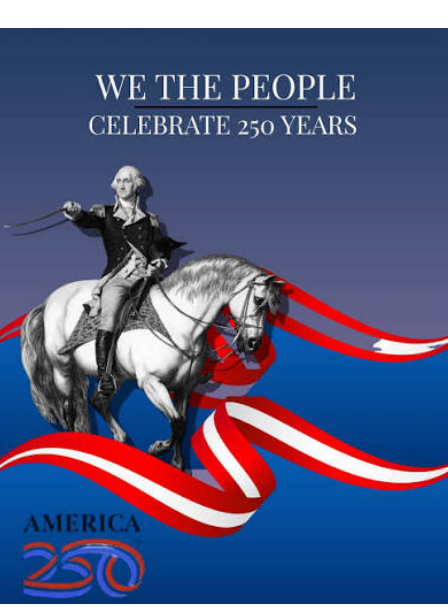




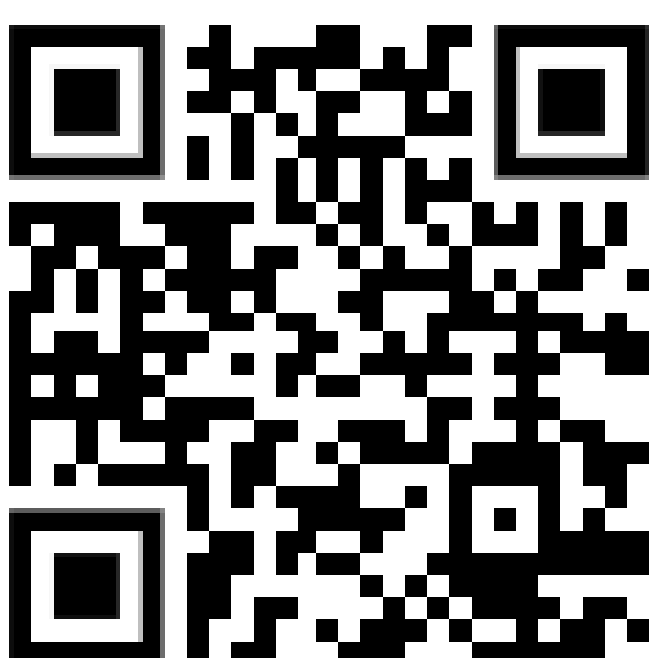
# JULY 2026

## RWJUH Hamilton Community Education Programs



DATE	EVENT NAME	BEGIN	END	PRIMARY ROOM
7/1/26	Ask the Dietitian - By appointment only.	1:00 PM	4:00 PM	Healthy Cooking Classroom
7/1/26	Caregiver Support Group	5:30 PM	6:30 PM	Classroom 1
7/2/26	Grief & Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
7/6/26	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Computer Lab
7/6/26	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
7/6/26	*Bridge Group	12:00 PM	3:00 PM	Classroom 1
7/7/26	Alzheimer's Support Group	2:00 PM	3:00 PM	Classroom 1
7/7/26	Breast Cancer Support Group - Call 609-584-6680 to confirm attendance.	6:00 PM	7:00 PM	Classroom 3
7/13/26	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Computer Lab
7/13/26	The Power of Food: Nutrition Strategies for Diabetes	11:00 AM	12:00 PM	Healthy Cooking Classroom
7/13/26	Wii Games	4:00 PM	5:00 PM	Conference Room A / B
7/13/26	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
7/14/26	Letting Go of Clutter	1:30 PM	2:30 PM	Classroom 1
7/14/26	Bariatric Weight Loss Support Group	6:00 PM	7:00 PM	Healthy Cooking Classroom
7/14/26	Yoga Nidra - Fee: \$15. Must preregister and pay online.	6:00 PM	7:15 PM	Conference Room B
7/14/26	Ostomy Support Group - Call 609-286-3826 to confirm attendance.	6:00 PM	7:30 PM	Offsite: Outpatient Svcs. Bldg
7/15/26	Mindfulness Meditation for Beginners	1:00 PM	1:45 PM	Classroom 2 / 3
7/15/26	Alzheimer's Support Group	6:00 PM	7:00 PM	Classroom 1
7/16/26	Grief & Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
7/16/26	Creative Arts: Junk Journaling	2:30 PM	4:00 PM	Better Health Room
7/17/26	Everyday Nutrition: Building Healthy Habits	11:00 AM	12:00 PM	Healthy Cooking Classroom
7/20/26	Feed Your Heart: Cooking for Heart Health	1:00 PM	2:00 PM	Healthy Cooking Classroom
7/20/26	Dinner with a Nurse Practitioner: Clear your Mind by Minding your Gut	6:00 PM	7:00 PM	Conference Room A / B
7/21/26	Prediabetes Connect Group	11:30 AM	12:30 PM	Healthy Cooking Classroom
7/21/26	Gynecological Cancer Support Group - Call 609-584-6680 to register	2:00 PM	3:30 PM	Offsite: Cancer Center
7/21/26	Am I at Risk? Type 2 Diabetes Screening - Email CommunityEdHam@rwjbh.org to schedule an appt.	4:00 PM	8:00 PM	Consult Room #2
7/22/26	Women's Book Club: "Theo of Golden" by Allen Levi	1:00 PM	2:30 PM	Classroom 2 / 3
7/22/26	Ask the Dietitian - By appointment only.	5:00 PM	8:00 PM	Consult Room #2
7/22/26	Reiki Share	6:30 PM	8:30 PM	Classroom 2 / 3
7/23/26	Wise Women Discussion Group	1:30 PM	2:30 PM	Classroom 2 / 3
7/24/26	Wii Games	10:00 AM	11:00 AM	Conference Room A / B
7/27/26	Monthly Hearing and Balance Screenings - Call 609-245-7390 to schedule an appointment	9:00 AM	12:00 PM	Offsite - Hearing & Balance Ctr.
7/27/26	Ask the Dietitian - By appointment only.	1:00 PM	4:00 PM	Consult Room #2
7/28/26	Stroke Support Group	11:00 AM	12:00 PM	Classroom 2 / 3
7/28/26	The Power of Food: Nutrition Strategies for Diabetes	6:00 PM	7:00 PM	Healthy Cooking Classroom
7/29/26	Sacred Breathwork - Fee: \$15. Must preregister and pay online.	6:00 PM	7:15 PM	Conference Room B

\*Bridge Group, for experienced players, meets every Monday and Friday starting 7/6 from 12 pm – 3 pm in Classroom 1.



Scan QR code to view & register on-line for the programs listed.  
 Visit [rwjbh.org/HamiltonPrograms](http://rwjbh.org/HamiltonPrograms)  
 Email: [CommunityEdHam@rwjbh.org](mailto:CommunityEdHam@rwjbh.org)  
 Call 609-584-5900 to learn more

