



Protein-Packed Salads

Tuesday, September 1 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



The Good and the Bad: Cholesterol 101 at MMCSC

Thursday, September 3 • 11 a.m. – noon

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Your Healthcare Compass: A Nurse's Guide to Understanding Routine Bloodwork

Wednesday, September 9 • 10 – 11 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Baby Care Basics: Staying Safe and Sound (virtual)

Thursday, September 10 • noon – 1 p.m.

Presented virtually via Zoom



Let's Bake:

Healthy Zucchini Muffins and Quick Breads

Friday, September 11 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Cooking with the Clinicians: Dr. Mitchell Weiss

Thursday, September 17 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Fall Prevention with

Kathleen Morris, DNP, RN, CCRN, NEA-BC at MMCSC

Thursday, September 17 • 11:30 a.m. – 1 p.m.

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Lunch & Learn: Putting Your Best Foot Forward - Podiatry with Dr. Verdoni

Friday, September 18 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



The Healthy Aging Check-up Guide

Wednesday, September 30 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

SEPTEMBER 2026

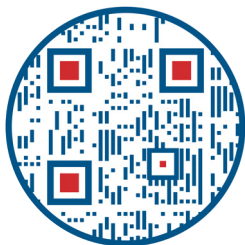
COMMUNITY HEALTH

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

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

Tuesday, September 1 | 10 – 11 a.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>

Protein-Packed Salads (hybrid)

Tuesday, September 1 | 11 a.m. – noon

Power your day with balanced nutrition in a bowl! Join our dietitian in the kitchen to learn how to prepare a protein-rich salad packed with the nutrients you need. Perfect for an energizing lunch or dinner!

Attendance is free, registration required: <https://bit.ly/44PsX9K>

Healthy Aging – Lessons from the World's Blue Zones (in-person)

Wednesday, September 2 | 10 – 11 a.m.

What are the secrets to longevity? How can I lead a lifestyle that is healthy? The social determinants of health have a major impact on people's health and well-being. Join our nurse health educator as we discuss these determinants, modifiable factors, the Power 9 Principles we can actively follow, and many interesting statistics around healthy aging!

Attendance is free, registration required: <https://bit.ly/4wX8IC2>

Nutrition Lecture: Healthy Fats 101 (hybrid)

Wednesday, September 2 | 11 a.m. – noon

Join our registered dietitian to learn all about healthy fats and the essential role they play in both our heart health and overall wellbeing. Our RD will show you how to identify healthy fats on a nutrition facts label and offer suggestions on how to add healthy fats to your meals.

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

Your Healthcare Compass: A Nurse's Guide to Understanding Routine Bloodwork (in-person)

Wednesday, September 9 | 10 – 11 a.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 routine bloodwork tests your doctor may order including a Complete Blood Count (CBC) and a Comprehensive Metabolic Panel (CMP). We will learn their meaning, what they tell us, and why they matter.

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

Seasonal Produce Pick: Sweet Potatoes (hybrid)

Wednesday, September 9 | 11 a.m. – noon

Sweet, nutritious, and versatile! Join our dietitian in the kitchen to discuss the health benefits of sweet potatoes and prepare a simple, healthy recipe to showcase its versatility!

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

Clases de Lactancia en Español (virtual)

Jueves, Septiembre 10 | 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.



Baby Care Basics: Staying Safe and Sound (virtual)

Thursday, September 10 | 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>

Let's Bake: Healthy Zucchini Muffins and Quick Breads (hybrid)

Friday, September 11 | 11 a.m. – noon

It's time to bake! Join our dietitian in the demonstration kitchen to learn how to make a simple and easy quick-bread and healthy zucchini muffins.

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

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

Friday, September 11 | 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, September 11 | 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**

Memory Matters: Understanding Alzheimer's (in-person)

Tuesday, September 15 | 10 – 11 a.m.

September is Alzheimer's Awareness Month. 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/4fhO5LO>

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

Tuesday, September 15 | 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>

Cholesterol 101: Cholesterol and your Heart (in-person)

Wednesday, September 16 | 10 – 11 a.m.

Cholesterol is a type of lipid (fat) that helps your body perform many important functions. But too much cholesterol in your blood is bad for you. Together, we will review what cholesterol is and what your numbers mean.

Attendance is free, registration required: <https://bit.ly/45eea7l>

Cooking with the Clinicians: Dr. Mitchell Weiss (hybrid)

Thursday, September 17 | 11 a.m. – noon

This month we welcome Dr. Mitchell Weiss, Chairman of Radiation Oncology at Monmouth Medical Center and Director of Network Integration and Quality for the RWJBarnabas Health Southern Region, to the demonstration kitchen for our Cooking with the Clinicians program. Join Dr. Weiss 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>



Lightened-up Comfort Food: Hamburger Helper (hybrid)

Thursday, September 17 | 6 – 7 p.m.

As the weather begins to get cooler, it's the perfect time for comfort food. Enjoy a lighter version of a comforting dish with our dietitian's healthy spin on a classic hamburger helper recipe. Enjoy a cooking demonstration and learn tips for improving the nutritional value of your favorite comfort foods!

Attendance is free, registration required: <https://bit.ly/3M6X5Xb>

Lunch & Learn: Putting Your Best Foot Forward - Podiatry with Dr. Verdoni (hybrid)

Friday, September 18 | 11:30 a.m. – 1 p.m.

Join Dr. Tyler Verdoni, DPM, fellowship-trained foot and ankle surgeon, at Seaview Orthopedic and Medical Associates, for a discussion about podiatric health. From plantar fasciitis, to bunions, to orthotics, to arthritis, and non-surgical regenerative treatments, we will explore common issues and how foot health impacts our overall well-being, balance, and mobility.

*Lunch will be provided to attendees from 11:30 a.m. -- noon.
Lecture begins at noon.*

Attendance is free, registration required: <https://bit.ly/3RvWH7f>

Toddler Snack Time (in-person)

Monday, September 21 | 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>

Mediterranean Inspired Soups (hybrid)

Tuesday, September 22 | 11 a.m. – noon

Join our dietitian in the kitchen to learn how to prepare a heart-healthy, Mediterranean Diet inspired soup recipe.

Attendance is free, registration required: <https://bit.ly/4b8V6v1>

Kids Snack Time (in-person)

Tuesday, September 22 | 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!

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

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

Wednesday, September 23 | 11 a.m. – noon

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>

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

Wednesday September 23 | 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>



Mental Health Unwind: Mindful Crafting for Stress Relief (in-person)

Thursday, September 24 | 11 a.m. – noon

Let's unwind! Did you know that mindful crafting can be a great tool to promote relaxation? Join us at the LiveWell Center for a fun and seasonal craft project to help alleviate stress and promote mental health.

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

Teen Takeover: Snack Chat (in-person)

Thursday, September 24 | 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>

Keep the Beat: Strategies for a Healthy Heart (in-person)

Tuesday, September 29 | 10 – 11 a.m..

It's World Heart Day! Did you know that coronary heart disease is the most common type of heart disease? About 1 in 20 adults age 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 recommendations to keep your ticker beating well!

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

Heart-Healthy Meals (hybrid)

Tuesday, September 29 | 11 a.m. – noon

Join our registered dietitian in the kitchen for a demonstration highlighting heart-healthy meals that are delicious and good for you!

Attendance is free, registration required: <https://bit.ly/4whK8M7>

The Healthy Aging Check-up Guide (in-person)

Wednesday, September 30 | 11 a.m. – noon

There are so many health screenings available to us! We will explore different types of adulthood screenings including cancer screenings, blood pressure and cholesterol, hearing, bone density, and other standard, routine screenings. Join our nurse health educator to get empowered as we identify and understand why screenings so beneficial to our health.

Attendance is free, registration required: <https://bit.ly/4f1ljVO>



Movement Programs at The LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Shaping Up Sitting Down (in-person)

Wednesday, September 2, 9, 16, 23 and 30 | 2:30 – 3:15 p.m.

Friday, September 4, 11 and 25 | 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, September 14, 21 and 28 | 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: Yoga Ball Drumming (in-person)

Friday, September 25 | 10 – 10:45 a.m.

Join us at the LiveWell Center for Yoga Ball Drumming with the Monmouth University Occupational Therapy Graduate Students. You'll drum to the music 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. Call us to register at 862.781.3597



Health Screenings

One-On-One Health Coaching

September | 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**



September 2026

Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!

The Good and the Bad: Cholesterol 101 at MMCSC (in-person)

Thursday, September 3 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Conference Rooms A/B/C. Cholesterol is a type of lipid (fat) that helps your body perform many important functions. But too much cholesterol in your blood is bad for you. Together, we will review what cholesterol is and what your numbers mean.

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

Zumba Gold – Seated at MMCSC (in-person)

Thursday, September 3 and 10 | noon – 12:45 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>

Quick and Easy Heart-Healthy Meals at MMCSC (in-person)

Thursday, September 10 | 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 registered dietitian as she prepares a quick and easy heart-healthy recipe that's good and good for you!

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

Lunch & Learn: Fall Prevention with Kathleen Morris, DNP, RN, CCRN, NEA-BC at MMCSC (in-person)

Thursday, September 17 | 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. While falls can occur anywhere and are the leading cause of concussions in older adults, healthcare facilities see a rise in fall-related injuries as the weather gets cooler. Fortunately, there are many preventative measures that can be taken to reduce the risk of a fall and head injury. Join Kathleen Morris, DNP, RN, CCRN, NEA-BC, Director of Nursing Resources at Monmouth Medical Center-Southern Campus, to discuss all things fall prevention, including tips to prevent concussions!

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

Let's Talk Memory: Alzheimer's Awareness Month at MMCSC (in-person)

Thursday, September 24 | noon – 12:45 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Conference Rooms A/B/C. September is Alzheimer's Awareness Month. 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/3RmLYwf>

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

Thursday, September 24 | 1 – 2:30 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Conference Rooms A/B/C. 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)

Thursday, September 17 | 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, September 14 | 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, September 14, 21 and 28 | 1 – 3 p.m.

Thursday, September 3, 10, 17 and 24 | 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, September 10 | 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, September 24 | 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, September | 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