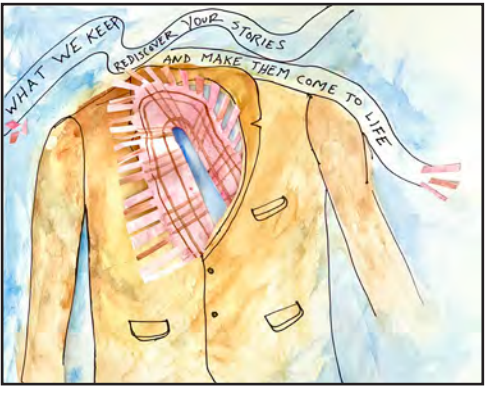







Robert Wood Johnson University Hospital Hamilton
Better Health Program



DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Yoga Class 10:00 a.m. - 11:00 a.m. Meditation Class 11:15 a.m. - 11:45 a.m. Chair Yoga 12:00 p.m. - 12:45 p.m.	3 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m. Gentle Jazz Dance Class 12:00 p.m. - 1:00 p.m.	4	5
8	9 Cookie Decorating 10:00 a.m. - 11:00 a.m.	10 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.	11 Tai Chi Class 1:00 p.m. - 2:00 p.m.	12
15 Create Your Personal Holiday Wreath 10:00 a.m. - 12:00 noon	16 Yoga Class 10:00 a.m. - 11:00 a.m. Meditation Class 11:15 a.m. - 11:45 a.m. Chair Yoga 12:00 p.m. - 12:45 p.m.	17 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m. Gentle Jazz Dance Class 12:00 p.m. - 1:00 p.m.	18 Holiday Celebration 12:00 noon - 3:00 p.m.	19 What We Keep 10:00 a.m. - 12:00 noon 
22	23	24	25 	26
29	30	31	 Happy Hanukkah 2025	 HAPPY KWANZAA DECEMBER 26, 2025 - JANUARY 1, 2026

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 to learn more.

RWJ Barnabas
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.