



Festive Salads

Wednesday, December 3 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



The Chill Factor:

What It Takes to Stay Well in The Winter

Thursday, December 4 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Better Health Member Exclusive: Holiday Garland Making

Friday, December 5 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Safe Steps for Older Adults: Winter Fall Prevention

Tuesday, December 9 • 1 – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Healthy Appetizers and Mocktails

Wednesday, December 10 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Stress Management: Holiday Crafting at MMCSC

Thursday, December 11 • 11 a.m. – noon

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



2025 LiveWell Center Member Rewards Program: Holiday Celebration

Friday, December 12 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Healthy at the Holidays with Mabel LaForgia at MMCSC

Thursday, December 18 • 11:30 a.m. – 1 p.m.

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Hands-on Adult Cooking Class:

Decorate your Own Holiday Cookies

Thursday, December 18 • 1 – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Safe Sitter®

Monday, December 29 • 10 a.m. – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

DECEMBER 2025

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

Plant-Based Comfort Food (hybrid)

Tuesday, December 2 | 11 a.m. – noon

Cozy up to a comforting and healthy meal with our dietitian's plant-based comfort food recipe. Enjoy the health benefits of plant-based foods in a delicious meal, perfect for a chilly night.

Attendance is free, registration required: <http://bit.ly/4oaeXP4>

Festive Salads (hybrid)

Wednesday, December 3 | 11 a.m. – noon

Let salad in on the holiday fun! Treat yourself and your family to a filling and festive salad. Join our dietitian in the kitchen for the recipe.

Attendance is free, registration required: <http://bit.ly/48JrnSa>

The Chill Factor: What It Takes to Stay Well in The Winter (hybrid)

Thursday, December 4 | 11 a.m. – noon

A healthy lifestyle and routine help to enhance our immune system. Our immune system fights against everything from cold and flu viruses to serious conditions such as cancer. A properly functioning immune system is especially important during the winter months when infectious diseases are on the rise. Join our health educators to discuss the complexity of immune systems, the many factors that influence our immune health, and tips to keep ourselves the healthiest version yet this winter such as hand washing and eating a nutritious diet!

Attendance is free, registration required: <http://bit.ly/3JbgezK>

Better Health Member Exclusive: Holiday Garland Making (in-person)

Friday, December 5 | 11 a.m. – noon

Join special guest Lori DelValle, fashion industry professional, to learn how to make a festive garland that will wow family and friends this holiday season! She will teach you the skills needed to make a beautiful garland that can be used for any occasion. *All supplies will be provided.*

Attendance is free, registration required. Call 862.781.3597 to register. For more information, click here: <https://bit.ly/3REYZin>

Kids Cooking Class (in-person)

Saturday, December 6 | 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 ages 4 and up are welcome to attend with an adult!

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

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

Monday, December 8 | 2 – 3 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>

Seasonal Produce Pick: Turnips and Rutabagas (hybrid)

Tuesday, December 9 | 11 a.m. – noon

It's the harvest season! Join our registered dietitian for a cooking demonstration featuring turnips and rutabagas, delicious and versatile vegetables. Learn about the health benefits of these root veggies and enjoy a recipe demonstration.

Attendance is free, registration required: <https://bit.ly/3oLB9W3>

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

Tuesday, December 9 | 1 – 2 p.m.

While falls can occur anywhere and are the leading cause of concussions in older adults, healthcare facilities see a rise in fall-related injuries during the winter months. Fortunately, there are many preventative measures that can be taken to reduce the risk of a fall and head injury, especially during the winter. Join us to discuss all things fall prevention, including tips to prevent concussions.

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



Healthy Appetizers and Mocktails (hybrid)

Wednesday, December 10 | 11 a.m. - noon

Celebrate the season with us! Join our registered dietitian in the demonstration kitchen to learn how to whip up a simple, healthy holiday appetizer and a delicious and light "mocktail" that you can serve at your next gathering.

Attendance is free, registration required: <http://bit.ly/4neuaNx>

2025 Wellness Journey Series: Yearly Wrap-Up (in-person)

Wednesday, December 10 | 1 - 2 p.m.

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 the LiveWell Center's newest continuing program series where we discuss monthly health goals! In our twelfth and final meeting, we will review all the topics that we have covered thus far, spend time reflecting on the previous year and discuss potential goals for the upcoming year.

Attendance is free, registration required: <https://bit.ly/4gbx1nk>

Clases de Lactancia en Espanol (virtual)

Jueves, Diciembre 11 | 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.

Kids Snack Time (in-person)

Thursday, December 11 | 5 - 5:30 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>

2025 LiveWell Center Member Rewards Program: Holiday Celebration (in-person)

Friday, December 12 | 11:30 a.m. - 1 p.m.

'Tis the season to be jolly! Join us at the LiveWell Center as we recognize our 2025 rewards members while celebrating the holiday season, drawing on friendship and joy. Come dressed in festive attire as we enjoy the magic of the season and hold a special award ceremony for our bronze, silver, and gold LiveWell Center members. *Lunch will be provided.*

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

Preparing for Breastfeeding (hybrid)

Friday, December 12 | 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, December 15 | 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>



Toddler Story Time: Sparky the Fire Dog (in-person)

Monday, December 15 | 11 – 11:30 a.m.

Story time shouldn't be left for just bedtime! Join us at the LiveWell Center for a kid's story time where we read safety books and discuss fire safety. *This program immediately follows our Toddler Snack Time Program.*

Attendance is free, registration required: <https://bit.ly/4523msJ>

Healthy Game Day: Heart Health Hangman (in-person)

Tuesday, December 16 | 10 – 11 a.m.

Everyone enjoys a game of hangman! Join our health educators as we play an interactive game focused on heart health.

Attendance is free, registration required: <http://bit.ly/4o4fvpw>

Nutrition Lecture: Eating Well During the Holidays (hybrid)

Tuesday, December 16 | 11 a.m. – noon

Join our registered dietitian to learn healthy eating tips during the holidays. We will discuss healthier holiday meal preparation as well as healthy eating strategies while you are at those holiday get-togethers!

Attendance is free, registration required: <http://bit.ly/4o4RKhd>

Movement Matters: Holiday Health Challenge (in-person)

Wednesday, December 17 | 11 a.m. – noon

The colder months mean more time spent inside. While these moments can be cozy and fulfilling, we don't want to forget to take care of our own health! Join our health educators to discuss why movement is important for our overall health and to be given a 12-day holiday movement challenge to participate in.

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

Teen Takeover: Snack Chat (in-person)

Wednesday, December 17 | 6 – 7 p.m.

Join Ms. Jenn, in the kitchen for a hands-on cooking class where we'll have fun making healthy snack and discuss trending nutrition topics. Open to kids aged 11-17 years old.

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

Hands-on Adult Cooking Class: Decorate your Own Holiday Cookies (in-person)

Thursday, December 18 | 1 – 2 p.m.

Join our registered dietitian in the kitchen for a hands-on cookie decorating class. Learn a recipe for a healthier holiday cookie and enjoy decorating your own! While we decorate, we will discuss strategies for satisfying a sweet tooth in a healthier way.

Attendance is free, registration required. Call 862.781.3597 to register. For more information, click here: <http://bit.ly/3L81vMK>

RWJBH Oncology Support Program Presents: Vision Board & Journaling Workshop (in-person)

Friday, December 19 | 2 – 3 p.m.

This program is open to RWJBH and Rutgers Cancer Institute oncology patients. Create your own collage of images and words to represent your goals and aspirations (Vision Board), and reflect on your creation through writing (Journaling). Supplies will be provided.

Attendance is free, registration required. To register, please call Debra McGivney at **732-272-6938** or email debra.mcgivney@rwjbh.org.

RWJBH Oncology Support Program Presents: BINGO & Trivia Game Day (in-person)

Friday, December 19 | 3 – 4 p.m.

This program is open to RWJBH and Rutgers Cancer Institute oncology patients. Join us for fun, games, connection, and support. Open to children and adults.

Attendance is free, registration required. To register, please call Debra McGivney at **732-272-6938** or email debra.mcgivney@rwjbh.org.



Afternoon Tea with the LiveWell Center: Holiday Self-Care and Sugar Scrubs (in-person)

Monday, December 22 | 2 – 3 p.m.

Winter is a great time to give your skin a little extra T.L.C. Let's get crafty and whip up a holiday sugar scrub which will help exfoliate and moisturize your skin – perfect as a self-care treat or holiday gift.

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

Safe Sitter® (in-person)

Monday, December 29 | 10 a.m. – 2 p.m.

Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. The class is filled with fun games, guided discussion and role-playing exercises. Students will learn safety skills, childcare skills and life and business skills. Pizza will be provided to attendees.

Attendance is free, registration required: <https://bit.ly/3NRHl6e>

Ride Smart: Holiday Helmet Giveaway (in-person)

Monday, December 29 | 3 – 4 p.m.

The Holiday Season is all about giving, gratitude, fun, and community. What better way to celebrate than with free helmets to enjoy the fun of the season while being extra safe? Join our health educators and the Safe Kids Monmouth and Ocean County Coalition Coordinator to get a brand-new helmet fitted to your head to take home! *Drop-in to the LiveWell Center between 3 and 4 p.m. for your free helmet fitting. Please email LiveWellCenter@rwjbh.org with the number of children you are bringing and their ages. Helmets will be distributed to children ages 16 and younger. Sizes are limited and subject to availability.*

Attendance is free, registration required: <http://bit.ly/43zJoWl>

Sensory Play Activity Day: Ages 2-3 (in-person)

Tuesday, December 30 | 11 – 11:30 a.m.

Sensory play refers to toys or activities that stimulate a child's senses, focusing mostly on touch, sight, and hearing. This can be anything from playing with slime to bins of beads. Join us for sensory activities in our first session of the day geared towards children 2-3 years old.

Attendance is free, registration required: <https://bit.ly/3ldGSu1>

Sensory Play Activity Day: Ages 4-6 (in-person)

Tuesday, December 30 | noon – 12:30 p.m.

Sensory play refers to toys or activities that stimulate a child's senses, focusing mostly on touch, sight, and hearing. This can be anything from playing with slime to bins of beads. Join us for sensory activities in our first session of the day geared towards children 4-6 years old.

Attendance is free, registration required: <https://bit.ly/49qa1Yc>



Movement Programs at The LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Shaping Up Sitting Down (in-person)

Wednesday, December 3, 10 and 17 | 2:30 – 3:15 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.

Attendance is free, registration required: <https://bit.ly/3w8yXrW>

Baby and Me Yoga Flow (in-person)

Thursday, December 4 | 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: Balance & Flexibility Movement (in-person)

Friday, December 5 | 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/3PZ1ESY>

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

Monday, December 15 and 22 | 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

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

Thursday, December 18 | 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>



December 2025

Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!

Nutrition Lecture: Eating Well During the Holidays at MMCSC (in-person)

Thursday, December 4 | 11 – 11:45 a.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. Join our registered dietitian to learn healthy eating tips during the holidays. We will discuss healthier holiday meal preparation as well as healthy eating strategies while you are at those holiday get-togethers!

Attendance is free, registration required: <http://bit.ly/47gVQeH>

Zumba Gold – Seated at MMCSC (in-person)

Thursday, December 4 and 11 | 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>

Stress Management: Holiday Crafting at MMCSC (in-person)

Thursday, December 11 | 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. 'Tis the season to be jolly! Join us as we gather with fellow community members to celebrate the season, drawing on friendship and joy. Come dressed in festive attire as we enjoy the magic of the season and participate in a holiday craft – perfect for getting your mind off the holiday stress!

Attendance is free, registration required: <http://bit.ly/4nWUkFM>

Lunch & Learn: Healthy at the Holidays with Mabel LaForgia at MMCSC (in-person)

Thursday, December 18 | 11:30 a.m. – 1 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. It's the most wonderful time of the year! While the holidays can be a magical time, they also come with some challenges. Join Mabel LaForgia, DNP, RN, CNL, Chief Nursing Officer at Monmouth Medical Center Southern Campus, as she discusses different strategies to manage holiday stress and stay healthy this season.

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



Health Screenings

One-On-One Health Coaching

December | 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**



Support Groups and Information Sessions

All Cancers Support Group (in-person)

Monday, December 8 | 2 – 3 p.m.

The RWJBH Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer. From diagnosis through treatment, recovery and survivorship, we provide members with support, education, hope and encouragement as a part of a community of others who are facing treatment and survivorship together. All programs are free and open to all RWJBarnabas Health and Rutgers Cancer Institute patients. Join us for an in-person All Cancers Support Group at the LiveWell Center, meeting the second Monday of each month from 2 – 3 p.m.

Registration is required. Please call Debra McGivney at 732-272-6938 for additional information or to register for this program.

All Recovery Meeting (virtual)

Daily

All Recovery Meetings are for everyone who supports recovery and honor all pathways to recovery. Join us virtually and connect with others who are initiating and maintaining a recovery lifestyle.

For more information and for Zoom codes, call 833.233.IFPR (4377).

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

Bariatric Support Group Meetings (in-person)

Thursday, December 18 | 6 – 7 p.m.

Convenient in-person meetings are held at the Anne Vogel Family Care and Wellness Center, Suite 1200 at 200 Wyckoff Rd, Eatontown. 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. Each month, we will discuss a different topic on nutrition, exercise and healthy living behaviors. For more information, call 732.923.6070.

Breastfeeding Support Groups (in-person)

Monday, December 1, 8, 15, 22 and 29 | 1 – 3 p.m.

Thursday, December 4, 11 and 18 | 1 – 3 p.m.

Join us for a free, in-person Breastfeeding Support Group offered weekly and facilitated by a Certified Lactation Consultant at the LiveWell Center. Promoting breastfeeding through peer support.

Call for first time registration: 862.781.3873

Cardiac Support Group (in-person)

Wednesday, December 3 | 3 – 4 p.m.

Open to individuals with heart disease and other cardiac diagnoses. This support group offers patients and their families an opportunity to share experiences, practical information, and resources while inspiring and supporting others. Group meets on the first Wednesday of each month from 3 to 4 p.m. at Monmouth Medical Center in the Diabetes Education Center Room in the Alexander Pavilion.

For more information, please contact Patricia Ostrander, BSN, RN, CCRN, at Patricia.Ostrander-Coffey@rwjbh.org.



Caregiver Support Group – Ocean County (in-person)

The Ocean County Caregiver Support Group occurs on Tuesdays from 12 to 2 p.m., with the option to attend in-person or virtually. Caregivers can schedule individual appointments on Wednesdays and Thursdays. The Caregiver Support Group is only open to Ocean County residents or persons caring for Ocean County residents 60 and over.

For more information or to register, please call Kathleen Holahan, MSW, LCSW, at 732.778.0636.

Ovarian Cancer Support Group (in-person)

Thursday, December 11 | 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)

Thursday, December 4, 11 and 18 | 10 – 11 a.m. (in-person)

Mondays, December | 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