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

### Education

**Heart Healthy Cooking**  
**Thursday, February 3**  
11:00am — 12:00pm  
Join our dietitian, Jennifer Klein, for a Heart Healthy Cooking demonstration. Learn the benefits of the Mediterranean diet and learn how to prepare a simple Mediterranean inspired meal!  

**Avoiding the Slip: Fall Prevention for Winter & Beyond!**  
**Thursday, February 3**  
2:30 — 3:00pm  
Yes, most falls can be avoided! This will be a practical, interactive discussion on some of the most common causes of accidental and unexplained falls. This presentation will also include a demonstration on the safest way to get up after a fall and proven techniques for improving your balance.  

**Brain Games: 70’s Pop Culture Trivia**  
**Tuesday, February 8**  
10:00 — 10:30am  
Get out those bellbottoms and turn on some funk, disco, or jazz! Join us for 70’s Pop Culture Trivial!  
Registration required: [https://bit.ly/3gHf0qa](https://bit.ly/3gHf0qa)

**Healthy Fats: 101**  
**Tuesday, February 8**  
11:00am — 12:00pm  
Join Jennifer Klein, Registered Dietitian, Anne Vogel Family Care & Wellness Center, to learn all about healthy fats and the essential role they play in heart health and overall wellbeing. Jennifer will show you how to identify healthy fats on the nutrition facts label and offer suggestions on how to add healthy fats to your meals.  

**Coffee with a Clinician**  
**Wednesdays, February 9 & 23**  
2:30 — 3:30pm  
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.  

**Love Your Heart: A Virtual Discussion**  
**Thursday, February 10**  
2:30pm  
You are invited to join us for this annual event as we explore heart disease prevention and treatment. Clinicians will include, Anil Gupta, MD, MBA, FACC, Chief Medical Officer, MMCSC, Avinash Gupta, MD, Mary-Gayle Flannely, RPh, and Jennifer Klein, MS, RD, who will discuss heart healthy nutrition, the benefits of cardiac rehabilitation, and stress management techniques. Be sure to wear red!  

**Head in the Clouds: What You Need To Know About Smoking, Vaping & Heart Health**  
**Tuesday, February 15**  
3:00 — 3:45pm  
Join Abby Thompson, Program Director, Anne Vogel Family Care & Wellness Center, to learn about the dangers of smoking and vaping on heart health. We will learn how these products work, how companies capture their consumers at a young age, and what we know about health risks. Scott Carroll, LPC, CTTS, NCTTP, of the RWJBH Institute for Prevention and Recovery, will discuss free Nicotine and Tobacco Recovery Services available to the community to help you or your loved one quit!  
Weight Loss Information Session  
**Thursday, February 17  6:00 — 6:45pm**
Join Gurdeep S. Matharoo, MD, FACS, FASMBS, a board-certified bariatric surgeon at Monmouth Medical Center, virtually for an informational lecture. Each lecture is followed at 7 pm by a virtual support group.

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

Let’s Chat: Signs of and Support for Teens With Disordered Eating  
**Friday, February 18  9:00 — 10:00am**
Join Jennifer Klein, Registered Dietitian at Monmouth Medical Center, and Lynn Corey, LCSW, CEDS-S, CETP, Clinical Manager of Behavioral health Out Patient Services at RWJUH Somerset’s nationally recognized Eating Disorders Program, for a conversation on disordered eating and teenagers. We will explore some signs and symptoms of an eating disorder, tips for addressing this with young adults, and how to promote an environment that supports recovery. Open to school personnel, parents, guardians, and community organizations.

To register, email: Abigail.Thompson@rwjbh.org

Take Control of Your Health  
**Fridays, February 18, 24, & March 4, 11, 18  10:00am — 12:00pm**
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.

Link to join: https://bit.ly/3nHVNT7

My Heart, My Health, My Future  
**Sunday, February 19  10:00am – 12:00pm**
Join the National Association of Negro Business and Professional Women’s Clubs, The Concerned Black Nurses Of Central New Jersey, and the Monmouth County Alumna Chapter of Delta Sigma Theta Sorority for their annual Go Red Annual Health and Wellness Virtual Fair! The event features a panel discussion with two breakout sessions to choose from that explore your heart health, fitness, and stress management. For questions, please contact gored4health@gmail.com.

Registration is required: https://bit.ly/3rYojRU

A Chocolate Tasting  
**Tuesday, February 22  2:00pm**
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 heart 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 Senior Citizens Activities Network (SCAN).

Registration is required: https://bit.ly/358bXz0

Safe @ Home  
**Thursday, February 24  4:00 — 5:00pm**
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 is required: https://bit.ly/358eVn8
**Chair Yoga**  
**Tuesdays, February**  
9:00 — 9:45am  
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

**Body by Tracy**  
**Wednesdays, February**  
9:00 — 9:45am  
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

**Chair Pilates**  
**Thursdays, January**  
9:00 — 9:45 am  
This program is designed to strengthen the abdominals, lower back and pelvic floor. Students will improve balance, posture, and proper breathing. Tighten and tone muscles and build better balance. Class code will be given at registration.  
Registration required:  
732.597.6075 or Kelly.Deleon@RWJBH.org

**Qigong**  
**Thursdays, February**  
1:00 — 1:45pm  
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

**Zumba®GOLD!**  
**Fridays, February**  
1:00 — 1:45pm  
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.  
Registration required:  
732.597.6075 or Kelly.Deleon@RWJBH.org
**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.

**Support Groups cont.**

**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

**PROUDLY Me! Transgender Edu-port (Education and Support) Program**  
**Every second Thursday of the month (virtual)**  
**6:00 - 8:00pm**  
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. The sessions are hosted in a caring and understanding environment to discuss all available resources for the transgender community. PROUDLY Me! meets virtually every second Thursday of the month from 6 p.m. to 8 p.m. Preregistration is required.  
Please email daniel.fernandez@rwjbh.org or leigh.mann@rwjbh.org to register. Login information will be emailed to you.

**RWJBH Oncology 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**  
**Days and Times Vary**  
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 and they operate on Mondays at 7:00pm.  
For questions, please contact the Quit Center at: 833. 795. QUIT (7848) or quitcenter@rwjbh.org

**Support Groups**

**All Recovery Meetings 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).
Childbirth and Youth Home Safety Education

Baby Care Basics
Saturday, February 5  10:00am — 12:00pm
Thursday, February 24  6:30 — 8:30 pm
Fee: $50. This program is designed to offer new parents information on basic care of a new baby. Bathing, dressing, feeding, infant growth and development, safety and other areas of concern to new parents are addressed. Step by step instructions for choking and basic infant CPR will be covered as well. A book with an access code will be mailed to you. With this code, you will be able to access videos on all of the topics covered in this class. A 2-hour zoom meeting with the instructor for Q&A (view of all videos will be required before the meeting).

Registration required: 732-923-5024

Breastfeeding Today
Thursday, February 10  6:30 — 8:30 pm
Saturday, February 19  10:00am — 12:00pm
Fee: $50. Breastfeeding offers many health benefits to babies and their mothers. This class introduces prospective mothers and fathers to breastfeeding by providing information through an informal discussion on the process and techniques of breastfeeding. Topics include the advantages of breastfeeding, how to prepare and get started, concerns of working mothers, and the role of the family. A Certified Lactation Consultant teaches this class. We will send you the booklet with the code to access videos which includes; milk production; hunger cues; latch; storing breast milk; etc. A 2-hour Zoom meeting with the Lactation Consultant for Q&A will take place (view of all videos will be required before the meeting).

Registration required: 732-923-5024

Childbirth Preparation
Saturday, February 6  10:00am — 1:00pm
Sunday, February 27  10:00am — 1:00pm
Fee: $100. 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. A booklet with an access code will be mailed to you. With this code, you will be able to access videos on all the above topics. A 3-hour zoom meeting will take place for Q&A session and to practice breathing techniques with the instructor.

Registration required: 732-923-5024.

Virtual Eisenberg Family Center Tours
To access the virtual tour for the Eisenberg Family Center Tour go to:
https://www.rwjbh.org/monmouth-medical-center/
Scroll down to Specialty services
Click on Maternity Services.
Click on the video The Eisenberg Family Center