



# 2021 Calendar

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

## Education Programs

### Movie Trivia

**Wednesday, October 6 | Noon – 1 p.m.**

Take a trip back in time and test your 1950's movie knowledge! Grab your lunch and log on to enjoy conversation and a little friendly competition.

Registration required: <https://bit.ly/3nldKYD>

### Coffee, Conversation and a Craft: Pumpkin Sugar Scrub

**Friday, October 8 | 1 – 2 p.m.**

**Rain date Wednesday, October 20**

Autumn is a great time to give your skin a little extra T.L.C. Let's get crafty and create personal containers of pumpkin sugar scrub which will help exfoliate and moisturize your skin. This event will be held outdoors at Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood.

Space is limited and registration is required by emailing [Kelly.Deleon@rwjbh.org](mailto:Kelly.Deleon@rwjbh.org)

### Coffee with the Coaches

**Wednesday, October 20 | 2:30 -3:30 p.m.**

**Wednesday, October 27 | 2:30 – 3:30 p.m.**

Grab your coffee and let's talk! Each session, we will be joined by a guest clinician to discuss their area of expertise.

To join this meeting: <https://bit.ly/3i6JXzi>

### Weight Loss Information Session

**Thursday, October 21 | 6 – 6:45 p.m.**

Join Gurdeep S. Matharoo, MD, FACS, FASMB, a board-certified bariatric surgeon at Monmouth Medical Center virtually for an informational lecture. Each lecture is followed at 7 p.m. by a virtual support group.

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

### What You Need to Know About Breast Cancer: Screening, Treatment, and Genetics

**Thursday, October 28 | 6 – 7:45 p.m.**

October is Breast Cancer Awareness Month. Join Dr. Seth Cohen, Regional Medical Director Oncology Services RWJBH Southern Region and physician experts to learn about screening, treatment options, and genetics for breast cancer.

Registration required by emailing [Laura.Gallo@RWJBH.org](mailto:Laura.Gallo@RWJBH.org) or calling 732-923-6509 for Zoom meeting link.

## Health Screenings

### One-On-One Health Coaching

**October | 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

## Childbirth and Youth Home Safety Education

### Baby Care Basics

**Thursday, October 7 | 6:30 – 8:30 p.m.**

**Saturday, October 23 | 10 a.m. - Noon**

**Fee: \$50.00.** This program is design 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 address. Step by step instructions for choking and basic infant CPR will be covered as well. A book with an access code will be mail to you.

With this code you will be able to access videos on all of the topics cover in this class. A 2 hours 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

**Saturday, October 16 | 10 a.m. - Noon**

**Thursday, October 28 | 6:30 – 8:30 p.m.**

**\$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 required: 732-923-5024.**



### Childbirth Preparation Class

**Sunday, October 10 | 10 a.m. - Noon**

**Sunday, October 24 | 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 mail 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. View of all videos will be required before the meeting.

**Registration required: 732-923-5024.**

### Safe @ Home

**Thursday, October 21 | 3:30 – 5 p.m.**

**Free.** This program is designed for students in grades 4-6 to prepare them to be safe when they are home alone and 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/3kDiZRy>**

### 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*

Nurses Improving Care for Healthsystem Elders



**Monmouth Medical Center** | **RWJBarnabas**  
**Monmouth Medical Center** **HEALTH**  
**Southern Campus**

## Exercise Classes

### Chair Yoga

**Tuesdays, October & November | 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, October & November | 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, October & November | 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, October & November | 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**

## 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).**

### 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/>

### Celiac Support

**Thursday, October 28 | 5:30 pm**

Dr. Schuman, a gastroenterologist with Affiliates in Gastroenterology and member of RWJBarnabas Health Medical Group, will answer your questions related to celiac and gluten sensitivity.

**To register, please email Michelle.Pasia@rwjbh.org**

### Tobacco and Nicotine Recovery Groups

**Mondays & Wednesdays | 9 – 9:45 a.m. & 7 – 7:45 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.

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

