

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



## APRIL 2024 Calendar

Programs are  
**FREE** and  
**OPEN TO ALL**

See page 2 for a  
full list of classes

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)



**Seasonal Eats! (\*Hybrid option)**

**Mondays • 1 - 2 pm • No Class April 1**  
In-Person Only Class



**Healthy Kids in Hannah's Kitchen**

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



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

**Saturday, April 13 • 9:30 - 10:30 am**  
In-Person Only Class



**Taste Testers in Hannah's Kitchen**

**Saturday, April 13 • 11:00 - 11:45 am**  
In-Person Only Class



**Weight Loss Surgery Cooking Demo**

**Wednesday, April 24 • 12:00 - 1:00 pm**  
In-Person Only Class

**RWJBarnabas**  
HEALTH

**Newark Beth Israel  
Medical Center**



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

### In-Person Only Classes

#### Seasonal Eats! (\*Hybrid option)

**Mondays | 1:00-2:00 pm**

**NO CLASS April 1**

Simple recipes using local farm fresh food.

To register, Email [Molly.Fallon@rwjbh.org](mailto:Molly.Fallon@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 [Kimberly.Mania@rwjbh.org](mailto:Kimberly.Mania@rwjbh.org)

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

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

Healthy cooking for ages 4-7 with a parent/guardian.

To register, Email [Kimberly.Mania@rwjbh.org](mailto:Kimberly.Mania@rwjbh.org)

#### Taste Testers in Hannah's Kitchen

**Saturday, April 13 | 11:00-11:45 am**

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

To register, Email [Kimberly.Mania@rwjbh.org](mailto:Kimberly.Mania@rwjbh.org)

#### Weight Loss Surgery Cooking Demo

**Wednesday, April 24 | 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 Only Classes

#### Senior Wellness Connection

**Mondays | 10:00-11:00 am**

**NO CLASS April 1**

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, April 10 | 12:00-1:00 pm**

Get moving! Importance of exercise after weight loss surgery with Joseph Whelan, Physical Therapist at NBIMC.

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

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

All in-person and hybrid classes meet at the:

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

208 Lyons Ave., Newark NJ