



Better Health Program
Complimentary Membership at 65+ years old



Robert Wood Johnson University Hospital Hamilton Better Health Program



FEBRUARY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	Yoga Class 3 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.	4 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m. Gentle Jazz Class 12:00 p.m. - 1:00 p.m.	5 Lunch & Learn Mind & Body: Medical and Emotional Perspectives on Intimacy After 65 12:00 p.m. - 1:30 p.m.	6
9	10 Lunch & Learn: Managing Diabetes – Medications, Monitoring & Meaningful Goals, Sara Ali, Geriatric MD, & Gabriela Alvarez, PharmD, BCPS, BCGP 12:00 p.m. - 1:30 p.m.	11 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m. Crafting with Music and Snacks 1:00 p.m. - 2:30 p.m.	12 Socrates Café 10:00 a.m. - 11:00 a.m. Tai Chi Class 1:00 p.m. - 2:00 p.m.	13
16 Tap, Swipe, Smile: Smartphone Skills for Seniors 10:00 a.m. - 11:00 a.m.	17 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.	18 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m. Gentle Jazz Class 12:00 p.m. - 1:00 p.m.	19 Ageless Grace: Seated Exercise for the Brain & Body 10:00 a.m. - 11:00 a.m. Tai Chi Class 1:00 p.m. - 2:00 p.m.	20
23	24	25 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.	26 Lunch & Learn: Dr. Ronald G. Ryder DO, FACC, Caring for your Aging Heart 12:30 p.m.- 2:00 p.m.	27



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 to learn more.

RWJBarnabas
HEALTH

Robert Wood Johnson
University Hospital
Hamilton

Let's be healthy together.

*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.