



### **Chair Pilates at MMCSC**

**Thursday, February 1, 8, 22, and 29 • 1 – 1:45 p.m.**  
Monmouth Medical Center Southern Campus  
– 600 River Avenue, Lakewood



### **Mediterranean Cooking, Made Easy**

**Wednesday, February 7 • 11 a.m. – noon**  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Coffee with the Clinicians: Hypertension, BP Screenings, and Heart Health**

**Thursday, February 8 • 2 – 2:45pm**  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Kids Cooking Class**

**Saturday, February 10 • 10:30 – 11:30 a.m.**  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Lunch & Learn: Eating with Your Heart in Mind with Dr. Scott Eisenberg**

**Wednesday, February 14 • 11:30 a.m. – 1 p.m.**  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **Lunch & Learn: Get Your Red On with Dr. Avinash Gupta**

**Thursday, February 15 • 11:30 a.m. – 1 p.m.**  
Monmouth Medical Center Southern Campus  
– 600 River Avenue, Lakewood



### **Blood Pressure Screenings at MMCSC**

**Thursday, February 22 • 2 – 3 p.m.**  
Monmouth Medical Center Southern Campus  
– 600 River Avenue, Lakewood



### **Plant Powered Pulses**

**Tuesday, February 27 • 11 a.m. – noon**  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### **15 Tips to Keep Your Bladder Healthy**

**Tuesday, February 27 • 2 – 2:45 p.m.**  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

**FEBRUARY 2024**

# **COMMUNITY HEALTH**

Calendar

Programs are  
**FREE** and  
**OPEN TO ALL**

Registration is required for programs. Call 862.781.3597 or visit [rwjbh.org/events](http://rwjbh.org/events) to sign-up.



**RWJBarnabas  
HEALTH**

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



## Health Education and Nutrition Programs at the LiveWell Center

### **Catching Z's: Getting Better Sleep in 2024 (hybrid)**

**Friday, February 2 | 11 – 11:30 a.m.**

**Wednesday, February 28 | 6 – 6:30 p.m.**

Sleep plays a vital role in good health and helps prevent chronic disease. Join us for a conversation where we will explore how you can get a better night's rest and resources at Monmouth Medical Center that can help you get the best sleep.

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

### **Big Game Grub Cooking Demonstration (hybrid)**

**Tuesday, February 6 | 11 a.m. – noon**

The Super Bowl is almost here! Gear up for the Big Game with some healthy snack recipes!

Attendance is free, registration required: <https://bit.ly/41QZetD>

### **Mediterranean Cooking, Made Easy (hybrid)**

**Wednesday, February 7 | 11 a.m. – noon**

The Mediterranean diet is well known for its heart health benefits. Join our dietitian in the kitchen to learn how to incorporate Mediterranean diet ingredients into your cooking and meal preparation!

Attendance is free, registration required: <https://bit.ly/4aMSYY5>

### **Teen Takeover (in-person)**

**Wednesday, February 7 | 6 – 7 p.m.**

Join Ms. Jenn, in the kitchen for a hands-on cooking class where we'll have fun making healthy, trending recipes. Open to kids aged 11-17 years old.

Attendance is free, registration required: <https://bit.ly/40CRPNE>

### **Weight Management: The DASH Diet (hybrid)**

**Thursday, February 8 | 11 a.m. – noon**

Join our registered dietitian to learn how the DASH Diet (Dietary Approaches to Stop Hypertension) can be a helpful tool in your weight loss and health journey.

Attendance is free, registration required: <https://bit.ly/3Yc2wVM>

### **Monmouth ACTS in My Community**

**Thursday, February 8 | 1:30 – 4:30 p.m.**

Drop in to the LiveWell Center to chat with a social worker from the Monmouth County Department of Human Services (DHS) to learn about resources that you may qualify for. Monmouth County residents can connect with a representative who can provide information and applications for programs like SNAP, cash assistance, and more. As part of the Monmouth Assisting Community Through Services (ACTS) in My Community program, a social worker will be on-site on the second Thursday of each month from 1:30-4:30 p.m. at the LiveWell Center to connect with residents!

For more information, call 732.683.2102.

### **Coffee with the Clinicians: Hypertension, BP Screenings, and Heart Health (in-person)**

**Thursday, February 8 | 2 – 2:45pm**

February is Heart Health Month! Join a team of registered nurses from Monmouth Medical Center at the LiveWell Center to learn about blood pressure and what you can do to manage your numbers to stay well. Blood pressures will also be taken for those interested. Coffee (decaf or regular), tea, and light refreshments will be provided to those in-person attendees.

Attendance is free, registration required: <https://bit.ly/40W26V7>

### **Better Health Member Exclusive Event: Chocolate Tasting (in-person)**

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

Enjoy a taste of chocolate ahead of Valentine's Day with the LiveWell Center! Sample different types of chocolate and chocolate pairings and learn about the health benefits of dark chocolate. For more information on the FREE Better Health program or to become a member, call Claire Verruni at 862.781.3817.

Attendance is free, registration required: <https://bit.ly/4aMTEg5>

### **Kids Cooking Class (in-person)**

**Saturday, February 10 | 10:30 – 11:30 a.m.**

Join Ms. Jenn, in the kitchen for a hands-on cooking class where we'll have fun making healthy, seasonal recipes. Open to kids aged 4-10 years old.

Attendance is free, registration is required: <https://bit.ly/3fM977W>

### **30-Minute Gumbo (hybrid)**

**Tuesday, February 13 | 11 a.m. – noon**

Celebrate Mardi Gras with a quick and healthy version of Gumbo, a hearty and comforting creole style stew.

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

### **Preparing for Breastfeeding (hybrid)**

**Tuesday, February 13 | 3 – 4:30 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.





### **Lunch & Learn: Eating with Your Heart in Mind with Dr. Scott Eisenberg**

**Wednesday, February 14 | 11:30 a.m. – 1 p.m.**

What better way to celebrate Valentine's Day than by taking care of your heart! Join Scott Eisenberg, DO, FACC, Board-Certified Interventional Cardiologist and Lipid Specialist, RWJBarnabas Health Medical Group, of Monmouth Heart and Vascular Specialists, as we discuss heart health, diet recommendations for optimal well-being, and steps you can take to keep your ticker in tip-top shape! *Lunch will be served to in-person attendees.*

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

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

**Thursday, February 15 | 5 – 5:30 p.m.**

Join Ms. Jenn, in the kitchen for a hands-on cooking class where we'll have fun making simple healthy snacks. Open to kids aged 4-10 years old.

Attendance is free, registration required: <https://bit.ly/39pxV2O>

### **Getting Back to Basics for Heart Health**

**Saturday, February 17 | 10 a.m. – noon**

This informative and energetic virtual event will begin with a panel discussion on maximizing heart health through fitness and nutrition. Workshops include "Heart Healthy Meals Made Easy" 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: <https://bit.ly/thth2024>

### **Afternoon Tea with the LiveWell Center: Adaptogens & Stress (hybrid)**

**Monday, February 19 | 2 – 3 p.m.**

Stress can have detrimental impacts on our health, putting us at risk for a variety of physical and mental health problems. Join us for afternoon tea as we discuss adaptogens, herbs, roots and other plant substances, that help our bodies manage stress and restore balance after a stressful situation. *Light refreshments will be served for those attending in-person.*

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

### **Produce Pick: Cauliflower (hybrid)**

**Tuesday, February 20 | 11 a.m. – noon**

Join our dietitian for a healthy cooking demonstration featuring cauliflower! Learn how versatile and delicious this cruciferous veggie can be.

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

### **Bread-Baking 101 (hybrid)**

**Wednesday, February 21 | 11 a.m. – noon**

Join our dietitian in the demonstration kitchen to learn the basics of bread making!

Attendance is free, registration required: <https://bit.ly/3Ehw3oJ>

### **What You Need to Know: Healthy Hop (in-person)**

**Thursday, February 22 | 11 a.m. – noon**

Stop by the LiveWell Center to learn about Healthy Hop Transportation, a collaborative effort between Caregiver Volunteers of Central Jersey, the Monmouth County Division on Aging, and local ride-sharing services like Uber and Lyft, that provides FREE rides to medical appointments for seniors.

Attendance is free, registration required: <https://bit.ly/47s2a15>

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

**Monday, February 26 | 10:30 – 11 a.m.**

Bring your little ones ages 18 months to 4 years old for a hands-on cooking class, featuring a fun and healthy snack!

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

### **Plant Powered Pulses (hybrid)**

**Tuesday, February 27 | 11 a.m. – noon**

Pulses, which include bean, peas and lentils, are a great source of fiber and plant-based protein. Join our dietitian in the kitchen as she demonstrates delicious dishes made with pulses!

Attendance is free, registration required: <https://bit.ly/3TOi02Z>

### **15 Tips to Keep Your Bladder Healthy (in-person)**

**Tuesday, February 27 | 2 – 2:45 p.m.**

As you age, the elastic bladder tissue may become less stretchy, causing more frequent trips to the restroom. Join Claire Verruni RN, CHPN, and Anna Busler, Community Health Educators, as they discuss tips on how to maintain a healthy bladder.

Attendance is free, registration required: <https://bit.ly/41PCRoo>

### Comfort Food Fix (hybrid)

**Wednesday, February 28 | 6 – 7 p.m.**

Cold winter weather calls for comforting cozy meals! Learn how to add nutrition to comfort food classics in the demonstration kitchen.

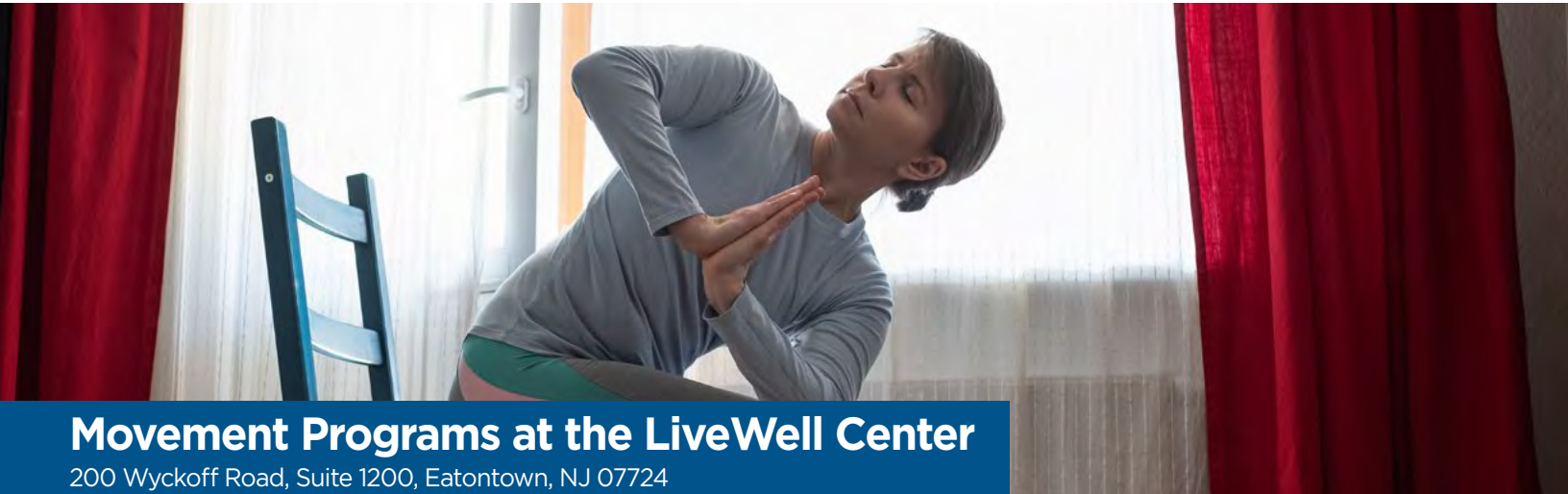
Attendance is free, registration required: <https://bit.ly/3YOCMvO>

### Cook Once, Eat Twice (hybrid)

**Thursday, February 29 | 11 a.m. – noon**

Save time and eat healthy with the cook once, eat twice method! Our registered dietitian will show you how to prepare a healthy meal and transform the leftovers into a new meal, without all the prep! She will also share meal planning tips to make “cook once, eat twice” an easy and versatile meal prep method!

Attendance is free, registration required: <https://bit.ly/3yw25tY>



## Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

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

**Thursday, February 1, 15, and 29 | 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>

### Movement for Better Balance at the LiveWell Center (in-person)

**Tuesday, February 6 and 20 | 10 – 10:45 a.m.**

Regardless of body type or fitness level, this class is designed to improve balance and posture. This class is designed for adults 55+. *Physical movement waiver is required for all participants.*

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

### Yoga: Chair or Standing (in-person)

**Wednesday, February 7 and 14 | 2:30 – 3:15 p.m.**

Join us at the LiveWell Center for yoga which can help harmonize, relax and rejuvenate your body, mind, and emotions. This class will help gently build muscle strength and promote flexibility, as well as improve mental clarity and focus. Our yoga practice will include physical postures, breathing techniques & meditation for a full body wellness experience. You can also grab a chair during class if you would like to adapt the movements. Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. *Movement waiver is required for all participants.*

Attendance is free, registration required: <https://bit.ly/46KD8dl>

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

**Thursday, February 8 and 22 | 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: <https://bit.ly/3WoWBeT>

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

**Wednesday, February 21 and 28 | 2:30 – 3:15 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. Please bring light weights to class (1-3 lbs recommended); weights are optional and not necessary to enjoy the full benefits of this workout. *This class is designed for adults 55+. Physical movement waiver is required for all participants.*

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





## Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood

### Chair Pilates at MMCSC (in-person)

**Thursday, February 1, 8, 22, and 29 | 1 – 1:45 p.m.**

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. Join us for Chair Pilates where participants will improve upon core strength, stability, posture, and proper breathing. Physical movement waiver is required for all participants.*

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

### Coffee & Chat:

### Stress Management Techniques (in-person)

**Thursday, February 8 | 10:30 – 11:30 a.m.**

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, The Geriatrics Institute Conference Room. February is Heart Health Month! Join Claire Verruni RN, CHPN, and Anna Busler, Community Health Educators, as we discuss stress management techniques that can help us better manage life's stressors and protect our heart from the negative impacts of stress. Light refreshments will be served.*

Attendance is free, registration is required: <https://bit.ly/47rdvyw>

### Lunch & Learn:

### Get Your Red On with Dr. Avinash Gupta (in-person)

**Thursday, February 15 | 11:30 a.m. – 1 p.m.**

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Conference Rooms A, B, and C. Heart disease and stroke are a leading cause of death in the United States. Join Avinash C. Gupta, MD, Section Chief of Cardiology at Monmouth Medical Center Southern Campus, as he shares tip on heart health and prevention of heart attacks and strokes. Don't forget to wear your red! Lunch will be served for all attendees.*

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

### Blood Pressure Screenings at MMCSC (in-person)

**Thursday, February 22 | 2 – 3 p.m.**

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. It's American Heart Month! A registered nurse will be available at Monmouth Medical Center Southern Campus to provide blood pressure screenings on a drop-in basis.*

Attendance is free, registration is required: <https://bit.ly/48qFFLn>



## 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 **862.781.3818**

### Blood Pressure Screenings at the LiveWell Center (in-person)

**Thursday, January 25 | 2 – 2:45 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 on a drop-in basis.*

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



## Support Groups and Information Sessions

### All Recovery Meeting (virtual)

#### 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, call 833.233.IFPR (4377).

### Bariatric Support Group Meetings (in-person)

#### Third Thursday of Each Month | 6 – 7 p.m.

Convenient in-person meetings are held at the Anne Vogel Family Care and Wellness Center, Suite 1200 at 200 Wyckoff Rd, Eatontown. Family, friends and support persons are also invited to attend. This is a great opportunity to meet others going through the same weight loss journey. Our meetings focus on achieving optimal wellness through weight loss surgery. Each month, we will discuss a different topic on nutrition, exercise and healthy living behaviors. For more information, call 732.923.6070.

### Bereavement Support Group (in-person)

#### Wednesday, February 21 | 4:30 – 5:30 p.m.

Open to individuals who have experienced a loss and seek to share with others who may have experienced a similar loss. This support group offers the community an opportunity to share experiences, practical information, and resources, while inspiring and supporting others in a group setting. Group meets on the third Wednesday of each month from 4:30 to 5:30 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown).

For more information, call group facilitator, Rebecca Colson, MA, NCC, LPAT, ATR-BC, LAC, at 732.923.6917.

### Breastfeeding Support Groups (in-person)

#### Monday, February 5, 12, 19, and 26 | 1 – 3 p.m.

#### Thursday, February 1, 8, 15, 22, and 29 | 1 – 3 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. Promoting breastfeeding through peer support.

Call for first time registration: 862.781.3873.

### Cardiac Support Group (in-person)

#### Wednesday, February 7 | 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. Group meets on the first Wednesday of each month from 3 to 4 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown).

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

### Ovarian Cancer Support Group (in-person)

#### Thursday, February 8 | 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.

### Caregiver Support Group – Ocean County (in-person)

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, call Kathleen Holahan, MSW, LCSW, at 732.778.0636.

### Caregiver Support Group – Monmouth County (in-person)

#### Wednesday, February 28 | 5:30 – 6:30 p.m.

Meets the fourth Wednesday of the month and open to individuals who are providing care for a spouse, parent, or other loved one. This support group, held in conjunction with the Alzheimer's Association Greater New Jersey Chapter, offers individuals an opportunity to share experiences, practical information, and resources while inspiring and supporting others. For more information, call Claire Verruni, at 862.781.3817.





### **Pulmonary Support Group (in-person)**

**Thursday, February 29 | 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. Group meets on the last Thursday of each month from 3 to 4 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown).

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

### **PROUDLY Me! Transgender Edu-port (Education and Support) Program (virtual)**

**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.

### **Stroke Support Group (in-person)**

**Wednesday, February 17 | 2 – 3 p.m.**

Open to those affected by stroke and their loved ones. This support group aims to offer a welcoming environment to share coping strategies and success stories, as well as provide ongoing education to individuals whose lives have been impacted by stroke.

For more information, call Alyson Bryson, BSN, RN, 732.923.6314 or email [Alyson.Bryson@rwjbh.org](mailto:Alyson.Bryson@rwjbh.org).

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

**Thursday, February 1, 8, 15, 22, and 29 | 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 (virtual)**

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>

### **Weight-Loss Surgery New Patient Seminar (virtual)**

**Thursday, February 22 | 5 – 6 p.m.**

At Monmouth Medical Center, instead of emphasizing short-term goals like reducing the size of your waist, our Bariatric Surgery New Patient Lecture Series focuses on long-term benefits like reducing your risk of Type 2 diabetes, sleep apnea, and hypertension. Every aspect of the program, including bariatric surgery, will be clearly presented so you can make the right choice. Attend one of our life-changing seminars to learn more.

To register, visit <https://bit.ly/46ETOmU> or call 732.923.6070.

Call us at 862.781.3597 or email [LiveWellCenter@rwjbh.org](mailto:LiveWellCenter@rwjbh.org) with any questions or to register

## **Monmouth Medical Center Southern Campus**

600 River Avenue  
Lakewood, NJ 08701

## **LiveWell Center**

Anne Vogel Family Care & Wellness Center  
200 Wyckoff Road, Suite 1200  
Eatontown, NJ 07724

As we hold 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.

Nurses Improving Care for Healthsystem Elders



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