



Robert Wood Johnson University Hospital Hamilton

# Better Health Program



# SEPTEMBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|                                                                                                   |                                                                                                                                                                                                                              |                                                                                                                                                           |                                                                                                          |                                                                                                                              |
|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                   | <b>1</b>                                                                                                                                                                                                                     | <b>2</b><br><br>A Social Hour<br>Especially for Seniors<br>10:00 a.m. - 11:00 a.m.                                                                        | <b>3</b><br><br>Tai Chi<br>1:00 p.m. - 2:00 p.m.                                                         | <b>4</b>                                                                                                                     |
| <b>7</b><br>    | <b>8</b><br>Yoga Class<br>10:00 a.m. - 11:00 a.m.<br>or 2:45 p.m. - 3:30 p.m.<br>Meditation Class<br>11:15 a.m. - 11:45 a.m.<br>or 2:00 p.m. - 2:30 p.m.<br>Chair Yoga<br>12:00 p.m. - 12:45 p.m.<br>or 1:00 p.m.-1:45 p.m.  | <b>9</b><br><br>A Social Hour<br>Especially for Seniors<br>10:00 a.m. - 11:00 a.m.<br><br>Grounds for Sculpture<br>Wellness Walk<br>1:00 p.m. - 2:00 p.m. | <b>10</b><br><br>Lunch & Learn:<br>Wounds And The<br>Experts Who<br>Treat Them<br>12:00 p.m. - 2:00 p.m. | <b>11</b><br><br>Grounds for Sculpture<br>Wellness Walk<br>10:30 a.m. - 11:30 a.m.<br><br>Game Time<br>1:00 p.m. - 3:00 p.m. |
| <b>14</b><br><br>Ageless Grace:<br>Seated Exercise<br>for Brain & Body<br>10:00 a.m. - 11:00 a.m. | <b>15</b><br><br>Genealogy Workgroup<br>1:00 p.m. - 3:00 p.m.                                                                                                                                                                | <b>16</b><br><br>A Social Hour<br>Especially for Seniors<br>10:00 a.m. - 11:00 a.m.                                                                       | <b>17</b><br><br>Fall Health Fair<br>and Breakfast<br>10:00 a.m. - 12:00 p.m.                            | <b>18</b><br><br>Socrates Café<br>11:00 a.m. to Noon                                                                         |
| <b>21</b>                                                                                         | <b>22</b><br>Yoga Class<br>10:00 a.m. - 11:00 a.m.<br>or 2:45 p.m. - 3:30 p.m.<br>Meditation Class<br>11:15 a.m. - 11:45 a.m.<br>or 2:00 p.m. - 2:30 p.m.<br>Chair Yoga<br>12:00 p.m. - 12:45 p.m.<br>or 1:00 p.m.-1:45 p.m. | <b>23</b><br><br>A Social Hour<br>Especially for Seniors<br>10:00 a.m. - 11:00 a.m.<br><br>Chair Yoga Dance<br>Noon - 1:00 p.m.                           | <b>24</b><br><br>Tai Chi<br>1:00 p.m. - 2:00 p.m.                                                        | <b>25</b><br><br>Game Time<br>1:00 p.m. - 3:00 p.m.                                                                          |
| <b>28</b><br><br>Ageless Grace:<br>Seated Exercise<br>for Brain & Body<br>10:00 a.m. - 11:00 a.m. | <b>29</b><br><br>Lunch & Learn:<br>Your Journey<br>Matters to Us<br>12:00 p.m. - 1:30 p.m.                                                                                                                                   | <b>30</b><br><br>A Social Hour<br>Especially for Seniors<br>10:00 a.m. - 11:00 a.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](tel:609-584-5900) or email [bhprogram@rwjbh.org](mailto:bhprogram@rwjbh.org) to learn more.

\*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).