



Ladies' Happy Hour Health Chat: Tackling Pelvic Floor Disorders as We Age with Dr. Megan Abrams

Tuesday, October 3 • 5 – 6 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Orthopedic Surgery with Dr. David Wiener

Thursday, October 12 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Hispanic Heritage Month Cooking Demonstration (taught in Spanish)

Friday, October 13 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Afternoon Tea with the LiveWell Center: Matters of Medication

Monday, October 16 • 2 – 3 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Bereavement Support Group

Wednesday, October 18 • 4:30 – 5:30 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Managing Arthritis at MMCSC

Thursday, October 19 • 11:30 a.m. – 1 p.m.

Monmouth Medical Center Southern Campus –
600 River Avenue, Lakewood



More to Life than Chicken Nuggets and French Fries: Raising Healthy Happy Eaters

Thursday, October 19 • 6 – 7 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Safe Kids Halloween Celebration

Tuesday, October 24 • 5 – 6 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Happy Hour Health Chat: Breast Cancer with Dr. Manpreet Kohli

Thursday, October 26 • 5 – 6 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

OCTOBER 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

Ladies' Happy Health Hour Chat: Tackling Pelvic Floor Disorders as We Age (hybrid)

Tuesday, October 3 | 5 - 6 p.m.

You are not alone – pelvic floor disorders are common as we age. Join Megan Abrams, MD, Urogynecology, RWJBarnabas Health Medical Group, to learn about urogynecology, pelvic floor disorders and the lower urinary tract, aging, and treatment options. *Light appetizers and mocktails will be provided to in-person attendees.*

Attendance is free, registration required: <https://bit.ly/3L3FLyZ>

Healthy 30 Minute Meals (hybrid)

Wednesday, October 4 | 11 a.m. - noon

Join us in the demonstration kitchen to learn how to prepare a healthy meal made in 30 minutes, or less. Perfect for a quick week night meal!

Attendance is free, registration required: <https://bit.ly/3EhnUQ8>

Soup and Salad Night (hybrid)

Wednesday, October 4 | 6:30 - 7:30 p.m.

Keep dinner simple and healthy with soup and salad night! Join our dietitian in the kitchen for a demonstration on preparing a simple and comforting soup and salad!

Attendance is free, registration required: <https://bit.ly/3C4xLbm>

Comforting Crock Pot Meals (hybrid)

Tuesday, October 10 | 2 -- 3 p.m.

As the weather cools off, warm up with a comforting meal made in the slow cooker! Join our dietitian to learn a healthy meal made simple, in the crock pot!

Attendance is free, registration required: <https://bit.ly/44rWDWN>

Preparing for Breastfeeding (hybrid)

Tuesday, October 10 | 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.

Fall Produce Pick (hybrid)

Wednesday October 11 | 11 a.m. - noon

Fall harvest is in full swing! Join our registered dietitian for a cooking demonstration featuring the best of fall produce!

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

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

Wednesday, October 11 | 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>

Teen Takeover (in-person)

Wednesday, October 11 | 6:30 - 7:30 p.m.

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

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

Lunch & Learn:

Orthopedic Surgery with Dr. David Wiener (hybrid)

Thursday, October 12 | 11:30 a.m. - 1 p.m.

Join Orthopedic Surgeon David Wiener, MD, an RWJBarnabas Health Medical Group physician with Jersey Shore Orthopedics and Spine, as we explore advances in orthopedic surgery. Dr. Wiener will discuss Anterior Hip Replacement and Minimally Invasive Knee Replacement surgery. Learn about reduced pain and rapid recovery after out-patient hip and knee replacement surgery. *Lunch will be served to in-person attendees.*

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



Hispanic Heritage Month Cooking Demonstration (hybrid & taught in Spanish)

Friday, October 13 | 11 a.m. - noon

Join Jennifer Klein, MS, RD, and Maria Lodeiro-Skennion, Nutritionist, for a celebration of Hispanic Heritage Month as we learn how to prepare Peruvian Chicken. This class will be taught in Spanish. Individuals of all ages are welcome to attend.

Attendance is free, registration required: <https://bit.ly/3d5eMFq>

Demostración de cocina del Mes de la Herencia Hispana (opción presencial y virtual)

Viernes, Octubre 13 | 11 a.m. - mediodía

Únase a Jennifer Klein, MS, RD y Maria Lodeiro-Skennion, nutricionista, para celebrar el Mes de la Herencia Hispana mientras aprendemos a preparar pollo peruano. Esta clase se impartirá en español. Personas de todas las edades son bienvenidas a asistir. Opción presencial y virtual.

La asistencia es gratuita, es necesaria inscripción:
<https://bit.ly/3d5eMFq>

Toddler Snack Time (in-person)

Monday, October 16 | 10:30 - 11 a.m.

Bring your little one's 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>

Better Health Exclusive Event: Pumpkin Sugar Scrub (in-person)

Tuesday, October 17 | 10 - 10:45 a.m.

Autumn is a great time to give your skin a little extra TLC. Let's get crafty and whip up some pumpkin sugar scrub which will help exfoliate and moisturize your skin.

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

Weight Management: The Power of Protein (hybrid)

Thursday, October 19 | 11 a.m. - noon

Join our dietitian for a discussion on the importance of protein in your diet. Learn how much protein you really need and how protein can support your weight management journey and your overall health!

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

Healthy Kids Cooking Class

Thursday, October 19 | 6 - 7 p.m.

Grab your apron and join Ms. Jenn to a hands-on, cooking class at the LiveWell Center. Young chefs age 4 and up are welcome to attend with an adult!

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

More to Life than Chicken Nuggets and French Fries: Raising Healthy Happy Eaters (in-person)

Thursday, October 19 | 6 - 7 p.m.

Join Children's Specialized Hospital (CSH) for a program geared towards the parents and caregivers of children who are "picky eaters." Led by Caitlin Palumbo, MA, CCC-SLP, Hannah Fabiyan, MC, CCC-SLP, Emma Smith, MOT, OTR/L, and Janice Baunach, MS, RDN, this discussion will emphasize functional steps that can be taken to help structure mealtimes and improve mealtime participation. Facilitators will help caregivers identify why some strategies don't work and provide suggestions on how to get the most from what your child currently eats.

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

Fun Friday: Cooking with Pumpkin (hybrid)

Friday, October 20 | 10 - 11 a.m.

Pumpkin season is in full swing! Join our dietitian to learn some out-of-the-box (or can) ways to use pumpkin!

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



Eggs-cellent Eggs (hybrid)

Tuesday, October 24 | 11 a.m. – noon

Get ready to crack open the endless possibilities of eggs! Join us in the kitchen to learn about the health benefits of eggs and learn to prepare a simple and delicious egg recipe!

Attendance is free, registration required: <https://bit.ly/459lor3>

Bone Up on Your Health: Osteoporosis (in-person)

Tuesday, October 24 | 2 – 2:45 p.m.

Osteoporosis can potentially affect men and women of all ages and races. This presentation provides an overview of the nature and risk factors of osteoporosis as well as the signs and symptoms of the disease. We will also cover popular treatment options and practical things that you can do to protect your bones! *Bone density scans will be offered as part of this program.*

Attendance is free, registration required: <https://bit.ly/3IJ3faB>

Safe Kids Halloween Celebration (in-person)

Tuesday, October 24 | 4 – 5 p.m.

It is spooky season! As we trick-or-treat and celebrate, it is essential that we keep our little ones safe. Join the Safe Kids Coalition of Monmouth County at the LiveWell Center to decorate pumpkins and make spooky crafts as we teach our kids how to be safe and seen this Halloween! Children ages 3-10 welcome to attend; dress up in your Halloween costume for some extra fun. *Healthy, spooky snacks provided to attendees.*

Attendance is free, registration required: <https://bit.ly/44uRgGr>

Spooky Dinner Party (hybrid)

Thursday, October 26 | 11 a.m. – noon

You don't have to go trick-or-treating to enjoy Halloween! Join our dietitian in the kitchen for a special Halloween themed cooking demo! Enjoy Forbidden Black Rice and spooky sides that that will be scary...delicious!

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

Happy Hour Health Chat: Breast Cancer Prevention, Detection, and High-Risk Programs (in-person)

Thursday, October 26 | 5 – 6 p.m.

October is Breast Cancer Awareness month! Join Manpreet Kohli, MD, FACS, Director of Breast Surgery at Monmouth Medical Center, and Melanie Ramp, APN-BC, of the High Risk Breast Program, for a discussion on prevention and early detection for breast cancer and the High Risk Breast Program at Monmouth Medical Center. Learn what it means to be high risk and benefits of being in a High Risk Breast Program. Light appetizers and mocktails will be provided to in-person attendees.

Attendance is free, registration required: <https://bit.ly/3LI8j6Y>



Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood

Lunch & Learn: Managing Arthritis (in-person)

Thursday, October 19 | 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. Arthritis is a leading cause of pain and disability worldwide. Its treatment focuses on relieving symptoms and improving joint function. Please join Leah Leszczynski, PharmD, as she discusses arthritic symptom management with over the counter medication. *Lunch will be provided for all attendees.*

Attendance is free, registration is required:

<https://bit.ly/3PhuD3X>

Chair Pilates at MMCSC (in-person)

Thursday, October 5, 12, and 26 | 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>

Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Parent and Me Movement (in-person)

Monday, October 2, 9, 23, and 30 | 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>

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

Wednesday, October 4, 11, and 18 | 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>

Shaping Up Sitting Down (in-person)

Wednesday, October 4, 11, 18, and 25 | 2:30 – 3:15 p.m.

November 1 | 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>

Wheee Get Fit & Play (in-person)

Thursday, October 5, and 19 | 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. Ask your doctor if you are cleared to exercise before taking the class. Please bring your own towel or mat for the program. Physical movement waiver required.

Attendance is free, registration required: <https://bit.ly/3KZgl4e>

Baby and Me Yoga Flow (in-person)

Thursday, October 12, and 26 | 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. Physical movement waiver required.

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

Yoga Ball Drumming (in-person)

Friday, October 13 | 10 – 10:45 a.m.

Join us at the LiveWell Center for Yoga Ball Drumming with the Monmouth University Occupational Therapy Graduate Students. You'll drum to the music and pump up the volume! Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. All equipment provided. This class is designed for adults 55+. *Movement waiver is required for all participants.*

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

Chair Yoga (in-person)

Friday, October 27 | 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. This class is designed for adults 55+. Physical movement waiver is required for all participants

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



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, October 9th, from 3 - 4 p.m. and Thursday, Thursday, October 19th, 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.

Bereavement Support Group (in-person)

Wednesday, October 18 | 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 Thursday of each month from 4:30 to 5:30 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown).

For more information, please call group facilitator, Rebecca Colson, MA, NCC, LPAT, ATR-BC, LACRN, at 732.923.6904 ext. 36917.

Breastfeeding Support Groups (in-person)

Monday, October 2, 9, 16, and 23 | 1 - 3 p.m.

Monday, October 2, 9, 16, and 23 | 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, October 4 | 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, October 12 | 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.

For more information, call Claire Verruni, at 862.781.3817.

Pulmonary Support Group (in-person)

Thursday, October 26 | 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, October 5, 12, 19, and 26 | 10 – 11 a.m. (in-person)

Mondays, October | 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

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 **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

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