



MARCH 2026



RWJUH Hamilton Community Education Programs

DATE	EVENT NAME	BEGIN	END	LOCATION
3/2/26	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 2 / 3
3/2/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
3/2/26	Knitting Group	12:00 PM	3:00 PM	Computer Lab
3/2/26	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
3/3/26	Alzheimer's Support Group	2:00 PM	3:00 PM	Classroom 1
3/3/26	Breast Cancer Support Group	6:00 PM	7:30 PM	Classroom 3
3/4/26	Caregiver Support Group	5:30 PM	6:30 PM	Classroom 1
3/5/26	Grief and Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
3/6/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
3/6/26	Ask the Dietitian - Call 609-584-5900 to make an appointment.	1:00 PM	4:00 PM	Consult Room #2
3/9/26	The Power of Food: Nutrition Strategies for Diabetes	11:00 AM	12:00 PM	Healthy Cooking Classroom
3/9/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
3/9/26	Knitting Group	12:00 PM	3:00 PM	Computer Lab
3/9/26	Wii Games	4:00 PM	5:00 PM	Conference Room A / B
3/10/26	Letting Go of Clutter	1:30 PM	2:30 PM	Classroom 2 / 3
3/10/26	Bariatric Weight Loss Support Group	6:00 PM	7:00 PM	Healthy Cooking Classroom
3/11/26	Ask the Dietitian - Call 609-584-5900 to make an appointment.	5:00 PM	8:00 PM	Consult Room #2
3/13/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
3/16/26	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 2 / 3
3/16/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
3/16/26	Knitting Group	12:00 PM	3:00 PM	Computer Lab
3/16/26	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
3/16/26	Dinner with a Doctor: Modern Advances in Colorectal Cancer Prevention & Treatment	6:00 PM	7:00 PM	Conference Room A / B
3/17/26	Prediabetes Connect Group	11:30 AM	12:30 PM	Healthy Cooking Classroom
3/17/26	Gynecological Cancer Support Group	2:00 PM	3:30 PM	Offsite: Cancer Center
3/18/26	Mindfulness Meditation for Beginners	1:00 PM	1:45 PM	Classroom 2 / 3
3/18/26	Alzheimer's Support Group	6:00 PM	7:00 PM	Classroom 1
3/19/26	Grief and Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
3/19/26	Pelvic Floor Health Problems and Conservative Treatments Explored	6:00 PM	7:30 PM	Conference Room A / B
3/20/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
3/20/26	Ask the Dietitian - Call 609-584-5900 to make an appointment.	1:00 PM	4:00 PM	Consult Room #2
3/22/26	Am I at Risk? Type 2 Diabetes Screening	1:00 PM	4:00 PM	Consult Room #2
3/23/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
3/23/26	Knitting Group	12:00 PM	3:00 PM	Computer Lab
3/23/26	Dinner with a Doctor: Strong Shoulders Ahead	6:00 PM	7:00 PM	Conference Room A / B
3/24/26	Stroke Support Group	4:00 PM	5:00 PM	Conference Room A
3/24/26	The Power of Food: Nutrition Strategies for Diabetes	6:00 PM	7:00 PM	Healthy Cooking Classroom
3/25/26	Feed Your Heart: Cooking for Heart Health	1:00 PM	2:00 PM	Healthy Cooking Classroom
3/25/26	Woman's Book Club: "A View from Lake Como" by Adriana Trigiani	1:30 PM	3:00 PM	Classroom 1
3/25/26	Creative Arts: Junk Journaling	2:30 PM	4:00 PM	Classroom 2 / 3
3/25/26	Understanding the Special Education Process (IEPs & 504 Plans)	6:00 PM	8:00 PM	Classroom 2 / 3
3/25/26	Reiki Share	6:30 PM	8:30 PM	Conference Room B
3/26/26	Wise Women Discussion Group	1:30 PM	2:30 PM	Classroom 2 / 3
3/26/26	Avoiding Environmental Toxins in the Home	6:00 PM	7:00 PM	Classroom 2 / 3
3/27/26	Wii Games	10:00 AM	11:00 AM	Conference Room A / B
3/27/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
3/30/26	Monthly Hearing and Balance Screenings	9:00 AM	12:00 PM	Offsite-Hearing & Balance Ctr.
3/30/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
3/30/26	Knitting Group	12:00 PM	3:00 PM	Computer Lab
3/30/26	Sacred Breathwork (\$15 fee)	6:00 PM	7:15 PM	Conference Room B
3/31/26	What is Auditory Processing Disorder and How Does it Relate to Hearing	11:00 AM	12:00 PM	Conference Room A



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



**Robert Wood Johnson
 University Hospital
 Hamilton**