



Rediscover your Mind, Body & Spirit in Retirement  
**Better Health Program**  
 Complimentary Membership at 65+ years old



# Robert Wood Johnson University Hospital Hamilton Better Health Program



## JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b> A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.  Stronger from Within: Ways to Boost Immunity with Gabriela Alvarez, PharmD, and Christin Kim, PharmD. Noon - 1:30 p.m.	<b>4</b>  Tai Chi 1:00 p.m. - 2:00 p.m.	<b>5</b>
<b>8</b>  Ageless Grace: Seated Exercise for Brain & Body 10:00 a.m. - 11:00 a.m.	<b>9</b> Yoga Class 10:00 a.m. - 11:00 a.m. or 2:45 p.m. - 3:30 p.m. Meditation Class 11:15 a.m. - 11:45 a.m. or 2:00 p.m. - 2:30 p.m. Chair Yoga 12:00 p.m. - 12:45 p.m. or 1:00 p.m.-1:45 p.m.	<b>10</b>  A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.  A Better Health Program: Grounds for Sculpture Wellness Walk-RWJUH Hamilton 1:00 p.m. - 2:00 p.m.	<b>11</b>	<b>12</b> Socrates Café 11 a.m. to Noon  A Better Health Program: Grounds for Sculpture Wellness Walk-RWJUH Hamilton 10:30 a.m. - 11:30 a.m.  Game Time 1:00 p.m. - 3:00 p.m.
<b>15</b>	<b>16</b>  Lunch and Learn: Your Guide to Pelvic Conditions After Menopause with Alexandra Tabakin, MD Noon to 1:30 p.m.	<b>17</b>  A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.  Chair Yoga Dance Noon - 1:00 p.m.	<b>18</b>  Genealogy Workgroup 10:00 a.m. to 11:30 a.m.  Tai Chi 1:00 p.m. - 2:00 p.m.	<b>19</b>
<b>22</b>  Ageless Grace: Seated Exercise for Brain & Body 10:00 a.m. - 11:00 a.m.	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>  Game Time 1:00 p.m. - 3:00 p.m.
<b>29</b>	<b>30</b> Yoga Class 10:00 a.m. - 11:00 a.m. or 2:45 p.m. - 3:30 p.m. Meditation Class 11:15 a.m. - 11:45 a.m. or 2:00 p.m. - 2:30 p.m. Chair Yoga 12:00 p.m. - 12:45 p.m. or 1:00 p.m.-1:45 p.m.			

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 or email [bhprogram@rwjbh.org](mailto:bhprogram@rwjbh.org) to learn more.



**Robert Wood Johnson  
 University Hospital  
 Hamilton**

\*All programs will be held at the RWJ Fitness & Wellness Center at 3100 Quakerbridge Road in Hamilton unless otherwise noted in the program description. All programs can be found online at [rwjbh.org/HamiltonPrograms](http://rwjbh.org/HamiltonPrograms).