



The LiveWell Center's 2nd Anniversary Celebration: Health Education, Nutrition and Movement!

Wednesday, May 1 • Times vary

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Produce Pick: Cauliflower

Thursday, May 2 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Brunch & Learn: Spotting a Stroke

Tuesday, May 7 • 10:30 – 11:30 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



10 Ways to Lower Your Blood Pressure Without Medication at the LiveWell Center

Wednesday, May 8 • 1 – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Nap to Nighttime: Baby's Safe Sleep

Wednesday, May 8 • 5 – 5:30 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Gluten Free Made Easy

Wednesday, May 15 • 1 – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Better Health Members Exclusive – Lunch & Learn at MMCS: Spot a Stroke

Thursday, May 16 • 11:30 a.m. – 1 p.m.

Monmouth Medical Center Southern Campus
600 River Avenue, Lakewood



Senior Health and Fitness Day at the LiveWell Center

Wednesday, May 29 • 10:30 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Women's Nutrition Lecture

Wednesday, May 29 • 6 – 7 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Dinner and Dessert – In About 30 Minutes!

Thursday, May 30 • 2 – 3 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

MAY 2024

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.



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HEALTH

Monmouth Medical Center
Monmouth Medical Center
Southern Campus



Health Education and Nutrition Programs at the LiveWell Center

Better Health Member Exclusive: Game Day! (in-person)

Wednesday, May 1 | 10 - 11 a.m.

Join your fellow Better Health members as we play games that will test your memory and sharpen your mind.

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

Satisfying Salads Cooking Demonstration (hybrid)

Wednesday, May 1 | 11 a.m. - noon

Learn how to build a balanced and delicious salad using fresh and seasonal flavors.

Attendance is free, registration required: <https://bit.ly/3K21QMU>

Fact or Fiction: Debunking 10 Wellness Myths (hybrid)

Wednesday, May 1 | 1 - 2 p.m.

Maintaining a healthy well-being is important for everybody. However, sometimes we hear some convincing myths that can make us question what is and is not good for our wellness. Join our community health educators as we debunk 10 trending wellness myths.

Attendance is free, registration required: <https://bit.ly/3x6q1a9>

Teen Takeover (in-person)

Wednesday, May 1 | 6 - 7 p.m.

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

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

Produce Pick: Cauliflower (hybrid)

Thursday, May 2 | 11 a.m. - noon

Join our dietitian for a healthy cooking demonstration featuring cauliflower! Learn how versatile and delicious this cruciferous veggie can be.

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

Toddler Snack Time (in-person)

Monday, May 6 | 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. This month will feature a special Mother's Day craft!

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

Brunch & Learn: Spotting a Stroke (hybrid)

Tuesday, May 7 | 10:30 - 11:30 a.m.

May is National Stroke Awareness Month! Join Alyson Bryson, BSN, RN, Disease Management Coordinator at Monmouth Medical Center, for a discussion on how we can spot warning signs of a stroke and how we can quickly reach emergency services for the best outcomes. A light brunch will be provided to in-person attendees.

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

10 Ways to Lower Your Blood Pressure Without Medication at the LiveWell Center (in-person)

Wednesday, May 8 | 1 - 2 p.m.

Did you know controlling blood pressure with a healthy lifestyle might prevent, delay, or reduce the need for medication? Join our Better Health coaches as they discuss strategies you can implement to lower your blood pressure and risk of heart disease.

Attendance is free, registration required: <https://bit.ly/3vIL5sT>

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

Wednesday, May 8 | 5 - 5:30 p.m.

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

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

Good Morning Muffins (hybrid)

Thursday, May 9 | 11 a.m. - noon

Wake up to a healthy meal that will provide lasting energy with our dietitian's "Good Morning Muffins!" Join us in the kitchen to learn how to whip up a batch.

Attendance is free, registration required: <https://bit.ly/3PE4goG>

Monmouth ACTS in My Community (in-person)

Thursday, May 9 | 1:30 - 4:30 p.m.

Drop in to the LiveWell Center to chat with a social worker from the Monmouth County Department of Human Services (DHS) to learn about resources that you may qualify for. Monmouth County residents can connect with a representative who can provide information and applications for programs like SNAP, cash assistance, and more. As part of the Monmouth Assisting Community Through Services (ACTS) in My Community program, a social worker will be on-site on the second Thursday of each month from 1:30-4:30 p.m. at the LiveWell Center to connect with residents!

For more information, call **732.683.2102**.



Cooking Skills: Safe Knife Basics (hybrid)

Friday, May 10 | 10 - 11 a.m.

Join us in kitchen for a lesson on basic knife skills. William Slowenski, Assistant Director of Food Service at MMC, will join our dietitian in the kitchen to demonstrate safe and simple knife skills that will help you chop, dice, and slice with confidence!

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

Fun Friday: What Drives & Inspires You? (in-person)

Friday, May 10 | 11 a.m. - noon

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 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!

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

Kids Cooking Class (in-person)

Saturday, May 11 | 10 - 10:45 a.m.

Saturday, May 11 | 11:15 a.m. - noon

Join Ms. Jenn, in the kitchen for a hands-on cooking class where we'll have fun making healthy, seasonal recipes. Open to kids aged 4-10 years old.

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

Preparing for Breastfeeding (hybrid)

Tuesday, May 14 | 3 - 4:30 p.m.

Join our Certified Lactation Consultant for a FREE discussion on breastfeeding preparation at the LiveWell Center or virtually. The talk provides mothers-to-be, and their support person, the opportunity to learn more about the basics of breastfeeding. We will explore how to: get a good latch, establish your milk supply, identify that your baby is getting enough, and pump and store breastmilk. In-person and virtual option.

Registration is required and seats limited. To register, call 862.781.3873.

Gluten Free Made Easy (hybrid)

Wednesday, May 15 | 1 - 2 p.m.

In honor of Celiac Awareness month, join our registered dietitian for a cooking demo featuring a gluten free recipe. Learn about celiac disease and how to prepare safe and healthy gluten free meals.

Attendance is free, registration required: <https://bit.ly/3ZDqM3D>

Kids Snack Time (in-person)

Wednesday, May 15 | 5 - 5:30 p.m.

Join Ms. Jenn, in the kitchen for a hands-on cooking class where we'll have fun making simple healthy snacks. Open to kids aged 4-10 years old.

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

Wraps and Roll-ups (hybrid)

Thursday, May 16 | 11 a.m. - noon

Learn how to roll up a balanced, healthy meal with our wraps and roll-ups class! Our dietitian will demonstrate how to prepare healthy wraps and roll-ups perfect for a satiating meal or snack.

Attendance is free, registration required: <https://bit.ly/3x8aW8b>

Afternoon Tea with the LiveWell Center: Women's Health Jeopardy (in-person)

Monday, May 20 | 2 - 3 p.m.

May is Women's Health Month! Women's health is at the forefront of the medical field as doctors and scientists work to advance current women's health practices. Join us for afternoon tea as we discuss hot topics in women's health.

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

A Vibrant Life: Exploring Aging & Vitality with the Monmouth County Health Department (in-person)

Tuesday, May 21 | 11 a.m. - noon

Join health educators from the Monmouth County Health Department as we explore aging with vitality. The goal of this program is to teach older adults about different ways to keep both mind and body healthy as we age and embrace changes that come with the aging process. Light refreshments will be served.

Attendance is free, registration required: <https://bit.ly/3xhAm3g>

Weight Management: Understanding Nutrition Facts Labels (hybrid)

Wednesday, May 22 | 11 a.m. - noon

Understanding the nutrition facts of a food can help you make the best choices for your individual health needs. Join our dietitian for an in depth look at the nutrition facts label and the valuable information it can offer.

Attendance is free, registration required: <https://bit.ly/3Yc2wVM>

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

Wednesday, May 22 | 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; 8 in-person spaces available. Physical movement waiver required for participants.

Attendance is free, registration required: <https://bit.ly/3AMdoB3>

Nutrition and Movement: The Dynamic Duo for Unbreakable Bones (in-person)

Thursday, May 23 | 2 – 3 p.m.

How you eat and move greatly impacts your bone health – two things we can do something about! Join us for an interactive discussion on the topic with two dynamic speakers. First, Chase Stopyra, DPT, Director of Rehabilitation Services at MMCSC and Board Certified Geriatric Physical Therapist, will discuss how to keep our body at its peak performance. He will share tips on increasing strength, flexibility, balance as well as simple daily exercises you can do to improve your bone health. Next, Jennifer Klein, MS, RDN, will explore the role that many nutrients play in our bone health and simple recipes you can make to incorporate these essentials into your diet.

Attendance is free, registration required: <https://bit.ly/49u8J4t>

Get Ready for Summer: Sip, Swim, and Sun Safely (in-person)

Tuesday, May 28 | 11 a.m. – noon

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/3xkY4eI>

Baby's First Foods (hybrid)

Wednesday, May 29 | 10 – 11 a.m.

In collaboration with the PMAD Program. Join our registered dietitian in the demonstration kitchen to learn tips for introducing your baby to their first foods. Whether you're starting with purees or safe finger foods, our RD will provide tips for eating beginners!

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

Senior Health & Fitness Day (in-person)

Wednesday, May 29 | 10:30 a.m. – noon

Join us at the LiveWell Center for Senior Health and Fitness Day, a celebration of moving and staying well as we age. This event is geared towards adults 55 and older. Regardless of your fitness level, put on your sneakers and join us for a morning of healthy breakfast snacks, nutrition information, a discussion led by graduate students from Monmouth University's Doctor of Occupational Therapy program, and a series of movement classes that will include flexibility and balance, yoga drumming, and tai chi.

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

Women's Nutrition Lecture (hybrid)

Wednesday, May 29 | 6 – 7 p.m.

Join our dietitian to learn about women's unique nutrition needs and explore changes you can make to your diet to help you feel your best!

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

Dinner and Dessert – In About 30 Minutes! (hybrid)

Thursday, May 30 | 2 – 3 p.m.

Join our dietitian in the kitchen as she demonstrates a quick and easy healthy dinner and dessert! Perfect for when you need dinner in a hurry.

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



Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Shaping Up Sitting Down (in-person)

Wednesday, May 1, 8, 15, 22 and 29 | 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>

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

Tuesday, May 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: <http://bit.ly/3Yp4O4p>

Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood



Tai Chi (in-person)

Thursday, May 2 and 9 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. Tai Chi is an ancient Chinese tradition that involves a series of postures performed in a slow, focused manner, accompanied by deep breathing. The practice of Tai Chi supports mental calmness and clarity and assists in providing positive feelings of control over one's life. Tai Chi is low impact and safe for all ages and fitness levels. Kit Lau, Tai Chi and Qigong instructor, will guide you through the steps of Tai Chi practice in a standing or seated position. Physical movement waiver required for all participants.

Attendance is free, registration required: <https://bit.ly/3SWuN1p>

10 Ways to Lower Your Blood Pressure Without Medication at MMCSC (in-person)

Thursday, May 2 | 1 – 2 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. Did you know controlling blood pressure with a healthy lifestyle might prevent, delay or reduce the need for medication? Join our Better Health coaches as they discuss strategies you can implement to lower your blood pressure and risk of heart disease.

Attendance is free, registration required: <https://bit.ly/3VxnRL1>

Osteoporosis 101 at MMCSC (in-person)

Thursday, May 9 | 1 – 2 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. Learn about osteoporosis — a disease that weakens bones — including risk factors, early signs and osteopenia, bone density testing, treatment, and prevention. Bone Density Screening will be available after lecture. Light refreshments will be served.

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

Better Health Members Exclusive – Lunch & Learn at MMCSC: Spot a Stroke (in-person)

Thursday, May 16 | 11:30 a.m. – 1 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Conference Rooms A/B/C. Did you know Monmouth Medical Center Southern Campus is designated by the Joint Commission and the NJ Department of Health as an Advanced Primary Stroke Center? Join Katrina Charles Findley, MSN, RN, CEN, as she discusses what to do if you spot the signs and symptom of a stroke. BEFAST to register for this informative luncheon. Blood pressure screening will be available after lecture.

Attendance is free, registration required: <https://bit.ly/3TPMBN1>



Health Screenings

One-On-One Health Coaching

May | 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**.

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Support Groups and Information Sessions

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, please call 833.233.IFPR (4377).

Bereavement Support Group (in-person)

Wednesday, May 15 | 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, please call group facilitator, Rebecca Colson, MA, NCC, LPAT, ATR-BC, LAC, at 732.923.6917.

Bariatric Support Group Meetings (in-person)

Thursday, May 16 | 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. Meeting the third Thursday of each month, we will discuss a different topic on nutrition, exercise and healthy living behaviors.

For more information, please call 732.923.6070.

Breastfeeding Support Groups (in-person)

Monday, May 6, 13, and 20 | 1 – 3 p.m.

Thursday, May 2, 9, 16, 23, and 30 | 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, May 1 | 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 – Monmouth County (in-person)

Wednesday, May 22 | 5:30 – 6:30 p.m.

Meets the fourth Wednesday of the month and open to individuals who are providing care for a spouse, parent, or other loved one. This support group, held in conjunction with the Alzheimer's Association Greater New Jersey Chapter, offers individuals an opportunity to share experiences, practical information, and resources while inspiring and supporting others.

For more information, call Claire Verruni, at 862.781.3817.

Caregiver Support Group – Ocean County (in-person)

Offered on various dates/times throughout the month. Caregiver counseling is available to anyone struggling to care for a resident over the age of 60 living in Ocean County.

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

Ovarian Cancer Support Group (in-person)

Thursday, May 9 | 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.



Pulmonary Support Group (in-person)

Thursday, May 30 | 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 the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown).

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

PROUDLY Me! Transgender Edu-port (Education & 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.

Stroke Support Group (in-person)

Wednesday, May 15 | 2 - 3 p.m.

Open to those affected by stroke and their loved ones. This support group aims to offer a welcoming environment to share coping strategies and success stories, as well as provide ongoing education to individuals whose lives have been impacted by stroke.

For more information, call Alyson Bryson, BSN, RN, 732.923.6314 or email Alyson.Bryson@rwjbh.org.

Tobacco & Nicotine Recovery Group (dual)

Thursday, May 2, 9, 16, 23, and 30 | 10 - 11 a.m. (in-person)

Mondays, May | 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 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>

Weight-Loss Surgery New Patient Seminar (virtual)

Thursday, May 16 | 5 - 6 p.m.

At Monmouth Medical Center, instead of emphasizing short-term goals like reducing the size of your waist, our Bariatric Surgery New Patient Lecture Series focuses on long-term benefits like reducing your risk of Type 2 diabetes, sleep apnea, and hypertension. Every aspect of the program, including bariatric surgery, will be clearly presented so you can make the right choice. Attend one of our life-changing seminars to learn more.

To register, visit <https://bit.ly/46ETomu> or call 732.923.6070.

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

As we hold in-person health education events, your health and safety are our top priority. As of this time, masks are strongly encouraged in the LiveWell Center. Additional COVID-19 safety protocols are also in place.