



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

## DECEMBER 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](mailto:Molly.Fallon@rwjbh.org)

*\* Hybrid classes meet same date & time  
in-person and virtually.*

**RWJBarnabas**  
HEALTH

**Newark Beth Israel  
Medical Center**



### Seasonal Eats! \*

**Mondays • 1:00-2:00 pm**

**NO CLASSES Dec 22 or 29**

In-Person and Virtual Class Options



### StrongHer Pilates - Ages 12-18

**Mondays • 4:30-5:30 pm**

In-Person Class



### Athletic Conditioning - Ages 12-18

**Mondays • 5:30-6:30 pm**

In-Person Class



### Healthy Kids in Hannah's Kitchen

**Tuesdays • 4:30-5:30 pm**

**NO CLASSES Dec 23 or 30**

In-Person Class



### Happy Feet Fitness - Ages 3-7

**Saturdays • 9:00-9:45 am**

**NO CLASS Dec 27**

In-Person Class



### Cardio Kids Jam - Ages 7-13

**Saturdays • 10:00-11:00 am**

**NO CLASS Dec 27**

In-Person Class



### Heart Health Nutrition\*

**Wednesday, Dec 3 • 2:00-3:00 pm**

In-Person and Virtual Class Options



### My First Cooking Class in Hannah's Kitchen

**Saturday, Dec 13 • 9:30-10:30 am**

In-Person Class



### Taste Testers in Hannah's Kitchen

**Saturday, Dec 13 • 11:00-11:45 am**

In-Person Class



### Nutrition 101: Healthy Holiday Tips\*

**Wednesday, Dec 10 • 2:00-3:00 pm**

In-Person and Virtual Class Options



### Weight Loss Surgery Cooking Demo

**Wednesday, Dec 17 • 12:00-1:00 pm**

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 CLASSES Dec 22 or 29**

Simple recipes using local farm fresh food.

To register, Email [Alyssa.Smolen@rwjbh.org](mailto:Alyssa.Smolen@rwjbh.org)

#### StrongHer Pilates

**Mondays | 4:30-5:30 pm**

Fitness and empowerment activities for skill development;

Girls, Ages 12-18.

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### Athletic Conditioning

**Mondays | 5:30-6:30 pm**

Aspiring athletes will learn proper strength training technique;

Ages 12-18.

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### Healthy Kids in Hannah's Kitchen

**Tuesdays | 4:30-5:30 pm | NO CLASSES Dec 23 or 30**

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

To register, Email [Alyssa.Smolen@rwjbh.org](mailto:Alyssa.Smolen@rwjbh.org)

#### Happy Feet Fitness

**Saturdays | 9:00-9:45 am | NO CLASS Dec 27**

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

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### Cardio Kids Jam

**Saturdays | 10:00-11:00 am | NO CLASS Dec 27**

Kids program to improve mobility, flexibility and coordination;

Ages 7-13.

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### Heart Health Nutrition \*In-Person and Virtual Class Options

**Wednesday, Dec 3 | 2:00-3:00 pm**

Healthy cooking to eat smart and support your heart.

To register, Email [April.Milevski@rwjbh.org](mailto:April.Milevski@rwjbh.org)

#### My First Cooking Class in Hannah's Kitchen

**Saturday, Dec 13 | 9:30-10:30 am**

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

To register, Email [Alyssa.Smolen@rwjbh.org](mailto:Alyssa.Smolen@rwjbh.org)

#### Taste Testers in Hannah's Kitchen

**Saturday, Dec 13 | 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](mailto:Alyssa.Smolen@rwjbh.org)

#### Nutrition 101: Healthy Holiday Tips

##### \*In-Person and Virtual Class Options

**Wednesday, Dec 10 | 2:00-3:00 pm**

Learn easy tips to make this holiday season a healthy one.

To register, Email [April.Milevski@rwjbh.org](mailto:April.Milevski@rwjbh.org)

#### Weight Loss Surgery Cooking Demo

**Wednesday, Dec 17 | 12:00-1:00 pm**

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

To register, Email [Andrea.Jobst@rwjbh.org](mailto:Andrea.Jobst@rwjbh.org)

### Virtual Classes

#### Senior Wellness Connection

**Mondays | 10:00-11:00 am | NO CLASSES Dec 22 or 29**

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](mailto: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](mailto:Molly.Fallon@rwjbh.org)

#### Weight Loss Surgery Support Group

**Wednesday, Dec 10 | 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](mailto: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