

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



NOVEMBER 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



Seasonal Eats!

Mondays • 1:00-2:00 pm

In-Person and Virtual Class Options



StrongHer Pilates

Mondays • 4:30-5:30 pm

In-Person Class



Athletic Conditioning

Mondays • 5:30-6:30 pm

In-Person Class



Healthy Kids in Hannah's Kitchen

Tuesdays • 4:30-5:30 pm

In-Person Class



Happy Feet Fitness

Saturdays • 9:00-9:45 am

In-Person Class



Cardio Kids Jam

Saturdays • 10:00-11:00 am

In-Person Class



My First Cooking Class in Hannah's Kitchen

Saturday, Nov 8 • 9:30-10:30 am

In-Person Class



Taste Testers in Hannah's Kitchen

Saturday, Nov 8 • 11:00-11:45 am

In-Person Class



Heart Health Nutrition

Wednesday, Nov 12 • 2:00-3:00 pm

In-Person and Virtual Class Options



Weight Loss Surgery Cooking Demo

Wednesday, Nov 19 • 12:00-1:00 pm

In-Person Class



Nutrition 101: Reading a Food Label

Wednesday, Nov 19 • 2:00-3:00 pm

In-Person and Virtual Class Options

RWJBarnabas
HEALTH

**Newark Beth Israel
Medical Center**



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

Simple recipes using local farm fresh food.

To register, Email 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

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

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

Happy Feet Fitness

Saturdays | 9:00-9:45 am

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

Kids program to improve mobility, flexibility and coordination;

Ages 7-13.

To register, Email Kerri.Likakis@rwjbh.org

My First Cooking Class in Hannah's Kitchen

Saturday, Nov 8 | 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, Nov 8 | 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

Heart Health Nutrition *In-Person and Virtual Class Options

Wednesday, Nov 12 | 2:00-3:00 pm

Healthy cooking to eat smart and support your heart.

To register, Email April.Milevski@rwjbh.org

Weight Loss Surgery Cooking Demo

Wednesday, Nov 19 | 12:00-1:00 pm

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

To register, Email Andrea.Jobst@rwjbh.org

Nutrition 101: Reading a Food Label

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

Wednesday, Nov 19 | 2:00-3:00 pm

Decode food labels to make smarter, healthier choices.

To register, Email April.Milevski@rwjbh.org

Virtual Classes

Senior Wellness Connection

Mondays | 10:00-11:00 am

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, Nov 12 | 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