

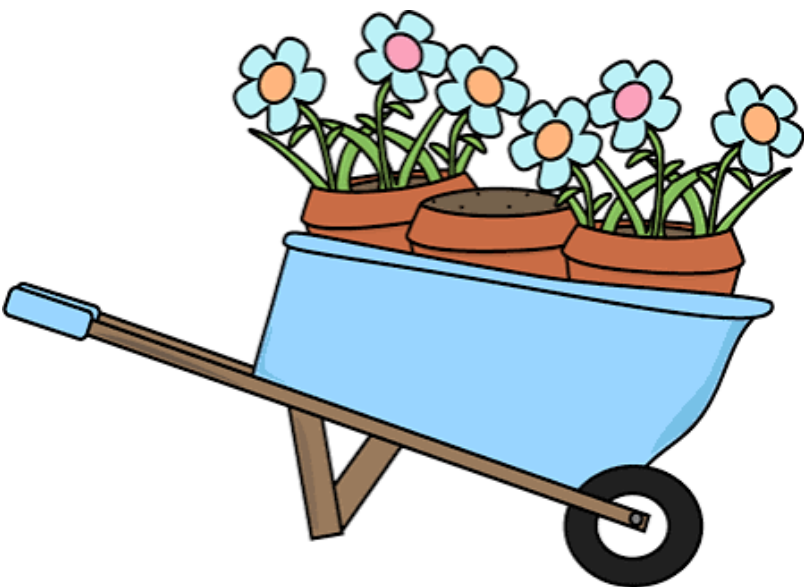


AUGUST 2026

RWJUH Hamilton Community Education Programs



DATE	EVENT NAME	BEGIN	END	PRIMARY ROOM
8/3	AARP Driving Course	9:00 AM	3:00 PM	Conference Room B
8/3	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 2 / 3
8/3	Bridge Club	12:00 PM	3:00 PM	Classroom 1
8/3	Ask the Dietitian - By appointment only.	1:00 PM	4:00 PM	Consult Room #2
8/3	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
8/3	Dinner with a Doctor: Unmasking Celiac Disease	6:00 PM	7:00 PM	Conference Room A / B
8/4	Alzheimer's Support Group	2:00 PM	3:00 PM	Classroom 1
8/4	Breast Cancer Support Group - Call 609-584-6680 to confirm attendance.	6:00 PM	7:00 PM	Classroom 3
8/5	Caregiver Support Group	5:30 PM	6:30 PM	Classroom 1
8/5	Stress Less: Reset your Nervous System - Fee: \$15. Must preregister and pay online.	6:00 PM	7:30 PM	Conference Room B
8/6	Grief & Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
8/7	Bridge Club	12:00 PM	3:00 PM	Classroom 1
8/10	Bridge Club	12:00 PM	3:00 PM	Classroom 1
8/10	Wii Games	4:00 PM	5:00 PM	Conference Room A / B
8/11	Heart-Healthy Nutrition	1:00 PM	2:00 PM	Healthy Cooking Classroom
8/11	Letting Go of Clutter	1:30 PM	2:30 PM	Classroom 1
8/12	Understanding and Managing Side Effects of Medications	2:00 PM	3:30 PM	Conference Room A
8/12	Ask the Dietitian - By appointment only.	5:00 PM	8:00 PM	Consult Room #2
8/14	Bridge Club	12:00 PM	3:00 PM	Classroom 1
8/17	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 2 / 3
8/17	The Power of Food: Nutrition Strategies for Diabetes	11:00 AM	12:00 PM	Healthy Cooking Classroom
8/17	Bridge Club	12:00 PM	3:00 PM	Classroom 1
8/17	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
8/18	Prediabetes Connect Group	11:30 AM	12:30 PM	Healthy Cooking Classroom
8/18	Gynecological Support Group - Call 609-584-6680 to register	2:00 PM	3:30 PM	Offsite Cancer Center
8/18	Tibetan Singing Bowl Sound Immersion and Guided Meditation - Fee: \$15. Must preregister and pay online.	6:00 PM	7:15 PM	Conference Room A / B
8/19	Mindfulness Meditation for Beginners	1:00 PM	1:45 PM	Healthy Cooking Classroom
8/19	Alzheimer's Support Group	6:00 PM	7:00 PM	Classroom 1
8/20	Grief & Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
8/21	Wii Games	10:00 AM	11:00 AM	Conference Room A / B
8/21	Bridge Club	12:00 PM	3:00 PM	Classroom 1
8/24	Bridge Club	12:00 PM	3:00 PM	Classroom 1
8/25	Stroke Support Group	11:00 AM	12:00 PM	Classroom 2 / 3
8/25	The Power of Food: Nutrition Strategies for Diabetes	6:00 PM	7:00 PM	Healthy Cooking Classroom
8/26	Reiki Share	6:30 PM	8:30 PM	Classroom 2 / 3
8/27	Wise Women Discussion Group	1:30 PM	2:30 PM	Classroom 2 / 3
8/28	Bridge Club	12:00 PM	3:00 PM	Classroom 1
8/31	Monthly Hearing & Balance Screenings - Call 609-245-7390 to schedule an appointment	9:00 AM	12:00 PM	Offsite - Hearing & Balance Ctr
8/31	Bridge Club	12:00 PM	3:00 PM	Classroom 1
8/31	Ask the Dietitian - By appointment only.	1:00 PM	4:00 PM	Consult Room #2
8/31	Creative Arts: What's Behind The Mask	2:30 PM	4:00 PM	Classroom 2 / 3



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