The Facts About Hearing Loss
(Hearing Loss Awareness Week)
Wednesday, March 2 | 1 - 2 p.m.
Join us in recognition of Hearing Loss Awareness Week with a conversation from Sue Ellen Boyer, AuD. We will discuss some facts about hearing and supportive services you can utilize if you experience loss.
Registration required: https://bit.ly/3oQSav4

Celebrate Flavors of the World:
Korean Cuisine Cooking Demonstration
Thursday, March 3 | 11 a.m. - noon
Join us in celebrating a World of Flavors during National Nutrition Month with a virtual cooking demonstration! This week we will celebrate Korean cuisine. Follow along as our dietitian, Jennifer Klein, MS, RD, prepares Bibimbap — mixed rice with chicken and mushrooms.
Registration required: https://bit.ly/3Blx4tP

Nutrition Lecture: Healthy Bones
Tuesday, March 8 | 11 a.m. - noon
Join our Registered Dietitian, Jennifer Klein, MS, RD, to learn how balanced nutrition can support bone health. Learn risk factors for osteoporosis and simple diet and lifestyle changes that can help keep your bones healthy and strong.
Registration required: https://bit.ly/3HEtjSu

Registered Dietitian Day: Ask the RD
Wednesday, March 9 | noon - 1 p.m.
Help our dietitian, Jennifer Klein, MS, RD, celebrate National Nutrition Month during this Ask the RD session! Bring your nutrition questions and hunger for knowledge.
Registration required: https://bit.ly/3uGjrUJ

Celebrate Flavors of the World:
Indian Cuisine Cooking Demonstration
Thursday, March 10 | 11 a.m. - noon
Join us in celebrating a World of Flavors during National Nutrition Month with a virtual cooking demonstration! This week, celebrate Indian cuisine as our dietitian, Jennifer Klein, MS, RD, prepares Masoor Dal Tadka (Red Lentil Dal).
To join this meeting: https://bit.ly/3rA2BEK

Fiber is Your Friend: Colon Health
Tuesday, March 15 | 11 a.m. - noon
Join Jennifer Klein, MS, RD, for a discussion all about fiber! Learn about the different types and sources of fiber and how fiber supports a healthy colon. Jennifer will also provide simple tips to help you meet your fiber needs!
Registration required: https://bit.ly/3HBeOPa

Keeping Your Grandkids Safe and Happy While in your Care
Wednesday, March 16 | noon - 1 p.m.
My, how things have changed since many of us became new parents! During this program, we will cover current recommendations for newborn, infant and toddler safety in the home, outdoors and on the road! Expectant parents, be sure to register the grandparents-to-be for this important discussion.
Registration required: https://bit.ly/3HAggkM

One Notebook Spring Decluttering
Wednesday, March 16 | 4 - 5 p.m.
Get ready to tackle your spring-cleaning and organizing projects - easily. All you need is one notebook to tidy up your home and declutter your mind! Join bestselling author and organizing humorist Jamie Novak for this not to be missed program. Log onto the program with a notebook to get started live, with Jamie.
Registration required: https://bit.ly/3oDqEki
**Luck of the Irish:**
**Shepherd's Pie Cooking Demonstration**  
**Thursday, March 17 | 11 a.m. – noon**  
Join us in celebrating a World of Flavors during National Nutrition Month with a virtual cooking demonstration! In honor of St. Patrick’s Day, our dietitian, Jennifer Klein, MS, RD, will prepare healthier Shepherd’s Pie.  
Registration required: [https://bit.ly/3GCmFdS](https://bit.ly/3GCmFdS)

**Catching Zs: What We Know About Sleeping Soundly**  
**Friday, March 18 | noon – 1 p.m.**  
Sleep plays a vital role in good health. In recognition of National Sleep Awareness Week, join us for a conversation with Sunil Kumar of Monmouth Medical Center’s Sleep Disorders Center. Sunil will discuss some steps we can take to a better night’s rest. Bring your questions.  

**Nutrition 101: Celebrating National Nutrition Month**  
**Tuesday, March 22 | 11 a.m. – noon**  
Time to brush up on nutrition basics! Join Jennifer Klein, MS, RD, for an overview of the five food groups. We’ll discuss how each food group plays a role in our health and how to meet our nutrition needs daily.  
Registration required: [https://bit.ly/3sp9DeQ](https://bit.ly/3sp9DeQ)

**Grandparenting Generation Z**  
**Tuesday, March 22 | 2 – 3 p.m.**  
Struggling to understand the latest phone app your grandchild is using, why they are learning another dance for TikTok, or what they care most about? Join our Wellness Center Program Director, Abby Thompson, to discuss supporting and connecting with your Gen Z grandchildren as we learn what makes the latest generation tick.  
Registration required: [https://bit.ly/3GGA0St](https://bit.ly/3GGA0St)

**Teen Talks: Healthy Coping Skills & Natural Highs**  
**Wednesday, March 23 | 4 – 4:30 p.m.**  
In recognition of National Alcohol and Drug Fact Week, join us for this talk for teens about healthy behaviors and substance use prevention. Taught by our Wellness Center Program Director, Abby Thompson, this workshop will help teens explore healthy coping skills, hobbies, and alternative activities!  

**Women in Healthcare: A Career Discussion Program for Youth**  
**Wednesday, March 23 | 6:30 – 7:30 p.m.**  
In recognition of Women’s History Month, join our panel of female healthcare professionals for an inspirational and empowering career exploration event. This program is open to students in grades 5 – 12.  
Registration required: [https://bit.ly/3gAUAcE](https://bit.ly/3gAUAcE)

**Celebrate Flavors of the World: Spanish Cuisine Cooking Demonstration**  
**Thursday, March 24 | 11 a.m. – noon**  
Join us in celebrating a World of Flavors during National Nutrition Month with a virtual cooking demonstration! This week, follow along as our dietitian, Jennifer Klein, MS, RD, prepares Spanish Tapas including Gambas al Ajillo (Spanish Garlic Shrimp) and Patatas Bravas (potatoes with salsa)!  

**Kids Cook Along: Rainbow Fruit Kabobs**  
**Thursday, March 24 | 4 – 4:30 p.m.**  
Spring is in the air! Join our dietitian, Jennifer Klein, MS, RD, for a kid friendly cooking class. Jennifer will teach young chefs how to prepare Rainbow Fruit Kabobs with a Maple Cinnamon Dipping Sauce! Ingredient and equipment lists will be emailed to participants one week before the event, so kids can cook along!  
Registration required: [https://bit.ly/3Jd0YTD](https://bit.ly/3Jd0YTD)
Safe@Home
Thursday, March 24 | 4 - 5 p.m.
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://bit.ly/358eVn8

What You Need to Know About Colorectal Cancer: Screening, Surgical Options, and Genetics
Thursday, March 24 | 6:15 - 7:30 p.m.
Join Dr. Seth Cohen, Regional Medical Director Oncology Services, RWJBarnabas Health Southern Region, physician experts, and a genetic counselor to learn about screening recommendations, treatment options, and genetics for colorectal cancer.
Program will be presented through Zoom.
Please RSVP to Laura.Gallo@rwjbh.org or 732-923-6509 to register and receive Zoom meeting link.

Women's Health: Nutrition for Healthy Aging
Tuesday, March 29 | 11 a.m. – noon
In celebration of Women’s History Month, join our dietitian, Jennifer Klein, MS, RD, for a discussion on nutrition for women’s health. Learn how our nutrition needs change as we get older and how to meet our needs for optimal health and wellness.
Registration required: https://bit.ly/3J4fYmK

Women's Health: Perinatal Nutrition
Wednesday, March 30 | noon – 1 p.m.
In celebration of Women's History Month, join Jennifer Klein, MS, RD, for a discussion on nutrition for women’s health. Learn about the unique nutrition needs during the perinatal period. Jennifer will provide meal planning tips and simple recipes to help make nutrition easy during this exciting, and sometimes stressful, time.
Registration required: https://bit.ly/3sv9iYh

Family Cook Along: Flatbread Pizza Party!
Wednesday, March 30 | 6:30 – 7:15 p.m.
Gather the family for a healthy cook along! Our dietitian, Jennifer Klein, MS, RD, will lead families through a simple cooking class featuring flatbread pizzas and veggie cups. Ingredient and equipment lists will be emailed to participants one week before the event so families can cook along!

Pilates for New Moms
Wednesday, March 2 | noon – 12:45 p.m.
Pregnancy, with all its joys, can also impact our bodies. Join us for a special Pilates class for new moms geared at restoring abdominal strength. Ask your doctor if you are cleared to exercise before taking the class.
Registration required: https://bit.ly/3BFhHME

Zumba®
Monday, March 7 | noon – 12:45 p.m.
Get your groove on! Join us for a Zumba class for individuals of all ages and Zumba experience-levels. Your heart will be pumping with this combination of dance and fitness moves done to a background of exhilarating rhythms.
Registration required: https://bit.ly/3I3k1Q4

Yoga and Meditation
Monday, March 14 | 2 – 2:45 p.m.
Join us for a special yoga and meditation class in recognition of National Sleep Awareness Week. This gentle yoga program will help you focus on your breathing, mindfulness, and relaxation. A calm body and mind can make a world of difference for our sleep habits!
Registration required: https://bit.ly/35lz613
Mommy-and-Me Yoga
Wednesday, March 23 | noon – 12:45 p.m.
Struggling to find time to get moving with your little one around? Join us for Mommy-and-Me Yoga with your baby in tow. This class is a great way to ease back into exercise in a safe, fun, and healthy practice that will benefit you and baby. Ask your doctor if you are cleared to exercise before taking the class.
Registration required: https://bit.ly/3gUKxDp

Zumba® for Kids
Tuesday, March 29 | 4 – 4:45 p.m.
Looking for a movement class for kids who need to shake their energy out after school? Join us for Zumba® for kids! This upbeat, high-energy class will get your family moving with a combination of dance and fitness moves. Open to children of all ages!
Registration required: https://bit.ly/3s6NTF1

Chair Yoga
Tuesdays, March & April | 9 – 9:45 a.m.
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, March & April | 9 – 9:45 a.m.
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, March & April | 9 – 9:45 a.m.
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, March & April | 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: 732.597.6075 or Kelly.Deleon@rwjbh.org

Zumba®GOLD!
Fridays, March | 1 – 1:45 p.m.
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.
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).

**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 – 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. 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**

Wednesday, March 9 | noon – 1 p.m.

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, March | 7 – 8 p.m.**

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 p.m.

For questions, please contact the Quit Center at 833.795.QUIT (7848) or email quitcenter@rwjbh.org.
Baby Care Basics
Saturday, March 12 | 10 a.m. – noon
Thursday, March 24 | 6:30 – 8:30 p.m.
$50.00. 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 booklet 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, March 3 | 6:30 – 8:30 p.m.
Saturday, March 19 | 10 a.m. – noon
$50.00. 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 is required: 732.923.5024.

Childbirth Preparation Class
Sunday, March 13 | 10 a.m. – 1 p.m.
Sunday, March 27 | 10 a.m. – 1 p.m.
$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. 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