



SEPTEMBER 2026

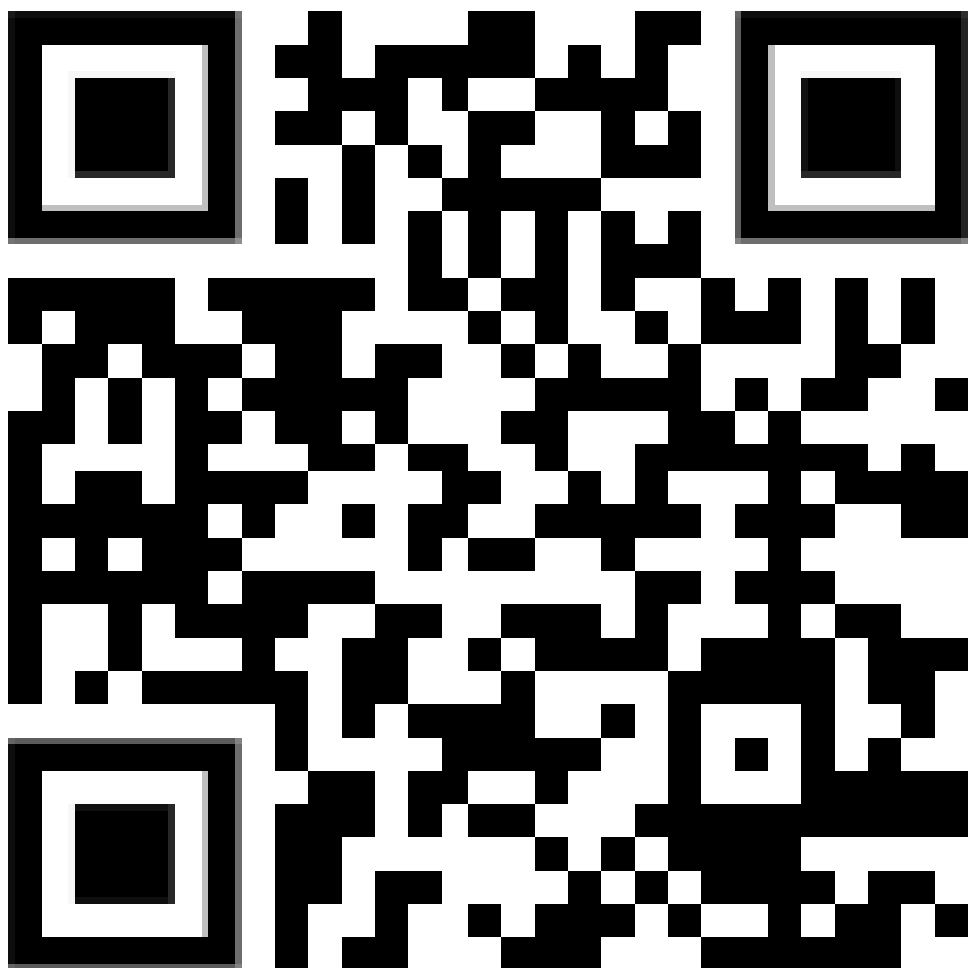


RWJUH Hamilton Community Education Programs

DATE	EVENT NAME	Event Begin	Event End	Primary Room
9/1	Breast Cancer Support Group - Call 609-584-6680 to confirm attendance	6:00 PM	7:00 PM	Classroom 3
9/8	Bariatric Weight Loss Support Group	6:00 PM	7:00 PM	Healthy Cooking Classroom
9/9	Understanding New Jersey's Children's System of Care and Care Management Organization Services	6:00 PM	8:00 PM	Conference Room A
9/10	Grief & Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
9/10	Creative Arts: Community Crafter's Circle	2:00 PM	4:00 PM	Classroom 1
9/11	Ask the Dietitian - By appointment only	1:00 PM	4:00 PM	Consult Room #2
9/14	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 2 / 3
9/14	The Power of Food: Nutrition Strategies for Diabetes	11:00 AM	12:00 PM	Healthy Cooking Classroom
9/14	Wii Games	4:00 PM	5:00 PM	Conference Room A / B
9/14	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
9/15	Prediabetes Connect Group	11:30 AM	12:30 PM	Healthy Cooking Classroom
9/15	Gynecological Cancer Support Group	2:00 PM	3:30 PM	Offsite: Cancer Center
9/15	Alzheimer's Support Group	2:00 PM	3:00 PM	Classroom 1
9/15	Fall Mini Medical School - Week 1	6:00 PM	7:00 PM	Conference Room A / B
9/16	Mindfulness Meditation for Beginners	1:00 PM	1:45 PM	Classroom 2 / 3
9/16	Alzheimer's Support Group	6:00 PM	7:00 PM	Classroom 1
9/17	Your Voice Matters: Discover SPEAK OUT!	11:00 AM	12:00 PM	Classroom 2 / 3
9/21	Ask the Dietitian - By appointment only	1:00 PM	4:00 PM	Consult Room #2
9/22	Stroke Support Group	11:00 AM	12:00 PM	Healthy Cooking Classroom
9/22	Letting Go of Clutter	1:30 PM	2:30 PM	Classroom 1
9/22	Fall Mini Medical School - Week 2	6:00 PM	7:00 PM	Conference Room A / B
9/22	The Power of Food: Nutrition Strategies for Diabetes	6:00 PM	7:00 PM	Healthy Cooking Classroom
9/23	Caregiver Support Group	5:30 PM	6:30 PM	Classroom 1
9/24	Grief & Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
9/25	Wii Games	10:00 AM	11:00 AM	Conference Room A / B
9/28	Monthly Balance Screenings - Call 609-245-7390 to schedule an appointment	9:00 AM	12:00 PM	Offsite - Hearing & Balance Ctr
9/28	Monthly Hearing Screenings - Call 609-245-7390 to schedule an appointment	9:00 AM	12:00 PM	Offsite - Hearing & Balance Ctr
9/28	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 2 / 3
9/28	Feed Your Heart: Cooking for Heart Health	1:00 PM	2:00 PM	Healthy Cooking Classroom
9/28	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
9/29	Fall Mini Medical School - Week 3	6:00 PM	7:00 PM	Conference Room A / B
9/30	Creative Arts: Overcoming the Inner Critic	2:30 PM	4:00 PM	Better Health Meeting Room



**Bridge Group, for experienced players, meets every Monday and Friday starting 9/4 from 12 pm – 3 pm in Classroom 1.*



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