



Shaping Up Sitting Down

Wednesday, September 6, 13, and 20 • 2:30 – 3:15 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



The LiveWell Center's Green Market

Tuesdays, September 12, 19, and 26 • 11:30 a.m. – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Aging Healthfully: Connecting With Your Grandchild

Friday, September 15 • 10 – 10:45 a.m.

LiveWell Center 200 Wyckoff Rd, Suite 1200, Eatontown



Dine with the Doctor: Innovations in Oncology Treatment Modalities

Friday, September 15 • 11:30 a.m. – 1 p.m.

JBK Soul Kitchen in Toms River
(1769 Hooper Ave, Toms River, NJ)



Afternoon Tea with the LiveWell Center: World Patient Safety Day

Monday, September 18 • 2 – 3 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Exploring Vascular Health with Dr. Sagarwala

Wednesday, September 20 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Cholesterol Education and Cooking Demonstration

Wednesday, September 27 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Fall Fun Cooking Demonstration

Friday, September 29 • 10 – 11 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

SEPTEMBER 2023

COMMUNITY HEALTH

Calendar

Programs are

FREE and
OPEN TO ALL

Registration is required for programs.

Call 862.781.3597 or

visit 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

The LiveWell Center's Green Market (in-person)

Tuesdays, September 12, 19, and 26 | 11:30 a.m. – 2 p.m.

It's the season to buy local fresh fruits and vegetables! Stop by the Anne Vogel Family Care and Wellness Center at 200 Wyckoff Rd, Eatontown, 07724 for our Green Market. Purchase local, fresh, and affordable fruits and veggies. Our registered dietitian will provide meal ideas using this week's produce. Market is credit card only and a free reusable grocery bag is given at purchase. Come see us rain or shine!

For more information visit: <https://bit.ly/3Vs9LZ7>

Plant-Based Meals for Heart Health (hybrid)

Wednesday, September 6 | 11 a.m. – noon

Did you know that incorporating more plant-based meals in your diet can help support heart health? Join our dietitian as she discusses the benefits of eating more plants and demonstrates how to prepare a simple plant-based meal.

Attendance is free, registration encouraged: <https://bit.ly/3nSs5dV>

Salmon Made Simple (hybrid)

Thursday, September 7 | 11 a.m. – noon

Consuming one to two servings of fatty fish each week can help promote healthy cholesterol levels and support our brain health. Join our dietitian for a cooking demonstration featuring salmon and learn simple strategies to add more fatty fish to your diet.

Attendance is free, registration required: <https://bit.ly/47fP5sN>

Toddler Snack Time (in-person)

Monday, September 11 | 10:30 – 11 a.m.

Bring your little one's ages 2 to 4 for a hands-on cooking class, featuring a fun and healthy snack!

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

Preparing for Breastfeeding (hybrid)

Tuesday, September 12 | 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.

Whole Grain Harvest: Quinoa (hybrid)

Wednesday, September 13 | 11 a.m. – noon

Quinoa is a whole grain that is healthy, hearty, and gluten-free! Join our registered dietitian to learn how to prepare this nutritious and versatile grain.

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

Family & Friends Adult, Child & Infant CPR (in-person)

Wednesday, September 13 | 6 – 7:30 p.m.

The AHA's Family & Friends® CPR Course a video-based, classroom course intended for anyone who wants to learn CPR and prefers to learn in an Instructor-led or facilitated group environment. This course is for people who do not need a course completion card for a job or other requirements. Family & Friends CPR is ideal for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life. * This is not a certification course.* A book for reference with a completion card will be given at class. Individuals 10 and up are welcome to attend; 12 in-person spaces available. *Physical movement waiver required for participants.*

Attendance is free, registration required: <http://bit.ly/3AMdoB3>

Short Cut Skillet Meals (hybrid)

Wednesday, September 13 | 6:30 – 7:30 p.m.

Break out the skillet for a quick and healthy meal! Join us to learn how to prepare a simple skillet meal the whole family will love.

Attendance is free, registration required: <https://bit.ly/437Hg6A>

Aging Healthfully:

Connecting with Your Grandchild (hybrid)

Friday, September 15 | 10 – 10:45 a.m.

My, how things have changed since many of us became new parents! During this program, we will explore what defines this generation of kids, inspiring ways to connect and enjoy time together. Additionally, together, we will generate a list of no-or-low-cost activities and top places to go right in Monmouth and Ocean counties for healthy, safe, fall fun! *Light refreshments will be served to those who attend in-person.*

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



Afternoon Tea with the LiveWell Center: World Patient Safety Day (hybrid)

Monday, September 18 | 2 – 3 p.m.

Join Emily Halu, RN, MSN, CPPS, Vice President of High Reliability, and Abby Thompson, MPH, Regional Program Director, for a discussion on how we strive to elevate the voices of our patients as part of safety at RWJBarnabas Health. We will explore tips that will help you feel more empowered in the healthcare setting and advocate for your health. *Light refreshments will be served for those attending in-person.*

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

Baby's First Bites (hybrid)

Monday, September 18 | 4 – 5 p.m.

Join our registered dietitian in the demonstration kitchen to learn tips for introducing your baby to their first foods. Whether you're starting with purees or safe finger foods, our RD will provide tips for eating beginners!

Attendance is free, registration required: <https://bit.ly/3b2pEIR>

Lunch & Learn: Vascular Health (hybrid)

Wednesday, September 20 | 11:30 a.m. – 1 p.m.

Arteries and veins are our bodies' natural highways that move blood from head to toe. This makes vascular health a very important part of our wellness. Join Adam Sagarwala, DO, Vascular Surgeon, RWJBarnabas Health Medical Group, of Monmouth Heart & Vascular, as we explore what you need to know about vascular health and how to keep things in tip-top shape. *Lunch will be served to in-person attendees.*

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

Know Your Numbers:

Blood Pressure Screenings (in-person)

Wednesday, September 20 | 1:15 – 2:30 p.m.

A registered nurse will be available at the LiveWell Center (200 Wyckoff Road, Suite 1200, Eatontown) to provide free blood pressure screenings.

Attendance is free, registration required: <https://bit.ly/3OH8Gdd>

Teen Takeover (in-person)

Wednesday, September 20 | 6 – 7 p.m.

Join Ms. Jenn for a hands-on cooking class in our demonstration kitchen where we'll have fun making a healthy, trending recipe. Kids 11-17 years old are welcome to attend!

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

Weight Management:

Balancing Healthy Fat Intake (hybrid)

Thursday September 21 | 2 – 3 p.m.

Join our dietitian for a discussion on the importance of healthy fats in your diet. Learn how healthy fats can support your weight management journey and your overall health!

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

Kids Cooking Class (in-person)

Saturday, September 23 | 10:30 – 11:30 a.m.

Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult!

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

Cholesterol Education and Cooking Demonstration (hybrid)

Wednesday, September 27 | 11 a.m. – noon

September is Cholesterol Education Month. Join the LiveWell Center's Claire Verruni, RN, CHPN, and Jennifer Klein, MS, RDN, for a discussion on cholesterol. Learn how cholesterol effects your health and learn tips for managing cholesterol through healthy lifestyle behaviors and diet!

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

Kids Snack Time (in-person)

Wednesday, September 27 | 5 – 6 p.m.

Time for a snack! Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult!

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

Using Your Wits: Brain Games (in-person)

Thursday, September 28 | 2 – 3 p.m.

One of the best ways to age healthfully is to keep your brain sharp. Join us for an afternoon of brain games that are bound to get you thinking and that mind working! *Light refreshments will be served for those attending in-person.*

Attendance is free, registration required: <https://bit.ly/3Qp9UMm>

Fall-Fun Cooking Demonstration (hybrid)

Friday, September 29 | 10 – 11 a.m.

Join our dietitian in the kitchen as we prepare a healthy, sweet treat, perfect for welcoming the fall!

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

Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood



It's All Fun and Games: Brain Teasers (in-person)

Thursday, September 21 | 10 – 11 a.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Conference Rooms A, B, and C. Are you up for a little healthy competition? We all know exercising our brain helps prevent memory loss. Come out and test your trivia knowledge for the chance to be the winner of a fun prize. Light refreshments will be provided.

Attendance is free, registration is required: <https://bit.ly/45fANXn>

Movement for Better Balance at MMCSC (in-person)

Thursday, September 7 | 10 – 10:45 a.m.

Thursday, September 21 | 1 – 1:45 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. Regardless of body type or fitness level, this class is designed to improve balance and posture. Physical movement waiver is required for all participants.

Attendance is free, registration is required: <https://bit.ly/3nl83Mw>

Dine With the Doctor:

Innovations in Oncology Treatment Modalities

Friday, September 15 | 11:30 a.m. – 1 p.m.

Join Seth D. Cohen, MD, Regional Director of Oncology Services for the RWJBarnabas Health Southern Region and a board-certified internal medicine physician and medical oncologist, as he discusses advancements in care and the cutting-edge cancer treatment available right in your own backyard. This program takes place at the JBJ Soul Kitchen in Toms River (1769 Hooper Ave, Toms River, NJ 08753).

Attendance is free, registration required: <https://bit.ly/4490eZJ>

Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Chair Yoga (in-person)

Friday, September 8 | 10 – 10:45 a.m.

Join us at the LiveWell Center for a Chair Yoga Movement class with the Monmouth University Occupational Therapy Graduate Students. This class will help gently build muscle strength and promote flexibility, as well as improve mental clarity and focus. Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. All equipment provided. *Physical movement waiver is required for all participants.*

Attendance is free, registration required: <https://bit.ly/43XmcyT>

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

Wednesday, September 13, 20 and 27 | 10 – 10:45 a.m.

Regardless of body type or fitness level, this class is designed to improve balance and posture. *Movement waiver is required for all participants.*

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

Shaping Up Sitting Down (in-person)

Wednesday, September 6, 13, and 20 | 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. Registration closes 24 hours in advance. *Physical movement waiver is required for all participants.*

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

Parent and Me Movement (in-person)

Monday, September 18 and 25 | 11:30 a.m. – 12:30 p.m.

Struggling to find time to get moving with your new little one around? Join us at the LiveWell Center for a Parent and Me Movement class with the Monmouth University Occupational Therapy Graduate Students. 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. Open for children 0-2. 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/3rPC88Q>

Theraband Resistance Exercises (in-person)

Friday, September 22 | 10 – 10:45 a.m.

Join us at the LiveWell Center for Theraband Exercises with the Monmouth University Graduate Therapy Doctoral Students. You'll use resistance bands to work on strength building and stability! Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. All equipment provided. *Physical movement waiver is required for all participants.*

Attendance is free, registration required: <https://bit.ly/42oU6wO>

RWJBarnabas
HEALTH

Monmouth Medical Center
Monmouth Medical Center
Southern Campus



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, please call 833.233.IFPR (4377).

Bariatric Support Group Meetings (in-person)

Third Thursday of Each Month | 6:30 - 7:45 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.

Additionally, **Weight-Loss Surgery New Patient Seminars** will be held Monday, September 11, from 3 - 4 p.m. and Thursday, September 21, from 6 - 7 p.m. 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.

To register or learn more, call 732-923-6070.

Breastfeeding Support Groups (in-person)

Monday, September 11, 18, and 25 | 1:00 - 3:00 p.m.

Thursday, September 7, and 21 | 1:00 - 3:00 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, September 6 | 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, September 14 | 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 - Monmouth County (in-person)

Wednesday, September 27 | 6 - 7 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, September 28 | 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.

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 or to register, please call Kathleen Holahan, MSW, LCSW, at 732.778.0636



**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 or leigh.mann@rwjbh.org to register.

Tobacco and Nicotine Recovery Group (dual)

Thursday, September 7, 21, and 28 | 10 – 11 a.m. (in-person)

Mondays, September | 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.

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>



Health Screenings

One-On-One Health Coaching

September | 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**

Call us at **862.781.3597** or email LiveWellCenter@rwjbh.org with any questions or to register

**Monmouth Medical Center
Southern Campus**

600 River Avenue
Lakewood, NJ 08701

LiveWell Center

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