

# Her Health. Every Chapter.

## COMMUNITY HEALTH EDUCATION

A Calendar of Free Women's Health Month Programs - May 2026

### Special Programs

#### **Promise Walk for Preeclampsia - Cooperman Barnabas Medical Center**

**Sunday, May 3 | 9 a.m.**

Colonial Park, 156 Mettlers Road, Somerset, NJ 08873

This fun family-friendly event is perfect for walkers, pets, strollers, wheelchairs, wagons, scooters and more! Stop by the Cooperman Barnabas Medical Center information table to learn about their award-winning maternity care.

[Register](#) or [learn more](#).

#### **Breast Health and Spiritual Faith - Clara Maass Medical Center**

**Tuesday, May 5 | 7 - 8:30 p.m.**

North Jersey Vineyard Church, 310 Phillips Avenue,  
South Hackensack, NJ, 07606

Presented in collaboration with Clara Maass Medical Center, the seminar brings together professionals from their comprehensive breast health services with a focus on faith-based support and community wellness.

#### **Nutrition Lecture: Nutrition for Bone Health (hybrid) - Monmouth Medical Center**

**Wednesday, May 6 | 5 - 7 p.m.**

LiveWell Center - 200 Wyckoff Rd, Suite 1200,  
Eatontown NJ 07724

Join our registered dietitian for a discussion on nutrition for healthy bones. Learn how to plan meals that incorporate important bone-building nutrients.

Attendance is free, [registration](#) required.

#### **What to Expect During Your Maternity Hospital Stay with Dr. Janice Lichtenberger - Monmouth Medical Center (Virtual)**

**Friday, May 8 | 1 - 1:45 p.m.**

Join Dr. Janice Lichtenberger, Director of the Nursery at Monmouth Medical Center, for a discussion on what to expect during your maternity stay at the hospital and for your newborn after birth. Together we will explore topics such as feeding, jaundice, routine testing, and medications, among others. We will also have a question-and-answer session to address your concerns.

Attendance is free, [registration](#) required.

#### **Preparing for Breastfeeding (hybrid) - Monmouth Medical Center**

**Thursday, May 8 | 2 - 3:30 p.m.**

LiveWell Center, 200 Wyckoff Road, Eatontown, NJ 07724

Join our Certified Lactation Consultant for a discussion on breastfeeding preparation at the LiveWell Center or virtually. The talk provides mothers-to-be, and their support person, the opportunity to learn more about the basics of breastfeeding. We will explore how to: get a good latch, establish your milk supply, identify that your baby is getting enough, and pump and store breastmilk. In-person and virtual option. Registration is required and seats limited.

To register, call 862.781.3873

#### **Mother's Day Community Health Education - RWJUH New Brunswick**

#### **Event at Mexican Consulate - RWJUH New Brunswick**

**Saturday, May 9 | 10 a.m. - noon**

300 George St, Suite 100, New Brunswick, NJ 08901

Breast education will be provided and eligible women can be signed up for pap smear screenings.

#### **Maternity Tour - Jersey City Medical Center**

**Saturday, May 9 and 16 | 1 - 1:45pm**

355 Grand Street, Lord Abbett Maternity Wing, Jersey City, NJ

Is there a baby on the way or are you planning your birthing journey? Take a tour of our Labor & Delivery and our Lord Abbett Maternity Wing, and get your questions answered by our Mother-Baby team. For adults only, no children will be allowed. [RSVP](#) is required as space is limited. Tour begins promptly at scheduled times.

Only one registration per couple (2 adults), per tour. *Please allow extra time to park and obtain a visitor's pass prior to the prompt start time.*



### **Walk and Talk with Doctors - RWJUH Hamilton**

**Wednesday, May 13 | 4 – 5:00 p.m.**

1 Hamilton Health Place, Hamilton, NJ 08690

This program features Firas G. Eladoumikdachi, MD, Breast Surgical Oncologist and Director of the Breast Program at the Cancer Center at RWJUH Hamilton in partnership with Rutgers Cancer Institute, the state's only NCI-designated Comprehensive Cancer Center, and Naveen Ahuja, MD, Plastic Surgeon. Registered attendees will take a short walk on a flat paved path outside on the hospital's campus. Attendees enter at the main entrance of the hospital, check in with security, and then proceed to the café in the hospital to meet the group. In the case of inclement weather, this program will remain inside at the café.

[Register now.](#)

### **Preparação para o aleitamento materno em português - Portuguese Speaking Preparation for Breastfeeding Class - Monmouth Medical Center**

**Wednesday, May 13 | 11 a.m.**

LiveWell Center, 200 Wyckoff Road, Eatontown, NJ 07724

Participe da nossa aula virtual gratuita sobre preparação para a amamentação, ministrada por nossa Consultora Internacional de Lactação Certificada (IBCLC). Convidamos gestantes e seus acompanhantes para aprenderem os fundamentos da amamentação, como obter uma pega correta, como estabelecer a produção de leite, como saber se o bebê está recebendo leite suficiente e como extrair e armazenar o leite materno.

Cadastre-se online, envie um e-mail para [breastfeedingwellnesscenter@rwjbh.org](mailto:breastfeedingwellnesscenter@rwjbh.org) ou ligue para 862-781-3873.

### **Preparación para la Lactancia Materna en Espanol - Spanish language Preparation for Breastfeeding Class - Monmouth Medical Center**

**Thursday, May 14 | 11 a.m.**

LiveWell Center, 200 Wyckoff Road, Eatontown, NJ 07724

Únase a nuestra Consultora de Lactancia Certificada Internacionalmente (IBCLC) para una clase virtual gratuita sobre preparación para la lactancia. Invitamos a las futuras mamás y a su acompañante a unirse para aprender los fundamentos de la lactancia materna, cómo lograr un buen agarre, cómo establecer su producción de leche, cómo saber si su bebé está tomando suficiente leche y cómo extraer y almacenar leche materna.

Regístrese en línea, envíe un correo electrónico a [breastfeedingwellnesscenter@rwjbh.org](mailto:breastfeedingwellnesscenter@rwjbh.org) o llame al 862-781-3873

### **Heart Smart Women - RWJUH Somerset**

**Thursday, May 14 | noon – 1 p.m.**

Virtual for Affinity Federal Credit Union Employees

This program is designed to educate women on cardiovascular health, risk reduction, and healthy lifestyle choices. This specific session is tailored for employees of Affinity Federal Credit Union, providing actionable, expert-led health information in a convenient online format.

### **12th Annual Women's Health Day - Newark Beth Israel Medical Center**

**Saturday, May 16 | 11 a.m. – 4 p.m.**

Newark Liberty International Airport Marriott

A fun informative and interactive event featuring physician/clinician panel discussions, self-wellness sessions including meditation and mindfulness, massage, yoga and Zumba, self-care bingo, information tables and retail vendors.

[Registration](#) is required.

### **Breast Cancer Screenings - Jersey City Medical Center**

**Saturday, May 16 | 9 a.m. – 1 p.m.**

116 Newark Avenue, Jersey City, New Jersey 07302

Free screening mammograms (free for those who are uninsured). Space is limited and registration is required.

For an appointment, contact Maria Linda Saguil, MPA, RN, RT(M)(MR) at 201-716-5873 or [Maria.Saguil@rwjbh.org](mailto:Maria.Saguil@rwjbh.org)

### **It Starts with Awareness: Understanding Women's Health Screenings through the Decades - Monmouth Medical Center**

**Tuesday, May 19 | 11 a.m.**

LiveWell Center, 200 Wyckoff Road, Eatontown, NJ 07724

Hop on the health train to wellness as we visit and explore different types of women's health screenings. We will make stops along the way to discuss and learn about cancer screening, the Dexa scan for osteoporosis, blood pressure and cholesterol screenings, as well as other important routine screenings. All aboard!

Attendance is free, [registration](#) required.



### **Ask The Expert: Car Seat Safety - Monmouth Medical Center**

**Wednesday, May 20 | 5:30 - 6:30 p.m.**  
Virtual

Not sure if your baby is ready for their next car seat? Have you ever wondered if one car seat is safer than another? Anna Busler, MPH, Safe Kids Coordinator of Monmouth/Ocean Counties, Child Passenger Safety Technician Certified, will be available to answer all your child passenger safety questions.

Attendance is free, [registration](#) required.

### **Pap Smear Screening - RWJUH New Brunswick**

**Wednesday, May 20 | 5 - 8:30 p.m.**  
10 Plum St, New Brunswick, NJ 08901

These screenings are crucial for detecting potential cervical cancer, the second most common cancer in women worldwide. These free screenings are open to women aged 21 to 64 who have not had a Pap smear in the past three years and who have limited or no health insurance. Appointments are required for this free service.

To schedule your appointment, email [tomiko.hackett@rwjbh.org](mailto:tomiko.hackett@rwjbh.org).

### **Wellness Social: Her Health Hour - RWJUH Rahway**

**Wednesday, May 20 | 5:30 - 7 p.m.**  
RWJ Scotch Plains Fitness Center, 2120 Lamberts Mill Rd,  
Scotch Plains, NJ 07076

The focus of this event is on breast cancer and melanoma prevention and we will have the privilege of hearing survivors tell their stories.

[Click here](#) to learn more.

### **The Healing Journey: A Multidisciplinary Approach to PostPartum Recovery - Cooperman Barnabas Medical Center**

**Thursday, May 21 | 6 - 7:30 p.m.**  
RWJBarnabas Health Ambulatory Care Center, Conference  
Room A, 200 South Orange Avenue, Livingston, NJ 07039

Join us for a community education event focused on what to expect and how to care for yourself after having a baby. Hear from our expert panel on topics like nutrition, physical recovery, and well-being, as they offer helpful tips and support for both new parents and their caregivers.

While this program is free, advanced [registration](#) is required.

### **Baby Care Basics: Staying Safe and Sound - Monmouth Medical Center**

**Wednesday, May 27 | noon - 1 p.m. | Virtual**

It's time to learn how to care for your bundle of joy! Geared towards expecting and new parents, our nurse health educator will discuss how to safely care for your baby, exploring hot topics such as practicing proper hygiene, bathing, feeding, diapering, sleep, bonding, and more!

Attendance is free, [registration](#) required.

### **Brunch & Learn: Menopause and Heart Health with Dr. Suzanne Magherini (hybrid) - Monmouth Medical Center**

**Thursday, May 28 | 10:30 a.m. - noon**  
LiveWell Center, 200 Wyckoff Road, Eatontown, NJ 07724

Did you know that menopause can impact heart health? Join Dr. Suzanne Magherini, board-certified Ob/Gyn, member of the RWJBarnabas Health Medical Group, as she discusses how the hormonal changes that occur during menopause can bring increased cardiovascular risk in the form of higher blood pressure and cholesterol levels. Brunch will be provided to in-person attendees.

Attendance is free, [registration](#) required.

Please email [livewellcenter@rwjbh.org](mailto:livewellcenter@rwjbh.org) if you wish to attend virtually.

### **Is That What the Kids Are Doing? - Monmouth Medical Center**

**Friday, May 29 | 11 a.m. - noon**  
LiveWell Center, 200 Wyckoff Road, Eatontown, NJ 07724

Technology, social media, new slang, new recommendations for safety and more, it can be overwhelming to be a caregiver of a teen in 2026. Join our health educators as we discuss how we can stay up-to-date and connected with our teenagers (13-18 years old).

Attendance is free, [registration](#) required.



## Ongoing Monthly Programs and Support Groups

### **Virtual Mommies Moods Group - Cooperman Barnabas Medical Center**

**Every Friday | 11 a.m. - 12:30 p.m.**

Free Zoom Support Groups for expecting and new moms facilitated by Lauren Meisels, PhD. For more information and to be sent the Zoom link, please register online. Mommies Moods Group focuses on mother-care rather than child-care. Discussions address issues of anxiety, depression, irritability, and feeling scared and overwhelmed by the transition to motherhood.

[Register online.](#)

### **Prenatal Yoga with Ignite One (Virtual) - Newark Beth Israel Medical Center**

**Saturdays | noon - 1 p.m.**

Gentle Yoga for expecting moms.

Program is free and open to all. To register, email: [Molly.Fallon@rwjbh.org](mailto:Molly.Fallon@rwjbh.org) or call 973-926-7371.

### **Virtual New Moms Circle Support Group - Cooperman Barnabas Medical Center**

**Every Monday | 10 - 11:30 a.m.**

Free Zoom support groups for expecting and new moms, the New Moms Circle offers an opportunity for moms to discuss all facets of becoming a mother. Conversations generally focus on child-care topics but are dictated by the interests of the women attending the meeting. It's a great opportunity for moms to connect and bond around a common experience and openly discuss the ups and downs of adjusting to motherhood. Facilitated by Lauren Meisels, Ph.D., a licensed psychologist specializing in maternal mental health, topics include transitioning to parenthood, mood changes, baby blues vs. postpartum depression and myths of motherhood. New moms along with their babies are welcome to attend occasionally or each week. A Breastfeeding Support Group follows at 11:30 am.

Please [register online.](#)

### **Virtual Pregnancy and Breastfeeding Support Group - RWJBarnabas Health**

**Every Monday | noon - 1 p.m.**

Do you have questions about pregnancy or breastfeeding? We are pleased to offer our communities a safe place for new and expecting moms to connect online. In a friendly virtual environment, our board-certified women's health nurse practitioner and lactation consultants will provide guidance and answer questions about what to expect during pregnancy, birth and postpartum, as well as, latch issues, breast/nipple pain, milk supply concerns, pumping, supplementation, returning to work and weaning for breastfeeding mothers. We are here to support you.

For more information and to be sent the link to participate in the group [please register online.](#)

### **Breastfeeding Support Groups - Monmouth Medical Center**

**Every Monday | 1 - 3 p.m.**

LiveWell Center, 200 Wyckoff Rd. Suite 1200,  
Eatontown, NJ 07724

Join us for a free, in-person Breastfeeding Support Group offered weekly and facilitated by a Certified Lactation Consultant at the LiveWell Center. Promoting breastfeeding through peer support.

Call for first time registration: 862-781-3873

### **Breast Cancer Support Group - RWJUH Hamilton**

**First Tuesday of Every Month | 6 - 7:30 p.m.**

RWJ Hamilton Fitness & Wellness - 3100 Quakerbridge Road,  
Hamilton NJ 08619

Presented by our oncology nurse navigator and certified oncology social worker at The Cancer Center at RWJUH Hamilton, this support group welcomes those who have received a breast cancer diagnosis in all phases of their journey, and offers participants an opportunity to share personal experiences, helpful resources, and methods of coping with feelings of anxiety and distress.

Please call 609.584.6680 to confirm attendance.



### **Virtual Breast Cancer Support Group - RWJUH Rahway**

**First Tuesday | 7 – 8:30 p.m.**

**First Wednesday of each month | 5:30 – 7 p.m.**

Registration required to obtain virtual URL, call 732-499-6193.

### **New Moms - New Babies Support Group - RWJUH New Brunswick**

**First and third Wednesday | noon – 2 p.m.**

RWJ Fitness & Wellness Center, 100 Kirkpatrick Street, RWJUH Community Education Room (2nd Floor), New Brunswick, NJ 08901

Whether it's your first child or fifth, connect with other moms to share your experiences of motherhood! Professional lactation consult offered. Support Persons welcomed.

Call to register: 732-253-3871.

### **Ovarian Cancer Support Group - Monmouth Medical Center**

**Second Tuesday | noon – 1 p.m.**

LiveWell Center, 200 Wyckoff Road, Eatontown, NJ 07724

For women diagnosed with cervical, ovarian, endometrial, or uterine cancer. This support group offers patients and their families an opportunity to actively participate in healing after a cancer diagnosis.

No registration required. For more information, call: Leslie Shephard, MSN, RN, OCN, at 732-923-6709.

### **Gynecological Cancer Support Group - RWJUH Hamilton**

**Third Tuesday of each month | 2 – 3:30 p.m.**

2575 Klockner Road, Hamilton, NJ 08690

This group brings individuals with gynecologic cancer the support, education, and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer, adjusting to changes during and after treatment, and managing concerns about recurrence.

For more information or to register, call 609-584-6680 or email [CommunityEdHAM@rwjbh.org](mailto:CommunityEdHAM@rwjbh.org).

### **Wise Women Monthly Discussion Group - RWJUH Hamilton**

**Fourth Thursday | 1:30 – 2:30 p.m.**

RWJ Hamilton Fitness & Wellness; 3100 Quakerbridge Rd., Hamilton NJ 08619

Join a community of women as we discuss relevant topics and find purpose, meaning and community.

For more information: Call 609-584-5900 or email [CommunityEdHAM@rwjbh.org](mailto:CommunityEdHAM@rwjbh.org).

### **Maternity Tours - Cooperman Barnabas Medical Center Four Sessions Monthly**

94 Old Short Hills Rd, Livingston, NJ 07039

Delivering at CBMC? Our Woman's Health Education Department hosts an informative tour to help you prepare for your special delivery. This hour-long group tour walks you through the arrival process, our newly renovated Labor and Delivery suites, private postpartum rooms and more. In order to provide you with a personalized experience, class size is limited. Online reservations are required. For adults only, no children will be allowed. RSVP is required as space is limited. Tour begins promptly at scheduled times.

**Only one registration per couple (2 adults), per tour. [Click here](#) to register for an upcoming tour or learn more.**

### **Maternity Tours - Jersey City Medical Center Four Sessions Monthly**

355 Grand Street, Lord Abbett Maternity Wing, Jersey City, NJ 07302

Is there a baby on the way or are you planning your birthing journey? Take a tour of our Labor & Delivery and our Lord Abbett Maternity Wing, and get your questions answered by our Mother-Baby team. For adults only, no children will be allowed. RSVP is required as space is limited. Tour begins promptly at scheduled times.

**Only one registration per couple (2 adults), per tour. [Click here](#) to register for an upcoming tour or learn more.**