



Weight Management: How to Create a Healthy Calorie Deficit for Weight Loss

Tuesday, August 5 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Getting WISE: Wellness Program for Seniors

Thursday, August 7, 14, 21 and 28 • 10 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Our Community Celebrates World Breastfeeding Week

Thursday, August 7 • 1 – 3 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Sip, Swim, and Sun Safely at MMCSC

Tuesday, August 12 • 11 a.m. – noon

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Lunch & Learn: Understanding and Addressing Anxiety with Marli Gelfand, MA, LPC, ACS

Tuesday, August 12 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Cooking with the Clinicians: Dr. Oleynikov and Dr. Borao

Wednesday, August 13 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Safe @ Home

Tuesday, August 19 • 3 – 4:30 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Heart Health Bingo at MMCSC

Thursday, August 21 • 11 a.m. – noon

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Back-to-School with Celiac Disease

Tuesday, August 26 • 6 – 7 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Air Fryer Fun

Wednesday, August 27 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

AUGUST 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

Acupressure: Quick Relief Points for Self-Care (in-person)

Monday, August 4 | 2 – 3 p.m.

Based on ancient practices, acupressure helps promote whole being balance in your body, mind, emotions, and life force. Join us to learn about the 17 Quick Relief Points for Self-Care, an approach that you can use on your own to help reduce stress, tension, and aches.

Attendance is free, registration required: <https://bit.ly/3Yi5Lwj>

Weight Management: How to Create a Healthy Calorie Deficit for Weight Loss (hybrid)

Tuesday, August 5 | 11 a.m. – noon

Reducing your calorie intake for weight loss can be tricky and if not well planned, can lead to hunger and a lack of important nutrients. Join our dietitian for a discussion about how to create a calorie deficit in a healthy and balanced way. We will also touch on popular diets and weight management tools to assess their effectiveness and safety.

Attendance is free, registration required: <https://bit.ly/3FOERa9>

Time for Tots: Safety at Play (hybrid)

Wednesday, August 6 | 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. The summer season means lots of time having fun outdoors and exploring! This session, we are discussing safety at play. Anna Busler, MPH, Safe Kids Coordinator of Monmouth/Ocean Counties, will explore best practices for keeping your little one safe while playing outside or at home.

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

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

Wednesday, August 6 | 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 on a summer-inspired savory chicken dish!

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

Kids Cooking Class (in-person)

Wednesday, August 6 | 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/3fM977W>

Getting WISE in 2025: Wellness Program for Seniors (in-person)

Thursday, August 7, 14, 21 and 28 | 10 a.m. – noon

Looking to better your health but don't know where to start? Join us for a multi-series program called the Wellness Initiative for Senior Education (WISE) Program designed for individuals 60 and over. Lead by FCS of Monmouth, this fun, interactive program will teach you simple actions you can take to lead a healthier life! Attendees are encouraged to attend as many sessions as possible. Light refreshments will be provided each week!

Attendance is free, registration required: <https://bit.ly/4662SEa>

Our Community Celebrates World Breastfeeding Week (in-person)

Thursday, August 7 | 1 – 3 p.m.

We have something we are excited to celebrate! Come join Monmouth Medical Center's Breastfeeding Wellness Center as part of this international celebration to honor mothers and babies on their breastfeeding journey. Activities are free and will include hospital and local resources for growing families, physician support, giveaways, a photo booth, and light refreshments. Parents, babies, families, and support persons are all welcome to drop-in to the LiveWell Center in Eatontown for this event.

Attendance is free, registration required: <https://bit.ly/3r6D9Jc>

Fun Friday: Bracelets and Bonding (in-person)

Friday, August 8 | 10 – 11 a.m.

Taking a crafting course is a great way to de-stress and socialize. Join us at the LiveWell Center where we will discuss the importance of interpersonal relationships while making friendship bracelets.

Attendance is free, registration required: <https://bit.ly/402E1xt>



Preparing for Breastfeeding (hybrid)

Friday, August 8 | 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

Safe Sitter® (in-person)

Monday, August 11 | 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>

Toddler Snack Time (in-person)

Monday, August 11 | 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>

Lunch & Learn: Understanding and Addressing Anxiety with Marli Gelfand, MA, LPC, ACS (in-person)

Tuesday, August 12 | 11:30 a.m. – 1 p.m.

Mental wellness is a critical part of our overall health; there are many factors which contribute to our personal feeling of mental well-being. Sometimes, someone may experience anxiety, characterized as persistent excessive worries that can occur without a specific stressor. Understanding anxiety can better help us implement strategies to address these feelings. Join Marli Gelfand, MA, LPC, ACS, AVP of Behavioral Health at Monmouth Medical Center, as she helps us understand what anxiety is, the different types, what causes it, how it manifests, how it changes as we age, and how we can successfully manage it. *Lunch will be provided to in-person attendees.*

Attendance is free, registration required: <https://bit.ly/3HNVO66>

Exercise: Finding the Right Movement for You! (in-person)

Wednesday, August 13 | 10 – 11 a.m.

Getting the proper amount of physical activity is important to maintain and improve our health. Whether you are bored of your usual workout routine and want to be exposed to new options or simply curious about what is out there, join us to discuss the importance of movement to our health and explore different types of exercises that you may not have heard of.

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

Cooking with the Clinicians: Dr. Oleynikov and Dr. Borao (hybrid)

Wednesday, August 13 | 11 a.m. – noon

Join us in the demonstration kitchen for this month's Cooking with the Clinicians series, as we invite Dr. Dmitry Oleynikov, MD, FACS, Surgeon and Chairman of the Department of Surgery for Monmouth Medical Center, and Dr. Frank Borao, MD, Surgeon and Chief of Minimally Invasive Surgery for Monmouth Medical Center. Dr. Oleynikov and Dr. Borao will cook a healthy dish and discuss Bariatric Surgery and the use of GLP-1s for weight loss.

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

Clases de Lactancia en Español (virtual)

Jueves, Agosto 14 | 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.

Summer Produce Pick: Tomatoes (hybrid)

Thursday, August 14 | 11 a.m. – noon

Summer means Jersey fresh fruits and veggies! Join our registered dietitian for a cooking demonstration featuring tomatoes.

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



Afternoon Tea with the LiveWell Center: What Drives and Inspires You? (in-person)

Monday, August 18 | 2 – 3 p.m.

Have you ever wondered what personality type you are? Have you ever wondered how your personality type influences different areas of your life? Join us for a look at the Myers-Briggs personality test and discuss how our different personality types affect our decision making, our worldly perception, and our relationships. You may even meet someone with the same personality type as you! Tea and light refreshments will be served to those who attend in-person.

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

2025 Wellness Journey Series: Session 8 – Reflection and Check-in (in-person)

Tuesday, August 19 | 11 a.m. – noon

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 eighth meeting, we will focus on reflection and checking-in with ourselves. We will discuss our current habit patterns, behavior change adherence so far, reflect on our behavior change of choice. Over the next 4 months of 2025, we will have monthly check-ins to discuss challenges and successes as we try to reach out goals. Our final meeting will be at the end of 2025 where we reflect on the year.

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

Safe @ Home (in-person)

Tuesday, August 19 | 3 – 4:30 p.m.

Safe@Home by Safe Sitter® is designed for students in grades 4-6 to prepare them to be safe when they are home alone. This program teaches students how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. All students will receive a book with this important information! *Healthy snacks will be provided to attendees.*

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

Time for Tots: Pediatric Immunizations (hybrid)

Wednesday, August 20 | 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, we are discussing the research and data around childhood immunizations. Join Dr. Carolina Largo, Pediatric Resident at MMC, as she explores the different vaccinations that your child may receive to help them fight illness.

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

What the Health? (in-person)

Tuesday, August 26 | 10 – 11 a.m.

There are so many health recommendations passed around in our friend and familial networks, on social media, and even from different doctors. It can be confusing to know what advice to listen to and what to scrap. Join our health educators as we discuss all of the basic, best-practice recommendations to promote health and wellbeing. We will also have a Q&A portion to ask health educators questions about general health information you may have heard online or from others.

Attendance is free, registration required: <https://bit.ly/4e9Vqd8>

Healthy Cooking for One (hybrid)

Tuesday, August 26 | 11 a.m. – noon

Join our registered dietitian for a demonstration featuring a 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: <https://bit.ly/3HRem4A>

Back-to-School with Celiac Disease (hybrid)

Tuesday, August 26 | 6 – 7 p.m.

Join us at the LiveWell Center for an informative evening aimed to prepare students with Celiac Disease to go back-to-school safely! Speakers will include Ashwin Agrawal, DO, MBA, FAAP, Pediatric Gastroenterologist and Medical Director for the Pediatric Celiac Disease Center at RWJBarnabas Health, Katelyn Guli, MS, RD, CSP, Pediatric Registered Dietitian, Lisa Ball O'Brien, LSW, CDCES, Social Worker, and Tamara Quezada, Psy.D., Pediatric Psychologist. In-person participants will have the opportunity to join the LiveWell Center's registered dietitian, Jennifer Klein, in the demonstration kitchen for a hands-on cooking segment.

Attendance is free, registration required. Call 862.781.3597 to register. Visit here for more information: <https://bit.ly/4nbi1dn>

Air Fryer Fun (hybrid)

Wednesday, August 27 | 11 a.m. – noon

Join our dietitian for a healthy cooking demonstration using an air fryer. Learn simple strategies for using this kitchen gadget to create light and easy weeknight meals.

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

Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!



Zumba Gold – Seated at MMCSC (in-person)

Thursday, August 7, 14, and 28 | 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>

Sip, Swim, and Sun Safely at MMCSC (in-person)

Tuesday, August 12 | 11 – 11:45 a.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, It's a hot one out there! Join us to discuss the steps you can take to ensure that you are having a sun-sational summer that is free from heat stroke and sunburn as well as full of hydration and safe barbecues. This program is designed for adults 55+.

Attendance is free, registration required: <https://bit.ly/3b2xFaH>

The 5 Senses and Aging at MMCSC (in-person)

Thursday, August 14 | 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. 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/4lezFvO>

Heart Health Bingo at MMCSC (in-person)

Thursday, August 21 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. One of the best ways to age healthfully is to focus on our heart health. Join us for a morning of heart health bingo as we learn about the heart and have some fun!

Attendance is free, registration required: <https://bit.ly/4k5ubBX>

Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Shaping Up Sitting Down (in-person)

Wednesday, August 6, 13, 20 and 27 | 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>



Health Screenings

One-On-One Health Coaching

August | 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, August 11 | 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 – Monmouth County (in-person)

Wednesday, August 20 | 4:30 – 5:30 p.m.

Open to individuals who have experienced a loss and seek to share with others who may have experienced a similar loss. This support group offers the community an opportunity to share experiences, practical information, and resources, while inspiring and supporting others in a group setting. Group meets on the third Wednesday of each month from 4:30 to 5:30 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown).

For more information, call group facilitator, Rebecca Colson, MA, NCC, LPAT, ATR-BC, LAC, at 732.923.6917.

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, August 21 | 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, August 4, 11, 18 and 25 | 1 – 3 p.m.

Thursday, August 14, 21 and 28 | 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, August 6 | 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 the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown.)

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, August 14 | 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, August 28 | 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 Diabetes Conference Room.

For more information, please contact John Sayson at John.Sayson@rwjbh.org.

Tobacco and Nicotine Recovery Group (dual)

**Thursday, August 7, 14, 21 and 28 | 10 – 11 a.m. (in-person)
Mondays, July | 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