



What's New to Medicare in 2026

Wednesday, November 5 • 10 – 11:30 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Catching Zzz's: Getting Better Sleep at MMCSC

Thursday, November 6 • 11 a.m. – noon

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Managing Medications: Q & A with Monmouth Medical Center's Pharmacy Residents

Thursday, November 6 • 2 – 3 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Cardiac and Concussion Screenings for Young Athletes at the Fort Athletic Club

Saturday, November 8 • 9 a.m. – noon | Appt Required

Fort Athletic Club - 114 Saltzman Avenue, Oceanport



Nutrition Lecture: Understanding Carbohydrates at MMCSC

Thursday, November 13 • 11 a.m. – noon

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Lunch & Learn: Meet the Healthcare Professionals – Chronic Disease

Thursday, November 13 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Dine with the Doctor: Lung Health with Dr. Ashley McCormack

Friday, November 14 • 11:30 a.m. – 1 p.m.

JB Soul Kitchen – 1769 Hooper Ave, Toms River



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

Friday, November 14 • 1 – 1:45pm

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Cooking with the Clinicians: Autumn Dempsey, RN, CDCES - Diabetes

Wednesday, November 19 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



One Dish, One Dinner: Festive Meals for One

Monday, November 24 • 11:00 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

NOVEMBER 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

2025 Wellness Journey Series: Session 11 – Barriers to Change (in-person)

Tuesday, November 4 | 10 – 11 a.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 eleventh meeting, we will discuss how to identify barriers to change, their origin in our own lives, and strategies to overcome them. We will discuss our current habit patterns, behavior change adherence so far, and reflect on our behavior change of choice. Our final meeting will be next month in December where we reflect on the year!

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

Hearty and Wholesome Fall Salads (hybrid)

Tuesday, November 4 | 11 a.m. – noon

Enjoy the flavors of fall and eat your veggies with hearty, wholesome fall salads. Join our dietitian in the kitchen as she demonstrates a delicious and satisfying salad recipe.

Attendance is free, registration required: <http://bit.ly/46V6GYN>

What's New to Medicare in 2026 (in-person)

Wednesday, November 5 | 10 – 11:30 a.m.

Join Natasha Bishop, Supervisor of Volunteer Services and SHIP Counselor at Family & Children's Service of Monmouth County, for a discussion on Medicare open enrollment. The Open Enrollment Period, during which beneficiaries can enroll in or make certain changes to their Medicare coverage for 2026, extends from October 15th – December 7th. This presentation provides an overview of Medicare and explains the options available to beneficiaries during Open Enrollment, changes in Medicare for 2026, 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 refreshments will be served to those attending in-person.

Attendance is free, registration required: <http://bit.ly/4nOY4J1>

Time for Tots: Play and Screen Time (hybrid)

Wednesday, November 5 | 10 – 11 a.m.

It's time for tots! This monthly series occurs twice a month, on the first and third Wednesday. This program is open to caretakers of little ones aged 6 months to 3 years and aims to address the various topics related to developmental milestones, nutrition and allergies, behavior management, and more to help answer any burning questions new parents may have. Caretakers are encouraged to bring along their child to each session. This session, join Dr. Merve Celebi, Pediatric Medical Resident, and Dr. Kristen Pyne, FAAP, Pediatric Residency Program Director, Monmouth Medical Center, as they discuss play and screen time. We will discuss recommendations around screen time as related to development, interactions, distraction, and content.

Attendance is free, registration required: <https://bit.ly/401Vjel>

Savory Pumpkin Recipes (hybrid)

Wednesday, November 5 | 1 – 2 p.m.

Pumpkin season is in full swing! Join our dietitian to learn some savory ways to cook with this nutrient packed vegetable.

Attendance is free, registration required: <https://bit.ly/4nP0oQb>

Managing Medications: Q & A with Monmouth Medical Center's Pharmacy Residents (in-person)

Thursday, November 6 | 2 – 3 p.m.

Managing your medications can feel overwhelming. Join Germin Fahim, PharmB, CPS, Clinical Coordinator, Pharmacy at Monmouth Medical Center (MMC), and Jonathan Kurian and Maram Ayadi, both Pharmacy Residents at Monmouth Medical Center, for a Q&A style discussion where we will explore the basics of medication management, storage, safety, and more.

Attendance is free, registration required: <https://bit.ly/3lx5qSA>



Cardiac and Concussion Screenings for Young Athletes at the Fort Athletic Club (in-person)

Saturday, November 8 | 9 a.m. – noon | Appt Required

Join the Matthew J. Morahan III Health Assessment Center for Athletes at the Fort Athletic Club in Oceanport as your child gears up for sports this season! The Matthew J. Morahan III Health Assessment Center for Athletes will provide free cardiac screening to those 6 to 18 and concussion baseline screenings for those 5 to 18. An appointment is required in advance. Please utilize the link below to request an appointment and a member of our team will be in touch to confirm appointment availability and time.

Attendance is free, registration required: <https://bit.ly/4n6AaZH>

Kids Snack Time (in-person)

Tuesday, November 11 | 4 – 5 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>

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

Wednesday, November 12 | 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 features a cooking demonstration showcasing healthy Thanksgiving sides!

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

Clases de Lactancia en Español (virtual)

Jueves, Noviembre 13 | 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.

Lunch & Learn: Meet the Healthcare Professionals – Chronic Disease (hybrid)

Thursday, November 13 | 11:30 a.m. – 1 p.m.

Join Monmouth Medical Center (MMC) and the Senior Citizens Activities Network (SCAN) for a FREE healthcare information session with a panel of medical experts from MMC who will address your health-related questions and help you find the pathway to better health! Taking place at the LiveWell Center in Eatontown and moderated by Kenneth Granet, MD, FACP, Chief Medical Officer of MMC, this panel on chronic diseases features three nurses from the hospital: Alyson Bryson, BSN, RN, Disease Management Coordinator, Autumn Dempsey, Autumn Dempsey, RN, CDE, Regional Program Coordinator for The Center for Diabetes Education, and Lynn Hunter, BSN, RN, CCM, Assistant Director of Case Management. *Sign-in begins at 11:15 a.m., with panel starting at 11:30 a.m. Lunch will be served after the panel session.*

Attendance is free, registration with SCAN is required: <http://bit.ly/45K412x>



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

Friday, November 14 | 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, November 14 | 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 17 | 10:30 - 11 a.m.

Bring your little one's ages 18 months to 4 years old for a hands-on cooking class, featuring a fun and healthy snack!

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

Afternoon Tea with the LiveWell Center: 5 Senses & Aging (in-person)

Monday, November 17 | 2 - 3 p.m.

Aging is a beautiful thing that can come with some confusing changes, especially when it comes to our 5 senses. Join our health educators as we discuss how aging impacts our different senses.

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

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

Monday, October 13 | 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>

What Would You Do? Let's Talk Boundaries! (in-person)

Tuesday, November 18 | 10 - 11 a.m.

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

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

Have No Fear, Your Dietitian is Here: Cranberries (hybrid)

Tuesday, November 18 | 11 a.m. - noon

Cottage cheese, kale, anchovies - no thank you! Some healthy foods are hard to love. But have no fear and join us in the kitchen for a series where our registered dietitian will transform well-known "picky foods" into delicious recipes. This month we'll feature cranberries!

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



National Injury Prevention Day Celebration: All About Car Seats (virtual)

Tuesday, November 18 | 5 – 5:30 p.m.

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

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

Time for Tots: Developmental Milestones (hybrid)

Wednesday, November 19 | 10 – 11 a.m.

It's time for tots! This monthly series occurs twice a month, on the first and third Wednesday. This program is open to caretakers of little ones aged 6 months to 3 years and aims to address the various topics related to developmental milestones, nutrition and allergies, behavior management, and more to help answer any burning questions new parents may have. Caretakers are encouraged to bring along their child to each session. This session, join Dr. Ahmed Elhatw, Pediatric Medical Resident, Monmouth Medical Center, as he explores developmental milestones. These markers include gross motor, fine motor, language, cognitive, and social-emotional and behavioral skills. We will discuss key events like sitting independently, speaking first words, crawling, walking, running, and jumping, and developing social skills. Dr. Elhatw will also discuss signs that intervention may be necessary to help your little one hit those milestones.

Attendance is free, registration required: <https://bit.ly/401Vjel>

Cooking with the Clinicians: Autumn Dempsey, RN, CDCES – Diabetes (hybrid)

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

This month we welcome Autumn Dempsey, RN, CDCES, Regional Program Coordinator for The Center for Diabetes Education at MMC/MMCSC, to the demonstration kitchen for our Cooking with the Clinicians program. Autumn will discuss tips for living well with diabetes during the holidays and teach you how to prepare a healthy holiday recipe with our registered dietitian in our demonstration kitchen. Open to those who have diabetes, are pre-diabetic, have a family member with diabetes, want to support someone who does this season, or just learn more!

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

Brain Health Jeopardy: Tips and Tricks for Maintaining Brain Health (in-person)

Thursday, November 20 | 11 a.m. – noon

Join Noelle Santos, Public Education Coordinator from The Brain Injury Alliance of NJ, and community health educators from Monmouth Medical Center to discuss strategies to keep our brains healthy through an interactive game of Jeopardy. Topics include mental health, staying physically active, healthy eating, mental stimulation, social connections, and substance use/smoking.

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

One Dish, One Dinner: Festive Meals for One (hybrid)

Monday, November 24 | 11 a.m. – noon

Join our registered dietitian for a demonstration featuring a festive, healthy recipe for one person. Learn tips for scaling down recipes and keeping your pantry stocked for simple, single-serving meals.

Attendance is free, registration required: <http://bit.ly/3Knd7ve>

Thanksgiving Game Festivities (in-person)

Monday, November 24 | 1 – 2 p.m.

Thanksgiving is right around the corner! Join our health educators for three Thanksgiving activities that will get your brain working: Thanksgiving Bingo, Thanksgiving Coloring, and Thanksgiving Jenga.

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



Movement Programs at The LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Shaping Up Sitting Down (in-person)

Wednesday, November 5, 12, and 19 | 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>

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

Thursday, November 6 and 20 | 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: Body Mechanics (in-person)

Friday, November 7 | 10 – 10:45 a.m.

Join us at the LiveWell Center for "Body Mechanics" movement with the Monmouth University Occupational Therapy Graduate Students. You'll flow through movements that focus on safe and efficient ways to move your body during lifting, standing, sitting, and bending! Together, we will learn how to prevent injury, reduce fatigue, and improve overall function. 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/4nmUiGS>

Baby and Me Yoga Flow (in-person)

Thursday, November 13 | 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: Tai Chi (in-person)

Friday, November 14 | 10 – 10:45 a.m.

Join us at the LiveWell Center for Tai Chi with the Monmouth University Occupational Therapy Graduate Students. 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/4pHCckz>

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

Monday, November 17 and 24 | 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: Line Dancing (in-person)

Friday, November 21 | 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+. Movement waiver is required for all participants.

Attendance is free, registration required: <https://bit.ly/48ALwhM>



November 2025

Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!

Catching Zzz's: Getting Better Sleep at MMCSC (in-person)

Thursday, November 6 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus' James and Sharon Maida Geriatric Conference room. Sleep plays a vital role in good health and helps prevent chronic disease. Join our community health educators for a conversation where we will explore how you can get a better night's rest and resources that can help you get the best sleep.

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

Zumba Gold – Seated at MMCSC (in-person)

Thursday, November 6, 13, and 20 | 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>

Nutrition Lecture: Understanding Carbohydrates at MMCSC (in-person)

Thursday, November 13 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. When it comes to diabetes and weight management, carbohydrates get a bad reputation. But it is okay to enjoy carbs. Join our registered dietitian for a discussion all about carbs. Learn which foods contain carbohydrates, how carbs support our healthy body, and how to choose portion sizes that will work for you!

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

Dine with the Doctor: Lung Health with Dr. Ashley McCormack (in-person)

Friday, November 14 | 11:30 a.m. – 1 p.m.

*November is Lung Cancer Awareness Month! Join Thoracic Surgeon Ashley McCormack, MD, an RWJBarnabas Health Medical Group physician, as we explore lung health, advances in the treatment of lung cancer, and the importance of lung cancer screening for those patients at high risk. *This event takes place at JBJ Soul Kitchen in Toms River 1769 Hooper Ave.**

Attendance is free, registration required: <https://bit.ly/3Wa25fe>



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**



Support Groups and Information Sessions

All Cancers Support Group (in-person)

Monday, November 10 | 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).

Bariatric Support Group Meetings (in-person)

Thursday, November 20 | 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.**

Bereavement Support Group – Ocean County (in-person)

Tuesdays | 12 – 2 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

Breastfeeding Support Groups (in-person)

Monday, November 3, 10, 17, and 24 | 1 – 3 p.m.

Thursday, November 6, 13, and 20 | 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, November 5 | 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, November 13 | 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, November 6, 13, and 20 | 10 – 11 a.m. (in-person)

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