



# FEBRUARY Calendar

Unless otherwise noted programs are FREE and registration is required.  
Please check the event description for location.

## Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

### Plant-Based Cooking for a Healthy Heart (hybrid)

**Wednesday, February 1 | 6:30 – 7:30 p.m.**

Kick off Heart Health Month with the LiveWell Center! Join us for a cooking demonstration featuring a plant-based recipe. Our registered dietitian will show you how to prepare a simple plant-based meal while discussing the many heart health benefits of adding more plants to our diet!

Attendance is free, registration required: <http://bit.ly/3nSs5dV>

### Getting WISE in 2023: Wellness Program for Seniors (in-person)

**Tuesday, February 7 and 14 | 10 a.m. – 11:30 a.m.**

Looking to better your health this year 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 55 and over. 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: <http://bit.ly/3utsvuJ>

### Superbowl, Super Snacks (hybrid)

**Tuesday, February 7 | 2 – 3 p.m.**

Gear up for the big game, with your Crockpot! Join our registered dietitian to learn how to prepare a low-fuss, healthy, super bowl snack in a slow cooker.

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

### Meditation and Stress Management for Heart Health (hybrid)

**Wednesday, February 8 | 2 – 2:45 p.m.**

Join Claire Verruni, RN, CHPN, to talk about how we can manage our stress and help improve our heart health. Claire will talk about the impacts of stress on our bodies and walk the group through a calming meditation you can use to reduce those feelings of being overwhelmed.

Attendance is free, registration required: <http://bit.ly/3iEOA7a>

### Kids Cooking Class

**Wednesday, February 8 | 5:30 – 6:15 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: <http://bit.ly/3ZFSTQd>

### Weight Management: The Mediterranean Diet (hybrid)

**Thursday, February 9 | 11 a.m. – noon**

Join us for an educational session all about the health benefits of the Mediterranean diet. Learn how to adopt the heart healthy Mediterranean style of eating and how it can help you on your weight management journey.

Attendance is free, registration required: <http://bit.ly/3GRvCm6>

### Something Sweet: Make Your Own Chocolate Covered Strawberries (hybrid)

**Monday, February 13 | 2 – 3 p.m.**

Love is in the air and chocolate is on the brain. Join the LiveWell Center in making dark chocolate and chocolate yogurt covered strawberries as we explore the nutrients that these sweet treats have to offer. Limited to 18 in-person registrants. Virtual participants will be emailed ingredient list the Friday prior to the program.

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

### West African Cooking Demonstration (hybrid)

**Tuesday, February 14 | noon – 1 p.m.**

Join us in the demonstration kitchen for a special cooking demonstration in honor of Black History Month. Our Dietitian, Jennifer Klein, will be joined by Katrina Charles-Findlay, MSN, RN, CEN, from Monmouth Medical Center Southern Campus, as Katrina prepares the West African Dish, Sa Lone Jollof. Join us in person, or virtually as we celebrate the flavors of West Africa!

Attendance is free, registration required: <https://bit.ly/3IRP18V>

### Preparing for Breastfeeding (hybrid)

**Tuesday, February 14 | 3 – 4 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.



### **Choosing the Good: Healthy Fats (hybrid)**

**Wednesday, February 15 | 11 a.m. - noon**

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

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

### **The 2023 Grandparent (hybrid)**

**Wednesday, February 15 | 1 - 2 p.m.**

Technology, social media, new recommendations and more, it can be overwhelming to be a grandparent in 2023. Join our program director as we discuss how we can stay up-to-date and connected with our grandkids.

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

### **Teen Takeover: Trending Nutrition (in-person)**

**Wednesday, February 15 | 6:30 - 7:30 p.m.**

Join Ms. Jenn for a hands-on cooking class in our demonstration kitchen where we'll have fun making a healthy trending TikTok recipe. While we taste we'll test our knowledge with a social media nutrition quiz. Kids 11-17 years old are welcome to attend!

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

### **Heart to Heart**

**Thursday, February 16 | 11:30 a.m. - 1:30 p.m.**

Join Adam Sagarwala, DO, FACOS, FSVS, RPVI- Vascular Surgeon, Monmouth Heart & Vascular Specialists, to learn what puts the vascular in cardiovascular health. Second presentation will follow on estate planning by Adam Rubin, Esq. Sponsored by SCAN (Senior Citizens Activities Network) in collaboration with Monmouth Medical Center. This program concludes with a Grab and Go lunch that takes place in the SCAN auditorium in the lower level of the Monmouth Mall, Routes 35 and 36, Eatontown.

Registration required: [www.scannj.org](http://www.scannj.org)

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

**Saturday, February 18 | 10 - 11:30 a.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; 16 in-person spaces available at the LiveWell Center.

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

### **Stress, Sleep and What You Eat: A Female's Guide to Sustaining Heart Health at Any Age (virtual)**

**Saturday, February 18 | 10 a.m. - 1 p.m.**

This informative and energetic virtual event will begin with a panel discussion on stress and heart health led by physicians from Horizon Blue Cross Blue Shield. Then join us for "To Sleep or Not to Sleep," with Sunil Kumar, MBBS, MBA, RPSGT, Polysomnographic Technologist of Monmouth Medical Center's Comprehensive Sleep Medicine Center and "Healthy Eating on a Budget" delivered by Jennifer Klein, MS, RDN, of Monmouth Medical Center's LiveWell Center. This event is sponsored by the Central Jersey Club of The National Association of Negro Business and Professional Women Inc., The Concerned Black Nurses, and The Monmouth County Alumnae Chapter of Delta Sigma Theta Inc.

Attendance is free, registration required: <http://Bit.ly/23THTH>

### **Toddler Snack Time (in-person)**

**Monday, February 20 | 10:30 - 11 a.m.**

Bring your little ones ages 2 to 4 for a hands-on cooking class with our registered dietitian featuring fun winter snacks!

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





### **Kids Snack Time (in-person)**

**Monday, February 20 | 4 - 4:30 p.m.**

Time for a snack! 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: <http://bit.ly/3w8arYD>

### **Shake it Up with Herbs and Spices (hybrid)**

**Tuesday, February 21 | 11 a.m. - noon**

Trying to reduce your sodium intake? Explore a world of flavor with herbs and spices. Join us in the demonstration kitchen to learn how to create spice mixes that are perfect pairings for chicken, beans, veggies and more!

Attendance is free, registration required: <http://bit.ly/3CQRRY7>

### **Shortcut Cooking, with Cans! (hybrid)**

**Wednesday, February 22 | 6:30 - 7:30 p.m.**

February is National Canned Foods Month! Join our dietitian for a demonstration on how to build a healthy meal featuring convenient and budget friendly canned foods.

Attendance is free, registration required: <http://bit.ly/3F4Bya9>

### **Oats: For Breakfast and Beyond! (hybrid)**

**Thursday, February 23 | 11 a.m. - noon**

Join us in the WEforum demo kitchen for savory spin on oatmeal! Learn all about the heart healthy benefits of this super-grain, and get inspiration for preparing oats for breakfast and beyond!

Attendance is free, registration required: <http://bit.ly/3GIO3t6>

### **Aging Healthfully: Dating After 50 (hybrid)**

**Thursday, February 23 | 1 - 2 p.m.**

Thinking about diving back into the dating pool? Join us as we discuss meeting new people, online dating, and the five golden rules for dating and intimacy in 2023.

Attendance is free, registration required: <http://bit.ly/3IS76DL>

### **Talking to Your Doctor (in-person)**

**Friday, February 24 | 11:30 a.m. - 12:30 p.m.**

As we grow older, it is important to talk often and comfortably with your physician. As the patient, you are at the center of your healthcare team. Let's discuss some practical strategies for selecting a physician to partner with on your journey to health. We will explore what factors should go into the decision-making process when choosing general practitioners and specialists, how to prepare for an appointment, breaking down any information you receive at an appointment, discussing sensitive subjects, and remaining at the center of your healthcare team.

Attendance is free, registration required: <http://bit.ly/3GNAV5Y>

### **Healthy Heart, Healthy Lives Cooking Demonstration**

**Tuesday, February 28 | 11 a.m. - 12:30 p.m.**

Join Jennifer Klein, MS, RDN, Registered Dietitian at the LiveWell Center and Marietta Datar, BSN, RN, Director Patient Care, Cardiac Rehabilitation, at MMC, to celebrate American Heart Month. Jennifer will lead you through a healthy cooking demonstration and Marietta will discuss what you need to know about heart health as well as how MMC can help you on this journey.

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

## **Health Screenings**

### **One-On-One Health Coaching**

**February | 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: **732.597.6075**

### **Blood Pressure Screenings (in-person)**

**Thursday, February 23 | 11:30 a.m. - 12:30 p.m.**

It's American Heart Month! A registered nurse will be available at the LiveWell Center (200 Wyckoff Road, Suite 1200, Eatontown) to provide blood pressure screenings.

Attendance is free, registration is required: <http://bit.ly/3XiGZu8>



## Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

### Wheee Get Fit & Play (in-person)

**Thursday, February 2 and 16 | 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>

### Baby and Me Yoga Flow (in-person)

**Thursday, February 9 and 23 | 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 a 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: <http://bit.ly/3WoWBeT>

### Movement for Better Balance (in-person)

**Friday, February 10 and 24 | 10:30 – 11:15 a.m.**

Regardless of body type or fitness level, this class is designed to improve balance and posture.

Attendance is free, registration required: <http://bit.ly/3Yp4O4p>

### Shaping Up Sitting Down (in-person)

**Tuesday, February 21 | 2 – 3 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. Registration closes 24 hours in advance. Physical movement waiver required for all participants.

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

### Qigong (Virtual)

**Thursdays, February | 1 – 1:45 p.m.**

Qigong, with roots in traditional Chinese medicine and philosophy, is a practice to cultivate and balance qi “life energy” through a series of external movements which will stimulate muscular, skeletal, respiratory and other functions in the body. Kit Lau, Tai Chi and Qigong instructor, will guide you through the steps of Qigong practice in a standing or seated position. Class code will be given at registration.

Attendance is free, registration required: <http://bit.ly/3G5n0sV>





## Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood

### The Mediterranean Diet (in-person)

**Thursday, February 16 | 10 – 11 a.m.**

Join us for an educational session all about the health benefits of the Mediterranean diet. Learn how to adopt the heart healthy Mediterranean style of eating and how it can help you on your weight management journey.

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

### Qigong (Virtual)

**Thursdays, February | 1 – 1:45 p.m.**

Qigong, with roots in traditional Chinese medicine and philosophy, is a practice to cultivate and balance qi “life energy” through a series of external movements which will stimulate muscular, skeletal, respiratory and other functions in the body. Kit Lau, Tai Chi and Qigong instructor, will guide you through the steps of Qigong practice in a standing or seated position. Class code will be given at registration.

Registration required: <http://bit.ly/3G5nOsV>



## Support Groups

### All Recovery Meeting

#### 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)

### Breastfeeding Support Groups (in-person)

**Monday, February 6, 13, 20, 27 | 10:00 a.m. – noon**

**Thursday, February 2, 9, 16, 23 | 1:00 – 3:00 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 (200 Wyckoff Rd., Suite 1200, Eatontown). Promoting breastfeeding through peer support.

Call for first time registration: 862.781.3873

### Cardiac Support Group

**Wednesday, March 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. For more information, call Marietta Datar, BSN, RN, at 732.923.7448.

### Caregiver Support- Group and Individual Counseling

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, 732.778.0636

**Monmouth Medical Center**  
Monmouth Medical Center  
Southern Campus

**RWJBarnabas**  
HEALTH



### **Ovarian Cancer Support Group**

**Tuesday, February 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 Tuesday 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**

**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](mailto:daniel.fernandez@rwjbh.org) or [leigh.mann@rwjbh.org](mailto:leigh.mann@rwjbh.org) to register.

### **Pulmonary Support Group**

**Thursday, March 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. For more information, call Marietta Datar, BSN, RN, at **732.923.7448**.

### **Tobacco and Nicotine Recovery Group (dual)**

**Thursdays, February 2, 9, 16, 23 | 10 – 11 a.m. (in-person)**

**Mondays, February | 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](mailto:quitcenter@rwjbh.org).

### **RWJBH Oncology Support Community**

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>

When in doubt, don't come out! If you are concerned about weather conditions or winter illnesses, please stay home.  
You can always join us virtually!

## **Come join us at the new LiveWell Center**

Anne Vogel Family Care & Wellness Center  
200 Wyckoff Road, Suite 1200  
Eatontown, NJ 07712  
862.781.3597 | [LiveWellCenter@rwjbh.org](mailto:LiveWellCenter@rwjbh.org)

As we return to 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.