Health Screenings

Better Health Members Screening Mammogram Event
Friday, October 16
8:00 am – 4 pm
Are you up to date on your breast cancer screening? You are invited to schedule your mammogram on this date which has been reserved exclusively for Better Health members in the newly expanded and renovated Jacqueline Wilentz Breast Center at Monmouth Medical Center Southern Campus. Goodie bags, refreshments and more! Screening appointments are limited to the first 20 registrants so early registration is suggested. Please make sure to have your insurance information available at the time of registration.

For an appointment, call 732-923-6509.

Virtual Health Risk Assessments
September & October
Appointments Available Upon Request
Free. Open to Ocean County residents ages 65+. 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 or Kelly.Deleon@rwjbh.org

Vascular Screenings
September & October
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.
Healing Arts Series: The Best of the Garden State Film Festival
Wednesday, September 16
7 – 8 pm
The Garden State Film Festival presents “The Best of the Fest” featuring an array of award-winning short films from around the globe. Join GSFF Founder Diane Raver and Executive Director Lauren Concar for an evening of the best that the cinematic arts has to offer from New Jersey’s premier independent film festival. Film discussion to follow presentation.

Registration required: Kelly.Deleon@rwjbh.org

Stress Management and Relaxation Techniques
Friday, September 18
10 – 11 am
Right now, most of us are feeling stress due to circumstances that are beyond our control. Join us for a discussion on coping with both COVID-19 and non-COVID-19 related stress and the impact that this may potentially have on your health. We will provide an overview of proven relaxation techniques including guided imagery, deep breathing and adult coloring. This will be a socially-distant, in-person, masked event, weather and health conditions permitting, which will be held outdoors in the Kitay Healing Garden at Monmouth Medical Center Southern Campus, 600 River Avenue, Lakewood. Space is limited.

Registration required: 732-597-6075 or Kelly.Deleon@rwjbh.org

Avoiding Falls
Tuesday, September 22
2 – 3 pm
An accidental fall can have life-changing consequences. Did you know that most falls can be prevented? This will be a practical, interactive discussion on some of the most common causes of accidental and unexplained falls and how they may be avoided. This presentation will also include a demonstration on the safest way to get up after a fall and proven techniques for improving your balance.

Registration required: 732-597-6075, or https://us02web.zoom.us/meeting/register/tZlsdO-sqjshI0hS7-TSOoz4-Yx7T9A4B4

Shopping the Farmer’s Markets
Wednesday, September 23
1 – 2 pm
It’s no secret that the Garden State is home to some of the best produce in the country! Our nutrition experts will discuss the benefits of shopping at your local farmer’s market, selecting and purchasing seasonal fruit and vegetables, and will identify strategies for healthy eating.

Registration required: 732-923-6090

Understanding Your Pelvic Health
Thursday, September 24
12:30 – 1:30 pm
Pelvic floor disorders (PFDs), which include bladder control problems and pelvic organ prolapse, impact one in three women at some point in their lives. Monmouth Medical Center and Monmouth Medical Center Southern Campus, in collaboration with SCAN (Social Community Activities Network) is offering a virtual discussion with Annacecilia Peacher, MD, Urogynecology Associates. Join in to learn more about your body and the treatments that are available to treat pelvic floor disorders and start enjoying your life again!

Registration required: https://us02web.zoom.us/webinar/register/WN_bdZ469pLSOqBrV0W9BXNwQ

Trivia Night!
Thursday, September 24
7 – 8 pm
Are you smarter than a 5th grader? Whether you are a beginner or a trivia game enthusiast, all are welcome to compete in our first-ever general trivia event!

Registration required: 732-597-6075 or https://us02web.zoom.us/meeting/register/tZcvd-Gsqj0tE_V-UlIOHxESE8WjShG7Pg

Cooking Matters at the Store
Wednesday, September 30
1 – 2 pm
Want to know the secret to maximizing your grocery budget while selecting nutritious foods? In this program we will build confidence in the grocery store by sharing tips to saving money on healthy foods and discuss nutritious meals preparation.

Registration required: 732-597-6075 or https://us02web.zoom.us/meeting/register/tZlsdO-sqjshIl0hS7-TSOoz4-Yx7T9A4B4

Getting in the Weeds: CBD Oil and Medical Marijuana
Thursday, October 8
10 – 11 am
Guest presenter, Mary Bridgeman, PharmD, FASCP, BCPS, BCGP, Clinical Professor, Ernest Mario School of Pharmacy Rutgers, The State University of New Jersey, will discuss the differences between medical cannabis and cannabidiol (CBD) as well as the myths and facts surrounding medical use of cannabis and CBD.

Registration is required: 732-597-6075 or https://us02web.zoom.us/meeting/register/tZMcru6rrD4jE9wAEO-pHVkMiUpjQ5Sj9p
I Don't Care About Your Total Cholesterol and Neither Should You
Thursday, October 15
12:30 – 1:30 pm
Cholesterol is the most misunderstood and controversial substance in our bodies and diets. Scott Eisenberg, DO, FACC, Monmouth Heart and Vascular, will present an online discussion to dispel the myths of having a number tied to cholesterol levels and what is available currently to assess the health of your heart. Sponsored by SCAN in collaboration Monmouth Medical Southern Campus.
For more information call 732-542-1326.
Registration required: https://us02web.zoom.us/webinar/register/WN_r4q4PFhBQimnD-AaiLUHfQ

Rutgers Master Gardener's Series: How to Grow Dazzling Dahlias
Tuesday, September 22
6:30 – 7:30 pm
Dahlias come in many colors, shapes and sizes. Their long bloom time makes them very popular with gardeners all over the world. This presentation introduces you to all classes of garden-type dahlias and the best practices and techniques to grow these dazzling beauties!
For more information or to register, please call 732-349-1246 or e-mail: tbecker@co.ocean.nj.us

Weight Loss Information Session
Thursday, September 17
6 – 6:45 pm
Join Gurdeep S. Matharoo, MD, FACS, FASMBS, a board-certified bariatric surgeon at Monmouth Medical Center virtually through our informational lectures. Each lecture is followed at 7 p.m. by a virtual support group.
To register, call 1-888-724-7123.
To join the meeting from your computer, tablet or smartphone: https://www.gotomeet.me/CenterForBariatrics/bariatric-surgery-information-session-9

Support Groups

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/

All Recovery
Honors all pathways to recovery. Facilitated by certified Institute for Prevention Recovery Specialists every Monday from 12 to 1 pm.
https://www.rwjbh.org/events/event/?event=14403