

# APRIL

## RWJ Community Education Programs



Robert Wood Johnson  
University Hospital  
Hamilton

Let's be healthy together.



Looking for a full listing of our programs or ready to enroll?

Enroll on your own by visiting [www.rwjbh.org/HamiltonPrograms](http://www.rwjbh.org/HamiltonPrograms)

OR

QR Code : Open your phone camera, hover over the square image & click the web link.

For more info email us at [CommunityEdHam@rwjbh.org](mailto:CommunityEdHam@rwjbh.org)

OR call The Health Connection at **609.584.5900**

**ALL PROGRAMS ARE LOCATED AT THE HAMILTON RWJ FITNESS & WELLNESS CENTER UNLESS OTHERWISE NOTED**

Date	Start Time	End Time	Program Title	
Mon., April 1	9:00 AM	3:00 PM	AARP Driving	
Mon., April 1	10:30 AM	11:30 AM	Caring for Loved Ones: Signs Your Loved One May Need Assistance	
Mon., April 1	12:00 PM	3:00 PM	Bridge Club	
Mon., April 1	1:00 PM	2:00 PM	Sweet Success Society: A Diabetes Group	
Mon., April 1	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Mon., April 1	5:30 PM	7:00 PM	Adult Children: First Steps for Caregivers	
Tue., April 2	12:00 PM	1:00 PM	What's in the Box? *VIRTUAL*	
Tue., April 2	12:00 PM	1:00 PM	What's in the Box? *live *	
Tue., April 2	6:00 PM	7:00 PM	Spring Mini Medical School <i>(must attend all 5 weekly sessions)</i>	
Wed., April 3	9:00 AM	12:00 PM	Knitters Club Meeting	
Wed., April 3	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., April 3	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., April 3	5:30 PM	6:30 PM	Caregiver Support Group	
Thu., April 4	10:00 AM	11:00 AM	Kids in the Kitchen: Spring Break(fast)	
Thu., April 4	1:00 PM	2:00 PM	Tai Chi	*Better Health Exclusive*
Thu., April 4	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., April 4	1:30 PM	2:30 PM	Grief and Loss Support Group	
Thu., April 4	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri., April 5	11:00 AM	12:00 PM	Dance It Out!	
Fri., April 5	12:00 PM	3:00 PM	Bridge Club	
Sat., April 6	10:00 AM	12:00 PM	1st Saturday Walks. Walking in Nature	
Mon., April 8	11:00 AM	12:00 PM	What's Eating You?	
Mon., April 8	12:00 PM	3:00 PM	Bridge Club	
Mon., April 8	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Mon., April 8	5:30 PM	6:30 PM	Sweet Success Society: A Diabetes Group	
Mon., April 8	6:00 PM	7:30 PM	Tapping for Stress Relief	
Tue., April 9	10:00 AM	11:00 AM	Yoga	*Better Health Exclusive*
Tue., April 9	11:15 AM	11:45 AM	Meditation Class	*Better Health Exclusive*
Tue., April 9	12:00 PM	12:45 PM	Chair Yoga	*Better Health Exclusive*
Tue., April 9	1:30 PM	2:30 PM	Letting Go of Clutter	
Tue., April 9	6:00 PM	7:00 PM	Spring Mini Medical School <i>(must attend all 5 weekly sessions)</i>	
Wed., April 10	9:00 AM	12:00 PM	Knitters Club Meeting	
Wed., April 10	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., April 10	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., April 10	6:00 PM	7:30 PM	Up, Up, and Away: Expressive Arts for Our Wishes & Intentions	
Thu., April 11	11:30 AM	12:30 PM	Got Stress?	
Thu., April 11	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., April 11	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Thu., April 11	6:30 PM	8:00 PM	Dinner with A Doctor: Healthy Bones Club	
Fri., April 12	12:00 PM	3:00 PM	Bridge Club	

### RWJUH Hamilton Better Health 65+ Club

Better Health Program  
Complimentary Membership at 65+ years old



A no-cost program for 65+ that combines medical education, interesting topics & fun activities. Registration Required.

Enroll on your own by visiting [www.rwjbh.org/HamiltonPrograms](http://www.rwjbh.org/HamiltonPrograms)

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Date	Start Time	End Time	Program Title	
Mon., April 15	10:30 AM	11:30 AM	Caring for Loved Ones: Home Care vs Placement	
Mon., April 15	12:00 PM	3:00 PM	Bridge Club	
Mon., April 15	12:00 PM	3:00 PM	Ask the Dietitian	
Mon., April 15	1:00 PM	2:00 PM	Dance It Out!	
Mon., April 15	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Mon., April 15	5:30 PM	7:00 PM	Adult Children: Communication and Dementia	
Mon., April 15	6:30 PM	8:00 PM	Crystal Bowl Sound Immersion	
Tue., April 16	11:30 AM	12:30 PM	Prediabetes Connect Group	
Tue., April 16	6:00 PM	7:00 PM	Spring Mini Medical School <i>(must attend all 5 weekly sessions)</i>	
Wed., April 17	9:00 AM	12:00 PM	Knitters Club Meeting	
Wed., April 17	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., April 17	1:00 PM	2:30 PM	Nutrition, Feeding, and Swallowing After Stroke	
Wed., April 17	1:00 PM	2:00 PM	Mindfulness Meditation Beginner	
Wed., April 17	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., April 17	6:00 PM	7:00 PM	Alzheimer's Support	
Wed., April 17	7:00 PM	8:00 PM	HealthRhythms® Drumming	
Thu., April 18	1:00 PM	2:00 PM	Tai Chi	*Better Health Exclusive*
Thu., April 18	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., April 18	1:30 PM	2:30 PM	Grief and Loss Support Group	
Thu., April 18	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri., April 19	12:00 PM	3:00 PM	Bridge Club	
Mon., April 22	10:00 AM	11:00 AM	Brain Health-Learn Proven Ways to Keep Your Brain Young	
Mon., April 22	12:00 PM	3:00 PM	Bridge Club	
Mon., April 22	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Tue., April 23	10:00 AM	11:00 AM	Yoga	*Better Health Exclusive*
Tue., April 23	11:15 AM	11:45 AM	Meditation Class	*Better Health Exclusive*
Tue., April 23	12:00 PM	12:45 PM	Chair Yoga	*Better Health Exclusive*
Tue., April 23	6:00 PM	7:00 PM	Spring Mini Medical School <i>(must attend all 5 weekly sessions)</i>	
Wed., April 24	9:00 AM	12:00 PM	Knitters Club Meeting	
Wed., April 24	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., April 24	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., April 24	6:30 PM	8:30 PM	Reiki Share	
Thu., April 25	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., April 25	1:30 PM	2:30 PM	Wise Women Discussion Group	
Thu., April 25	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Thu., April 25	6:30 PM	8:00 PM	Experience the Energy of Your Chakras	
Fri., April 26	12:00 PM	3:00 PM	Bridge Club	
Mon., April 29	12:00 PM	3:00 PM	Bridge Club	
Mon., April 29	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Tue., April 30	6:00 PM	7:00 PM	Spring Mini Medical School <i>(must attend all 5 weekly sessions)</i>	

### RWJUH Hamilton Better Health 65+ Club

Restoration your Mind, Body & Spirit in Retirement  
**Better Health Program**  
Complimentary Membership at 65+ years old



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