



REV. DR. RONALD B. CHRISTIAN COMMUNITY HEALTH & WELLNESS CENTER

APRIL 2025 CALENDAR

Programs
are **free** and
open to all

Full list of classes
on page 2

For class links or more information
contact: [Molly Fallon Dixon, MS, RDN](#):
973-926-7371 or Molly.Fallon@rwjbh.org

RWJBarnabas
HEALTH

**Newark Beth Israel
Medical Center**



Seasonal Eats!

Mondays • 1:00-2:00 pm • NO CLASS April 21
In-Person and Virtual Class Options



Healthy Kids in Hannah's Kitchen

Tuesdays • 4:30-5:30 pm
In-Person Class



Girl Power Hour

Mondays • 4:30-5:30 pm • NO CLASS April 21
In-Person Class



Champions in Training

Thursdays • 4:30-5:30 pm
In-Person Class



Happy Feet Fitness

Saturdays • 9:00-9:45 am
In-Person Class | VIRTUAL CLASSES April 19 & 26



Cardio Kids Jam

Saturdays • 10:00-11:00 am
In-Person Class | VIRTUAL CLASSES April 19 & 26



Weight Loss Surgery Cooking Demo

Wednesday, April 23 • 12:00 - 1:00 pm
In-Person Class



My First Cooking Class in Hannah's Kitchen

Saturday, April 26 • 9:30-10:30 am
In-Person Class



Taste Testers in Hannah's Kitchen

Saturday, April 26 • 11:00-11:45 am
In-Person Class



Rev. Dr. Ronald B. Christian Community Health & Wellness Center

In-Person Classes

Seasonal Eats! *In-Person and Virtual Class Options

Mondays | 1:00-2:00 pm | NO CLASS April 21

Simple recipes using local farm fresh food.

To register, Email Alyssa.Smolen@rwjbh.org

Healthy Kids in Hannah's Kitchen

Tuesdays | 4:30-5:30 pm

Healthy cooking for ages 8-12 with a parent/guardian.

To register, Email Alyssa.Smolen@rwjbh.org

Girl Power Hour

Mondays | 4:30-5:30 pm | NO CLASS April 21

Fitness and empowerment activities for skill development;
Ages 12-17.

To register, Email Kerri.Likakis@rwjbh.org

Champions in Training

Thursdays | 4:30-5:30 pm

Aspiring athletes will learn proper strength training technique;
Ages 12-17.

To register, Email Kerri.Likakis@rwjbh.org

Happy Feet Fitness

Saturdays | 9:00-9:45 am | VIRTUAL CLASSES April 19 & 26

Fitness class for little ones who need to move! Ages 3-7.

To register, Email Kerri.Likakis@rwjbh.org

Cardio Kids Jam

Saturdays | 10:00-11:00 am | VIRTUAL CLASSES April 19 & 26

Kids program to improve mobility, flexibility and coordination;
Ages 7-13.

To register, Email Andrea.Jobst@rwjbh.org

Weight Loss Surgery Cooking Demo

Wednesday, April 23 | 12:00-1:00 pm

Join Andrea, Bariatric Dietitian, for post-surgery recipe tips.

To register, Email Andrea.Jobst@rwjbh.org

My First Cooking Class in Hannah's Kitchen

Saturday, April 26 | 9:30-10:30 am

Healthy cooking for ages 5-7 with a parent/guardian.

To register, Email Alyssa.Smolen@rwjbh.org

Taste Testers in Hannah's Kitchen

Saturday, April 26 | 11:00-11:45 am

Mommy & me style cooking class for ages 2-4 with a parent/guardian.

To register, Email Alyssa.Smolen@rwjbh.org

Virtual Classes

Senior Wellness Connection

Mondays | 10:00-11:00 am | NO CLASS April 21

How to stay strong and healthy through the years.

To register, call: 973-926-6771

Smoking Cessation Support Group

Mondays | 7:00-7:45 pm

Tobacco cessation support group.

To register, Call: 833-795-QUIT

OR Email QuitCenter@rwjbh.org

Prenatal Yoga with Ignite One

Saturdays | 12:00-1:00 pm

Gentle Yoga for expecting moms.

To register, Email Molly.Fallon@rwjbh.org

Weight Loss Surgery Support Group

Wednesday, April 9 | 12:00-1:00 pm

Join Andrea, Bariatric Dietitian, for the ins and outs of weight loss surgery.

To register, Email Andrea.Jobst@rwjbh.org

All in-person classes meet at the:
Rev. Dr. Ronald B. Christian Community Health & Wellness Center 208 Lyons Ave., Newark NJ