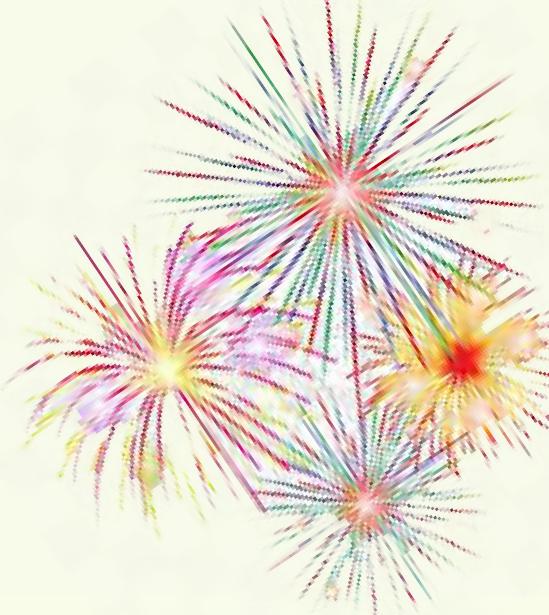




Robert Wood Johnson University Hospital Hamilton

# Better Health Program



# JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY NEW YEAR 2026!				
<b>5</b>	Yoga Class 10:00 a.m. - 11:00 a.m. 2:45 p.m. - 3:30 p.m. Meditation Class 11:15 a.m. - 11:45 a.m. 2:00 p.m. - 2:30 p.m. Chair Yoga 12:00 p.m. - 12:45 p.m. 1:00 p.m. - 1:45 p.m.	<b>6</b> <b>7</b> A Social Hour: Especially for Seniors 10:00 a.m. - 11:00 a.m.  Gentle Jazz Dance Class 12:00 p.m. - 1:00 p.m.	<b>8</b>  Socrates Café 10:00 a.m. - 11:00 a.m.	<b>9</b>
<b>12</b>  Ageless Grace: Seated Exercise for the Brain & Body 10:00 a.m. - 11:00 a.m.	<b>13</b>  Lunch & Learn: Men's Urological Health, Presented by Bhavik Mehta, APN, MSN, AGNP-C 12:00 p.m. - 1:30 p.m.	<b>14</b>  A Social Hour: Especially for Seniors 10:00 a.m. - 11:00 a.m.	<b>15</b>  Tai Chi Class 1:00 p.m. - 2:00 p.m.	<b>16</b>
<b>19</b>	<b>20</b> Yoga Class 10:00 a.m. - 11:00 a.m. 2:45 p.m. - 3:30 p.m. Meditation Class 11:15 a.m. - 11:45 a.m. 2:00 p.m. - 2:30 p.m. Chair Yoga 12:00 p.m. - 12:45 p.m. 1:00 p.m. - 1:45 p.m.	<b>21</b> A Social Hour: Especially for Seniors 10:00 a.m. - 11:00 a.m.  Ageless Grace: Seated Exercise for the Brain & Body 1:00 p.m. - 2:00 p.m.	<b>22</b>  Breakfast and Learn: Communication Strategies for Hearing Loss, Balance, & Tinnitus with Audiologist Caitlin Yesis, Aud, CCC-A 10:00 a.m. - 11:30 a.m.	<b>23</b>
<b>26</b>  Breakfast and Learn: Women's Urological Health with Urologist Vitaly Zholudev, MD 10:00 a.m. - 11:30 a.m.	<b>27</b>  Introduction to Genealogy 10:00 a.m. - 11:00 a.m.	<b>28</b>  A Social Hour: Especially for Seniors 10:00 a.m. - 11:00 a.m.  Gentle Jazz Dance Class 12:00 p.m. - 1:00 p.m.	<b>29</b>  Tai Chi Class 1:00 p.m. - 2:00 p.m.	<b>30</b>

Must be a Better Health Member to attend

A free program for individuals 65+ that integrates health, wellness and education into a welcoming and friendly activity, class, group event or support service to engage the mind, encourage movement and promote reflection. Participate as much or as little as you want, bring your friends or meet new friends, go on outings, and learn from doctors and professionals who prioritize your well-being. Healthy aging is a choice that requires nurturing of the body, mind, and spirit. The Better Health Program focuses on the whole person to create a personalized approach to wellness that is right for you.

The Better Health Program\* is located at RWJ Fitness & Wellness Center, 3100 Quakerbridge Road, Hamilton, New Jersey.



Scan this QR code with your smartphone to register and become a member  
 or call [609-584-5900](tel:609-584-5900) or email [bhprogram@rwjbh.org](mailto:bhprogram@rwjbh.org) to learn more.

**RWJBarnabas**  
**HEALTH**

**Robert Wood Johnson**  
**University Hospital**  
**Hamilton**

Let's be healthy together.