

# 2021 Calendar

**MID-WINTER**

Unless otherwise noted, most programs will be virtual and registration is required.

## Education Programs

### Coffee with the Coaches

**Wednesdays, February & March | 10 – 10:45 am**

Grab your coffee and we will bring the conversation! Each week we will be joined by a guest clinician to discuss their area of expertise.

Join Zoom Meeting

<https://us04web.zoom.us/j/77194007961?pwd=alVvdE5JaDUyZU9FN1Z1TkNERzI3UT09>

Meeting ID: 771 9400 7961

Password: bh

### Take Control of Your Health

**Thursday, February 4, 11, 18 & 25 | 10 am – noon**

**Thursday, March 4 & 11 | 10 am – noon**

Take Control of Your Health is an evidence-based, chronic disease self-management program developed by Stanford University. This program, comprised of six weekly sessions, takes an innovative approach to teaching techniques and strategies for better health management. Participants will be offered tools to overcome depression, increase energy levels, improve communication skills, manage pain and stress, and strengthen body and mind. Open to all who have or care for someone with a chronic illness, or, are interested in preventive health.

Registration required: [https://us02web.zoom.us/meeting/register/tZwkdeCtrj8tHtZdhlVUMDF3wEtkcS8oq\\_D7](https://us02web.zoom.us/meeting/register/tZwkdeCtrj8tHtZdhlVUMDF3wEtkcS8oq_D7)

### Childbirth Preparation Class

**February 7 & 21 | 10:00 am – 1:00 pm**

**March 7 & 21 | 10:00 am – 1:00 pm**

**Fee: \$100.00.** This program will focus on what to expect during labor and birth, anesthesia choices, relaxation, breathing techniques and coping strategies. It will also address the immediate postpartum period and initial newborn care.

For registration and more information: 732-923-5024 or [Ana.Pinto@rwjbh.org](mailto:Ana.Pinto@rwjbh.org)

### Heart-Healthy Cooking

**Wednesday, February 10 | 2 – 3 pm**

Join Jennifer Klein, MS, RD, Perlmutter Family ShopRite of Manchester, as she demonstrates how to prepare a simple heart healthy meal! Recipes will be provided!

Registration required: <https://us02web.zoom.us/meeting/register/tZcld-qtqjMsEtWkrRsbhNh1qE-FWZFf3G7B>

### A Chocolate Tasting

**Wednesday, February 10 | 7 – 8 pm**

With Valentine's Day right around the corner, let's find out why chocolate was once considered the food of the gods and is now loved and craved universally by mere mortals. This is a delicious opportunity to sample several varieties of chocolate following a special tasting protocol to evaluate and understand what makes each of them unique. Learn about the health benefits of dark chocolate and how we can indulge ourselves guilt free. After you register, you will be emailed a shopping list for the bars of chocolates that will be used so we can enjoy this virtual tasting together. Presented by Andrea Tarr, Program Director at Social Community Activities Network (SCAN).

Registration Required: <https://us02web.zoom.us/meeting/register/tZckdeCgpjOvHdcBNtuD4aV8AyOFLgvAFoMD>

### Safe @ Home

**Thursday, February 11 | 2 – 4 pm**

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 that will be mailed after registration.

Registration required: <https://us02web.zoom.us/meeting/register/tZEscOyuqT0qEtA68FtpHOSzc2LqOZqpp92y>

## Education Programs *cont.*

### Addressing Racial Disparities: Learn to Love Your Heart

**Saturday, February 13 | 10 am – noon**

This virtual health and wellness fair will include workshops such as “Cooking with Love” and “Your Heart Numbers and Meds”.

For more information, please email [gored4health@gmail.com](mailto:gored4health@gmail.com)

### Weight Loss Information Session

**Thursday, February 18 or March 18 | 6 – 6:45 pm**

Join Gurdeep S. Matharoo, MD, FACS, FASMB, a board-certified bariatric surgeon at Monmouth Medical Center virtually through our informational lectures. Each lecture is followed at 7 pm by a virtual support group.

To register, call 1-888-724-7123.

### Matters of the Heart

**Thursday, February 25 | 7 – 8 pm**

You are invited to join us for this annual event as we explore heart disease prevention and treatment. Clinicians will include Lynne Einbinder, MD, MPP, RVT, RPVI, FACC; Marietta Datar RN, Director Cardiopulmonary Rehabilitation Program at Monmouth Medical Center; and Denise Yaman DNP, APN, CHFN Healthy Lives Program Coordinator, who will discuss heart healthy living, the benefits of cardiac rehabilitation, and stress management techniques. Be sure to wear red!

Registration required: <https://us02web.zoom.us/join/register/tZMpf-6pqD4iG9VQm79ouHeoAFkFcmAHmmbQ>

### Healing Arts: West Africa on the East Coast

**Friday, February 26 | 7 – 8 pm**

Explore the cultural tapestry of West Africa through centuries of art from within its 18 present-day countries. Included will be sculpture, beadwork, metalwork, and ivories from local museums, such as the Metropolitan Museum of Art, the Brooklyn Museum, the Princeton University Art Museum, and the Newark Museum. Presented by Michael Norris, Ph. D., art historian and former museum educator at the Metropolitan Museum of Art.

Registration required: [https://us02web.zoom.us/join/register/tZcpdu6tqz4uGNPUEW8vyhJHFc-D\\_mirh3\\_m](https://us02web.zoom.us/join/register/tZcpdu6tqz4uGNPUEW8vyhJHFc-D_mirh3_m)

## Exercise Classes

### Chair Yoga

**Tuesdays | 9 – 9:45 am**

This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation. Class code will be given at registration.

Registration required: 732-597-6075 or [Kelly.Deleon@RWJBH.org](mailto:Kelly.Deleon@RWJBH.org)

### Body by Tracy

**Wednesdays, February 3, 10, 17 & 24 | 9 – 9:45 am**

Grab some cans, water bottles or light weights and come sculpt your body to build long lean muscle and improve balance and bone density. Class code will be given at registration.

Registration required: 732-597-6075 or [Kelly.Deleon@RWJBH.org](mailto:Kelly.Deleon@RWJBH.org)

### Zumba® GOLD!

**Thursdays | 9 – 9:45 am**

Designed for active older adults who are looking for a modified Zumba® class, that recreates the original moves you love at a lower-intensity. Easy-to-follow choreography focusing on balance, range of motion and coordination. Class code will be given at registration.

Registration required: 732-597-6075 or [Kelly.Deleon@RWJBH.org](mailto:Kelly.Deleon@RWJBH.org)

### Qigong

**Thursdays | 1 – 1:45 pm**

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: 732-597-6075 or [Kelly.Deleon@RWJBH.org](mailto:Kelly.Deleon@RWJBH.org)





## Support Groups

### All Recovery Meeting Daily (Online)

All Recovery Meetings are for everyone who supports recovery. They honor all pathways to recovery, acknowledging that each person's path is unique and reflects their personal strengths. The meetings are non-denominational and offer an opportunity to focus on the hope found in recovery. Recovery does not happen alone. Join us and connect with others who are initiating and maintaining a recovery lifestyle. Meetings are facilitated by trained and certified Peer Recovery Specialists and provide social support for those seeking or maintaining recovery, as well as family members, friends and supporters of those who have been influenced by substance use.

**For more information and for Zoom codes, please call 833-233-IFPR(4377).**

### Cancer Support Community

Offered on various dates/times throughout the month. Free support, education, hope...for those affected by cancer—patients, caregivers, family and friends.

**For full calendar of events visit:**

<https://www.rwjbh.org/monmouth-medical-center/treatment-care/cancer/cancer-support-services-resources/cancer-support-community/>

### Tobacco and Nicotine Recovery Groups

**Mondays & Wednesdays | 9 - 9:45 am & 7 - 7:45 pm**

Open to anyone with a nicotine or tobacco addiction and is currently in recovery or working towards recovery. These support groups run 4 times/week and led by Certified Tobacco Treatment Specialist. Topics vary weekly.

**For questions, please contact the Quit Center at 833-795-QUIT(7848) or [quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org)**

## Health Screenings

### One-On-One Health Coaching

**February & March | 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**

### Vascular Screenings

**February & March | Appointments Available Upon Request Fee: \$49.** Are you at risk for vascular disease? Vascular disease is among the leading causes of death in the US, yet, it is generally asymptomatic. A noninvasive, painless and simple-to-administer screening includes ultrasound exam for aortic aneurysms and carotid artery disease and a non-invasive measure of blood flow in the legs. Results will be reviewed by board certified radiologists and forwarded to your primary care physician.

**For more information and to register, please call, 732-363-1900, Ext. 22022 Radiology Suite.**

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