooking with the Clinicians: Dr. Richard Mojares
Tuesday, October 13 • 11 a.m. – noon
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Nap to Nighttime: Baby's Safe Sleep
Wednesday, October 14 • 4 – 5 p.m.
Presented virtually via Zoom



Lunch & Learn: Empowered Care – Advanced Directives, Living Wills, and POLSTs at MMSC
Thursday, October 15 • 11:30 a.m. – 1 p.m.
Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Nutrition Lecture: Nutrition Myth Busters
Monday, October 19 • 11 a.m. – noon
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Your Healthcare Compass: A Nurse's Guide to Health Literacy
Wednesday, October 21 • 1 – 2 p.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Ladies Brunch & Learn: Breast Cancer Screening Across the Lifespan with Dr. Corrine Raczek
Thursday, October 22 • 10:30 – 11:30 a.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Brunch & Learn: Rotator Cuff Injuries & Treatment with Dr. Douglas Navasartian
Wednesday, October 28 • 10:30 – 11:30 a.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

OCTOBER 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

Seasonal Produce Pick: Pumpkin (hybrid)

Thursday, October 1 | 11 a.m. – noon

The fall produce season is in full swing and pumpkin spice is everywhere! Join our dietitian in the kitchen to learn about the health benefits of this popular squash and follow along as she prepares a simple recipe featuring pumpkin.

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

Kids Cooking Class (in-person)

Thursday, October 1 | 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>

Safe Steps for Older Adults: Fall Prevention (in-person)

Tuesday, October 6 | 10 – 11 a.m.

Falls are the leading cause of injury for adults ages 65 years and older, however, we are all at risk! Older adult falls are common, costly, and preventable. Join our nurse health educator as we learn about common fall risks, the effects of falls, and fall prevention tips to help increase safety in our environment.

Attendance is free, registration required: <https://bit.ly/4fOC8MT>

Fall Harvest Salads (hybrid)

Tuesday, October 6 | 11 a.m. – noon

Eat with the seasons and enjoy fall produce in a filling and balanced salad. Join our dietitian in the kitchen to learn how to build a delicious, fall harvest salad.

Attendance is free, registration required: <https://bit.ly/4guAu26>

Cooking for One: Healthy Air Fryer Meals (hybrid)

Wednesday, October 7 | 1 – 2 p.m.

Join our registered dietitian for a demonstration featuring a healthy recipe for one, made in an air fryer. Learn tips for scaling down recipes and keeping your pantry stocked for simple, single-serving meals. No air fryer? No Worries! Our RD will share the standard oven version of the recipe as well.

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

Clases de Lactancia en Español (virtual)

Jueves, Octubre 8 | 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.

The Daily Dose: Navigating Brand Name Prescriptions, Over-the-counter Drugs, and Supplements with the MMC Pharmacy Team (in-person)

Thursday, October 8 | 11 a.m. – noon

Managing your health means making daily decisions at the pharmacy counter. Join Germin Fahim, PharmD, BCPS, Clinical Coordinator, Pharmacy, Yunjin Lee, PharmD, PGY-1 Resident, and Myles Swarts, PharmD, PGY-1 Resident, of the Monmouth Medical Center Pharmacy Team for an informative program designed to take the guesswork out of your medicine cabinet! Attendees will learn how to maximize health and savings by understanding the exact differences between brand-name and generic medications, how to safely select over-the-counter (OTC) remedies for common ailments, and explore the truth about how vitamins and herbal supplements interact with your prescription drugs. Bring your questions and gain the confidence you need to make safe, smart, and informed choices for your wellness!

Attendance is free, registration required: <https://bit.ly/4xYY6D1>



Toddler Snack Time – Spooky Halloween Snacks (in-person)

Monday, October 12 | 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! *Feeling festive? Wear your favorite Halloween costume to class!*

Attendance is free, registration required: <https://bit.ly/3B3Ck5x>

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

Monday, October 12 | 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>

Kids Snack Time – Halloween Spooktacular (in-person)

Monday, October 12 | 4 – 4:30 p.m.

Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs ages 4 and up are welcome to attend with an adult! *Feeling festive? Wear your favorite Halloween costume to class!*

Attendance is free, registration required: <https://bit.ly/39pxV2O>

The Role of Primary Care in Your Healthcare (in-person)

Tuesday, October 13 | 10 – 11 a.m.

Primary care is the doorway into the healthcare system, regardless of the health issue you may be experiencing. Primary care is the cornerstone of effective healthcare systems, serving as the first point of contact for most people and the hub for ongoing health management. Join our nurse health educator as we discuss the importance of having a trusted primary care doctor for your care and overall health.

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

Cooking with the Clinicians: Dr. Richard Mojares (hybrid)

Tuesday, October 13 | 11 a.m. – noon

This month we welcome Dr. Richard Mojares, MD, FAAP, FACP, Internal Medicine Physician and head of Family First Urgent Care & Primary Physicians, to the demonstration kitchen for our Cooking with the Clinicians program. Join Dr. Mojares and our registered dietitian in the kitchen as we cook and “dish” about cold and flu prevention!

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

Preparing for Breastfeeding (hybrid)

Tuesday, October 13 | 3 – 4:30 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**

Nap to Nighttime: Baby's Safe Sleep (virtual)

Wednesday, October 14 | 4 – 5 p.m.

Safe sleep practices help protect our babies and keep them breathing. Join us for a discussion on best practices for baby's safe sleep and resources at Monmouth Medical Center that help keep baby safe, happy, and healthy. *This is a virtual program.*

Attendance is free, registration required: <https://bit.ly/481njQb>

Make-Ahead Meals: Fall Casseroles (hybrid)

Thursday, October 15 | 11 a.m. – noon

Get a headstart for the week ahead with a nutritious, make-ahead meal! Join our registered dietitian to learn how to put together a healthy, fall-inspired casserole that will be ready to heat and eat when you are.

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

Teen Takeover: Halloween Snack Chat (in-person)

Thursday, October 15 | 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. *Feeling festive? Wear your favorite Halloween costume to class!*

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

Nutrition Lecture: Nutrition Myth Busters (hybrid)

Monday, October 19 | 11 a.m. – noon

In a time when we are flooded with nutrition information from social media, family, friends, and influencers, it's hard to decipher the facts from the myths. Join our dietitian as she debunks some common nutrition myths, along with providing facts and tips to help with your overall health.

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



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

Tuesday, October 20 | 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>

Your Healthcare Compass:

A Nurse's Guide to Health Literacy (in-person)

Wednesday, October 21 | 1 – 2 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, we will discuss the importance of health literacy, which refers to the ability to find, understand, and use health information and services to make informed decisions and take actions that promote and maintain good health for oneself and others. Join our nurse educator as we discuss the next steps of learning how to take the information and use it, make informed decisions, and feel confident through it all!

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

Ladies Brunch & Learn: Breast Cancer Screening Across the Lifespan with Dr. Raczek (hybrid)

Tuesday, October 22 | 10:30 – 11:30 a.m.

Understanding the current recommendations for breast cancer screening whether you're 35 or 75 is vital so we can catch breast cancer earlier. This Breast Cancer Awareness Month, join Corrine Raczek, MD, physician in Hematology and Oncology practicing at Monmouth Medical Center, as we: demystify breast health, focusing on breast cancer risk factors, including high-risk indicators and reduction; ages to begin and when to discontinue with screening; and the importance of knowing and sharing personal and family history with younger family members on inherited risks to encourage annual screenings. *Participants are highly encouraged to attend with a daughter, mother, grandmother, or loved one to spark important health conversations across generations. Light brunch will be provided to in-person attendees.*

Attendance is free, registration required: <https://bit.ly/4qAjsV3>

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

Monday, October 26 | 11 a.m. – noon

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>

Memory Matters: The Role of Brain Health (in-person)

Tuesday, October 27 | 10 – 11 a.m.

Our brain and physical health are largely connected. Both can play a role in potential future diagnoses, including Alzheimer's disease. Join our nurse health educator as we learn about our physical needs and our cognitive function, and how together we can maintain them across the lifespan.

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

Brunch & Learn: Rotator Cuff Injuries & Treatment with Dr. Douglas Navasartian (hybrid)

Wednesday, October 28 | 10:30 – 11:30 a.m.

Rotator cuff injuries are extremely common, impacting over 2 million Americans every year. Join Douglas Navasartian, MD, MS, board-certified Orthopedic Surgeon at OrthoCenter, as we discuss rotator cuff injuries. Dr. Navasartian will explore prevalence, causes of injury, common treatments, ways to modify exercises to help decrease risks of injury, and more. *Sign-in begins at 10:15 a.m., lecture begins promptly at 10:30 a.m.*

Attendance is free, registration required: <https://bit.ly/4zGK4bc>

Fun Friday: Healthy Halloween Cooking Demo (hybrid)

Friday, October 30 | 11 a.m. – noon

You don't have to go trick-or-treating to enjoy Halloween! Join our dietitian in the kitchen for a special Halloween themed cooking demo! Feeling festive? Wear your favorite Halloween costume to class!

Attendance is free, registration required: <https://bit.ly/4c7gBwM>



Movement Programs at The LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

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

Thursday, October 1 and 15 | 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: Zumba (in-person)

Friday, October 2 | 10 – 10:45 a.m.

Join us at the LiveWell Center for Zumba with the Monmouth University Occupational Therapy Graduate Students. You'll move to the beat and pump up the volume! Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. 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>

Shaping Up Sitting Down (in-person)

Wednesday, October 7, 14, 21 and 28 | 2:30 – 3:15 p.m.

Friday, October 2, 9, 23 and 30 | 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, October 8 and 29 | 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: Theraband Resistance Exercises (in-person)

Friday, October 9 | 10 – 10:45 a.m.

Join us at the LiveWell Center for Theraband Exercises with the Monmouth University Graduate Therapy Doctoral Students. You'll use resistance bands to work on strength building and stability! Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. All equipment provided. *This class is designed for adults 55+. Physical movement waiver is required for all participants.*

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

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

Monday, October 12 and 26 | 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**



Let's Move: Chair Yoga (in-person)

Friday, October 23 | 10 - 10:45 a.m.

Join us at the LiveWell Center for a Chair Yoga Movement class with the Monmouth University Occupational Therapy Graduate Students. This class will help gently build muscle strength and promote flexibility, as well as improve mental clarity and focus. Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. All equipment provided. *This class is designed for adults 55+. Physical movement waiver is required for all participants.*

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

Let's Move: Line Dancing (in-person)

Friday, October 30 | 10 - 10:45 a.m.

Join us at the LiveWell Center for Dance Movement with the Monmouth University Occupational Therapy Graduate Students. You'll move to the beat and pump up the volume! Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. All equipment provided. *This class is designed for adults 55+. Physical movement waiver is required for all participants.*

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



Health Screenings

One-On-One Health Coaching

October | 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**



October 2026 Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!

The Thyroid: Small Gland, BIG Impact! At MMCSC (in-person)

Thursday, October 1 | 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. 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/3T9jMgA>

Zumba Gold – Seated at MMCSC (in-person)

Thursday, October 1, 8 and 29 | 12:15 – 1 p.m.

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Conference Rooms A/B/C. 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 Breakfast Overnight Oats at MMCSC (in-person)

Thursday, October 8 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Conference Rooms A/B/C. Join our dietitian to learn how to prepare overnight oats, a healthy make-ahead breakfast! Learn about the health benefits of oats and learn to make your own overnight oats with a variety of toppings and mix-ins.

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

Lunch & Learn: Empowered Care – Advanced Directives, Living Wills, and POLSTs at MMCSC (in-person)

Thursday, October 15 | 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. An advanced directive serves as form of patient empowerment, allowing individuals to express their wishes for future medical care while protecting these desires if they are one day unable to directly communicate these preferences with their healthcare team. Join Kristina McKinley, MSN, RNC-OB, Director of Quality Resource Services at Monmouth Medical Center Southern Campus, as we discuss the role of advance directives in your care, including Portable Orders for Life-Sustaining Treatment (POLST).

Attendance is free, registration required: <https://bit.ly/4xheH53>

Keep the Beat: Heart Health at MMCSC (in-person)

Thursday, October 22 | 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. Did you know that coronary heart disease is the most common type of heart disease? About 1 in 20 adults aged 20 and older have coronary artery disease. Join our nurse health educator as we explore heart disease, risks, testing, how cholesterol and triglycerides affect us, and the recommendations of prevention.

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

Your Healthcare Quarterback: The Role of Primary Care at MMCSC (in-person)

Thursday, October 29 | 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. Primary care is the doorway into the healthcare system, regardless of the health issue you may be experiencing. Primary care is the cornerstone of effective healthcare systems, serving as the first point of contact for most people and the hub for ongoing health management. Join our nurse health educator as we discuss the importance of having a trusted primary care doctor for your care and overall health.

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



Support Groups and Information Sessions

All Cancers Support Group (in-person)

Thursday, October 15 | 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, October 5 | 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, October 5, 12, 19 and 26 | 1 – 3 p.m.

Thursday, October 1, 8, 15, 22 and 29 | 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, October 8 | 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, October 29 | 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)

Mondays, October | 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