



### Sensory Play Activity Day

Tuesday, April 2 • 11 – 11:30 a.m. • Ages 2-3  
Tuesday, April 2 • noon – 12:30 p.m. • Ages 4-6  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### Safe Sitter®

Wednesday, April 3 • 10 a.m. – 2 p.m.  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### Healthy Snacks Cooking Demo at MMCS

Thursday, April 4 • 1 p.m. – 2 p.m.  
Monmouth Medical Center Southern Campus  
– 600 River Avenue, Lakewood



### Navigating Dietary Supplements Lecture

Wednesday, April 10 • 11 a.m.- noon  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### Spring Has Sprung:

Let's Get Ready to Garden at MMCS  
Thursday, April 18 • 11:30 a.m. – 1 p.m.  
Monmouth Medical Center Southern Campus  
– 600 River Avenue, Lakewood



### Meal Prep Methods Lecture

Thursday, April 18 • 6 – 7 p.m.  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### Lunch & Learn: Innovations in Oncology Treatment Modalities with Dr. Seth Cohen

Friday, April 19 • 11:30 a.m. – 1 p.m.  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### Eatontown Bike Rodeo at Fort Monmouth

Sunday, April 28 • 1 – 3 p.m.  
Fort Monmouth  
– Nicodemus Entrance off Broad Street in Eatontown



### Bone Up on Your Health: Osteoporosis

Monday, April 29 • 2 – 3 p.m.  
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

APRIL 2024

# COMMUNITY HEALTH

Calendar

Programs are **FREE** and **OPEN TO ALL**

Registration is required for programs. Call 862.781.3597 or visit [rwjbh.org/events](http://rwjbh.org/events) to sign-up.



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HEALTH

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**Southern Campus**



## Health Education and Nutrition Programs at the LiveWell Center

### **Sensory Play Activity Day: Ages 2-3 (in-person)**

**Tuesday, April 2 | 11 - 11:30 a.m.**

Sensory play refers to toys or activities that stimulate a child's senses, focusing mostly on touch, sight, and hearing. This can be anything from playing with slime to bins of beads. Join us for sensory activities in our first session of the day geared towards children 2-3 years old.

Attendance is free, registration required: <https://bit.ly/3ldGSu1>

### **Sensory Play Activity Day: Ages 4-6 (in-person)**

**Tuesday, April 2 | noon - 12:30 p.m.**

Sensory play refers to toys or activities that stimulate a child's senses, focusing mostly on touch, sight, and hearing. This can be anything from playing with slime to bins of beads. Join us for sensory activities in our second session of the day geared towards children 4-6 years old.

Attendance is free, registration required: <https://bit.ly/49qalYc>

### **Talking with Your Doctor (in-person)**

**Tuesday, April 2 | 2 - 3 p.m.**

18 seconds is the average time a doctor waits before interrupting a patient. Let's discuss strategies for selecting a physician to partner with on your journey to good health and explore what factors should go into the decision-making process when choosing specialists, how to prepare for appointments, breaking down information received at an appointment and discussing sensitive subjects. *Light refreshments will be served.*

Attendance is free, registration required: <https://bit.ly/3AHIVoH>

### **Safe Sitter® (in-person)**

**Wednesday, April 3 | 10 a.m. - 2 p.m.**

Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. The class is filled with fun games, guided discussion and role-playing exercises. Students will learn safety skills, childcare skills and life and business skills. Attendance is capped at 16 registrants. *Lunch will be provided to attendees.*

Attendance is free, registration required: <https://bit.ly/3NRHl6e>

### **Better Health Exclusive Event: Speed Friending (in-person)**

**Thursday, April 4 | 11 a.m. - noon**

True friends are some of our greatest riches! Calling all Better Health members to join us for rounds of "speed friending" where you will get to learn more about other members, their hobbies, and passions. Friendships are bound to blossom! For more information on the FREE Better Health program or to become a member, call Claire Verruni at 862.781.3817. *Light refreshments will be served.*

Attendance is free, registration required: <https://bit.ly/4bKNn51>

### **Kids Cooking: Food Science Friday (in-person)**

**Friday, April 5 | 11 a.m. - noon**

Grab your apron and join Ms. Jenn for a special science class in the kitchen. Young chefs age 4 and up are welcome to attend with an adult!

Attendance is free, registration required: <https://bit.ly/49txgaC>

### **Spring Produce Pick Cooking Demo (hybrid)**

**Tuesday, April 9 | 11 a.m. - noon**

Join our registered dietitian in the demonstration kitchen for a program featuring delicious spring produce!

Attendance is free, registration required: <https://bit.ly/3YdjMJE>

### **Preparing for Breastfeeding (hybrid)**

**Tuesday, April 9 | 3 - 4:30 p.m.**

Join our Certified Lactation Consultant for a FREE 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.**

### **Navigating Dietary Supplements Lecture (hybrid)**

**Wednesday, April 10 | 11 a.m. - noon**

If you have heard headlines about the powers of supplements but don't know if they are worth the hype, this class is for you! Join us to explore the world of dietary supplements. Learn how to determine if supplements will benefit you and how to ensure that the supplements you are taking are safe and effective.

Attendance is free, registration required: <https://bit.ly/49OhiaP>

### **Community Garden Interest Meeting (in-person)**

**Thursday, April 11 | 10 - 10:45 a.m.**

Calling all those with a green thumb and those who want to grow theirs! Join the LiveWell Center staff to learn more about how you can join us as we grow vegetables and herbs in our plot at the Eatontown Community Garden this summer. Open to adults of all ages.

Attendance is free, registration required: <https://bit.ly/42T3d9u>



### **Monmouth ACTS in My Community (in-person)**

**Thursday, April 11 | 1:30 - 4:30 p.m.**

Drop in to the LiveWell Center to chat with a social worker from the Monmouth County Department of Human Services (DHS) to learn about resources that you may qualify for. Monmouth County residents can connect with a representative who can provide information and applications for programs like SNAP, cash assistance, and more. As part of the Monmouth Assisting Community Through Services (ACTS) in My Community program, a social worker will be on-site on the second Thursday of each month from 1:30-4:30 p.m. at the LiveWell Center to connect with residents!

For more information, call 732.683.2102.

### **Fun Friday: Homemade Hummus (hybrid)**

**Friday, April 12 | 10 a.m. - 11 a.m.**

Join our registered dietitian in the kitchen as she demonstrates a simple and delicious homemade hummus recipe. Learn how versatile hummus can be as a healthy dip or the base of a balanced meal!

Attendance is free, registration required: <https://bit.ly/3uN3PRF>

### **Let's Connect: Game Day (in-person)**

**Friday, April 12 | 11 a.m. - noon**

Join us for a morning of fun games, friendship, and support as we play bingo together.

Attendance is free, registration required: <https://bit.ly/3OYKwLZ>

### **Afternoon Tea with the LiveWell Center: The Importance of Interpersonal Relationships (in-person)**

**Monday, April 15 | 2 - 3 p.m.**

Throughout life, we may experience different interpersonal relationships, such as platonic, romantic, and familial relationships. Emotionally satisfying and positive interpersonal relationships can help keep us mentally and physically healthy as we age. Join us as we discuss the role of interpersonal relationships in keeping us healthy as we age.

Attendance is free, registration required: <https://bit.ly/3lmZcZy>

### **Shortcut Cooking (hybrid)**

**Tuesday, April 16 | 11 a.m. - noon**

Whip up a healthy meal in no time using short cut ingredients! Join our dietitian for a quick and healthy recipe and learn tips for utilizing short cuts in the kitchen!

Attendance is free, registration required: <https://bit.ly/3F4Bya9>

### **Weight Management: Mindful and Intuitive Eating (hybrid)**

**Thursday, April 18 | 11 a.m. - noon**

Join our registered dietitian for a conversation about a mindful and intuitive eating, a non-diet approach to eating well and managing your health.

Attendance is free, registration required: <https://bit.ly/3Yc2wVM>

### **Meal Prep Methods Lecture (hybrid)**

**Thursday, April 18 | 6 - 7 p.m.**

Join our dietitian for a discussion on methods for easy meal prep. Learn tips for building a balanced meal plan that will prepare you for a healthy week!

Attendance is free, registration required: <https://bit.ly/3y55YGh>

### **Lunch & Learn: Innovations in Oncology Treatment Modalities with Dr. Seth Cohen (hybrid)**

**Friday, April 19 | 11:30 a.m. - 1 p.m.**

Join Seth D. Cohen, MD, Regional Director of Oncology Services for the RWJBarnabas Health Southern Region and a board-certified internal medicine physician and medical oncologist, as he discusses advancements in care and the cutting-edge cancer treatment available right in your own backyard. Please note, in-person attendees will partake in lunch before the presentation begins; virtual participants please log on to Zoom at 12 p.m.

Attendance is free, registration required: <https://bit.ly/49MJ064>

### **Plant-Based Cooking (hybrid)**

**Tuesday, April 23 | 11 a.m. - noon**

Join our registered dietitian as she demonstrates how to create a simple and healthy plant-based meal. Learn simple ways to incorporate plant-based proteins to your meals and discuss the health benefits of a plant-forward lifestyle.

Attendance is free, registration required: <https://bit.ly/3nSs5dV>

### **Blue Zones: The Blueprint for Longevity (hybrid)**

**Wednesday, April 24 | 10 - 11 a.m.**

Blue Zones are areas around the world where people consistently live to over 100 years old. Join us as we discuss factors contributing to longevity in these areas and how we can incorporate some of these healthy habits into our own lives for healthy aging.

Attendance is free, registration required: <https://bit.ly/42Olxjc>

### Spring Clean your Pantry (hybrid)

**Wednesday, April 24 | 11 a.m. - noon**

Spring is in the air, which means it's time for Spring cleaning! Join our registered dietitian for tips on keeping a well-stocked and nutritious pantry. Learn about the most versatile and healthy pantry ingredients to keep on hand and tips on proper food storage!

Attendance is free, registration required: <https://bit.ly/3UPcwW4>

### Teen Takeover (in-person)

**Wednesday, April 24 | 6 - 7 p.m.**

Join Ms. Jenn in the kitchen for a hands-on cooking class where we'll have fun making healthy, trending recipes. Open to kids aged 11-17 years old.

Attendance is free, registration required: <https://bit.ly/40CRPNE>

### Toddler Snack Time (in-person)

**Thursday, April 25 | 10:30 - 11:00 a.m.**

Bring your little one's ages 18 months to 4 years old for a hands-on cooking class, featuring a fun and healthy snack!

Attendance is free, registration required: <https://bit.ly/3B3Ck5x>

### Kids Cooking Class (in-person)

**Saturday, April 27 | 10 - 10:45 a.m.**

**Saturday, April 27 | 11:15 a.m. - noon**

Join Ms. Jenn, in the kitchen for a hands-on cooking class where we'll have fun making healthy, seasonal recipes. Open to kids aged 4-10 years old.

Attendance is free, registration required: <https://bit.ly/3fM977W>

### Eatontown Bike Rodeo at Fort Monmouth (in-person)

**Sunday, April 28 | 1 - 3 p.m.**

Bring the kids and join Monmouth Medical Center, the Eatontown Complete Streets Advisory Committee, Eatontown Traffic Safety Bureau, Boy Scout Troop 49, and EZ Ride for a Bicycle Safety Rodeo at Fort Monmouth to learn safe cycling skills! Bring your bike and helmet and go through different stations to learn to ride safely. Enter at the Nicodemus Entrance off Broad Street in Eatontown.

Attendance is free, registration required: <http://bit.ly/3ZzSgqd>

### Bone Up on Your Health: Osteoporosis (in-person)

**Monday, April 29 | 2 - 3 p.m.**

Approximately 10 million Americans have osteoporosis and another 44 million have low bone density, placing them at increased risk of breaking a bone. Join our community health educators to discuss osteoporosis risk factors, tips for prevention, and more.

Attendance is free, registration required: <https://bit.ly/3IJ3faB>

### Spring Has Sprung: Let's Get Ready to Garden at the LiveWell Center (in-person)

**Tuesday, April 30 | 11 a.m. - noon**

Spring is here! So much to do, so little time! Start with taking care of your tools, supplies, and yourself. Join Kevin Akey, member of the Rutgers Master Gardeners of Monmouth County, to learn about soil health, lawn care, landscape care, spring blooming bulbs, early vegetable planting, and proper pruning techniques. Lots of helpful hints will get you through your spring chores and those busy garden centers.

Attendance is free, registration required: <https://bit.ly/48tglUd>



## Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

### Movement for Better Balance at the LiveWell Center (in-person)

**Tuesday, April 9 and 23 | 10 - 10:45 a.m.**

Regardless of body type or fitness level, this class is designed to improve balance and posture. This class is designed for adults 55+. *Physical movement waiver is required for all participants.*

Attendance is free, registration required: <http://bit.ly/3Yp4O4p>

### Shaping Up Sitting Down (in-person)

**Wednesday, April 3, 10, 17, and 24 | 2:30 - 3:15 p.m.**

A gentle, yet effective full body workout can be done sitting down! Join us for this class that includes movement to improve cardiovascular health, increase strength, and improve functional ability. Moves can be scaled up or down to accommodate all fitness levels. Please bring light weights to class (1-3 lbs recommended); weights are optional and not necessary to enjoy the full benefits of this workout. This class is designed for adults 55+. *Physical movement waiver is required for all participants.*

Attendance is free, registration required: <https://bit.ly/3w8yXrW>

# Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood

## Healthy Snacks Cooking Demo at MMCSC (in-person)

Thursday, April 4 | 1 – 2 p.m.

Join our dietitian for tips on how to incorporate snacks into your healthy eating plan. She will demonstrate both sweet and savory snacks that are delicious and nutritious.

Attendance is free, registration is required: <https://bit.ly/319ZfzT>

## Tai Chi (in-person)

Thursday, April 4, 11, and 25 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Geriatrics Institute Conference Room. Tai Chi is an ancient Chinese tradition that involves a series of postures performed in a slow, focused manner, accompanied by deep breathing. The practice of Tai Chi supports mental calmness and clarity and assists in providing positive feelings of control over one's life. Tai Chi is low impact and safe for all ages and fitness levels. Kit Lau, Tai Chi and Qigong instructor, will guide you through the steps of Tai Chi practice in a standing or seated position. Physical movement waiver required for all participants.

Attendance is free, registration is required: <https://bit.ly/3SWuN1p>

## Brain Bootcamp: Workout Your Mind at MMCSC (in-person)

Thursday, April 11 | 1 – 2 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, The Geriatrics Institute Conference Room. We all have heard the expression, "use it or lose it," and this applies to your brain as well! Join our community health educators as they give you a mental workout. It will be a fun and competitive afternoon of riddles and trivia bound to give your brain a boost. *Light refreshments will be served to in-person attendees.*

Attendance is free, registration is required: <https://bit.ly/42uTk1J>

## Feel Good, Live Well: Skincare and Confidence as We Age at MMCSC (in-person)

Tuesday, April 16 | 1 – 2 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, The Geriatrics Institute Conference Room. Join Gina Lloyd, Anna Busler, and Claire Verruni, RN, CHPN, of the Community Health Department for a discussion on confidence as we age. Learn about different skincare and makeup routines that will help you look and feel your best.

Attendance is free, registration is required: <https://bit.ly/3wtaCjT>

## Lunch & Learn: Spring Has Sprung - Let's Get Ready to Garden at MMCSC (in-person)

Thursday, April 18 | 11:30 a.m. – 1 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Conference Room A, B and C. Spring is here – there is so much to do, with so little time! Start with taking care of your tools, supplies, and yourself! Learn about soil health, lawn care, landscape care, spring blooming bulbs, early vegetable planting, and proper pruning techniques. Lots of helpful hints will get you through your spring chores and those busy garden centers. *Light lunch will be provided to in-person attendees.*

Attendance is free, registration is required: <https://bit.ly/3ulucZ0>

## Simple Secrets to Health at MMCSC (in-person)

Thursday, April 25 | 1 – 2 p.m.

This event takes place at Monmouth Medical Center Southern Campus, 600 River Avenue in Lakewood, The Geriatrics Institute Conference Room. Please join Chase Stopyra, DPT, Director of Rehabilitation Services and Board Certified Geriatric Physical Therapist, as he discusses how to keep our body at its peak performance. He will share tips on flexibility and balance as well as simple daily exercises you can do to improve your stamina.

Attendance is free, registration is required: <https://bit.ly/3wNLEvz>

## Health Screenings

### One-On-One Health Coaching

April | Appointments Available Upon Request

**Free.** Phone or web appointments available with a registered nurse to discuss your current risk for high blood pressure, stroke, diabetes, and address any health concerns you may have.

Registration required **862.781.3818**

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## Support Groups and Information Sessions

### All Recovery Meeting (virtual)

#### Daily

All Recovery Meetings are for everyone who supports recovery and honor all pathways to recovery. Join us virtually and connect with others who are initiating and maintaining a recovery lifestyle.

For more information and for Zoom codes, call 833.233.IFPR (4377).

### Bariatric Support Group Meetings (in-person)

Thursday, April 18 | 6 - 7 p.m.

Convenient in-person meetings are held at the Anne Vogel Family Care and Wellness Center, Suite 1200 at 200 Wyckoff Rd, Eatontown. Family, friends and support persons are also invited to attend. This is a great opportunity to meet others going through the same weight loss journey. Our meetings focus on achieving optimal wellness through weight loss surgery. Each month, we will discuss a different topic on nutrition, exercise and healthy living behaviors. For more information, call 732.923.6070.

### Bereavement Support Group (in-person)

Wednesday, April 17 | 4:30 - 5:30 p.m.

Open to individuals who have experienced a loss and seek to share with others who may have experienced a similar loss. This support group offers the community an opportunity to share experiences, practical information, and resources, while inspiring and supporting others in a group setting. Group meets on the third Wednesday of each month from 4:30 to 5:30 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown).

For more information, call group facilitator, Rebecca Colson, MA, NCC, LPAT, ATR-BC, LAC, at 732.923.6917.

### Breastfeeding Support Groups (in-person)

Monday, April 1, 8, 15, 22 and 29 | 1 - 3 p.m.

Thursday, April 4, 11, 18, and 25 | 1 - 3 p.m.

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.

### Cardiac Support Group (in-person)

Wednesday, April 3 | 3 - 4 p.m.

Open to individuals with heart disease and other cardiac diagnoses. This support group offers patients and their families an opportunity to share experiences, practical information, and resources while inspiring and supporting others. Group meets on the first Wednesday of each month from 3 to 4 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown.)

For more information, please contact Patricia Ostrander, BSN, RN, CCRN, at [Patricia.Ostrander-Coffey@rwjbh.org](mailto:Patricia.Ostrander-Coffey@rwjbh.org)

### Caregiver Support Group - Monmouth County (in-person)

Wednesday, April 24 | 5 - 6 p.m.

Meets the fourth Wednesday of the month and open to individuals who are providing care for a spouse, parent, or other loved one. This support group, held in conjunction with the Alzheimer's Association Greater New Jersey Chapter, offers individuals an opportunity to share experiences, practical information, and resources while inspiring and supporting others. For more information, call Claire Verruni, at 862.781.3817.

### Caregiver Support Group - Ocean County (in-person)

Offered on various dates/times throughout the month. Caregiver counseling is available to anyone struggling to care for a resident over the age of 60 living in Ocean County. For more information or to register, please call Kathleen Holahan, MSW, LCSW, at 732.778.0636

### Ovarian Cancer Support Group (in-person)

Thursday, April 11 | noon - 1 p.m.

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. Group meets on the second Thursday of each month from noon to 1 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown). For more information, call Leslie Shephard, MSN, RN, OCN, at 732.923.6709.



### **Pulmonary Support Group (in-person)**

**Thursday, April 25 | 3 - 4 p.m.**

Open to individuals diagnosed with a pulmonary disease. This support group offers patients and their families an opportunity to share experiences, practical information, and resources while inspiring and supporting others. Group meets on the last Thursday of each month from 3 to 4 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown).

For more information, please contact John Sayson at [John.Sayson@rwjbh.org](mailto:John.Sayson@rwjbh.org).

### **PROUDLY Me! Transgender Edu-port (Education and Support) Program (virtual)**

**Every second Thursday of the month | 6 - 8 p.m.**

PROUDLY Me! is a free education and support program to help the transgender and non-binary confirming community members by creating a safe space of learning through peer support and resources. PROUDLY Me! meets virtually every second Thursday of the month from 6 - 8 p.m. Please email [daniel.fernandez@rwjbh.org](mailto:daniel.fernandez@rwjbh.org) or [leigh.mann@rwjbh.org](mailto:leigh.mann@rwjbh.org) to register.

### **Stroke Support Group (in-person)**

**Wednesday, April 17 | 2 - 3 p.m.**

Open to those affected by stroke and their loved ones. This support group aims to offer a welcoming environment to share coping strategies and success stories, as well as provide ongoing education to individuals whose lives have been impacted by stroke.

For more information, call Alyson Bryson, BSN, RN, 732.923.6314 or email [Alyson.Bryson@rwjbh.org](mailto:Alyson.Bryson@rwjbh.org).

### **Tobacco and Nicotine Recovery Group (dual)**

**Thursday, April 4, 11, 18, and 25 | 10 - 11 a.m. (in-person)**

**Mondays, April | 7 - 8 p.m. (virtual)**

Open to anyone with a nicotine or tobacco addiction who is currently in recovery or working towards recovery. Led by Certified Tobacco Treatment Specialist, topics vary weekly and groups run virtually and in-person. To register, please contact the Quit Center at **833.795.QUIT (7848)** or email [quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org).

### **RWJBH Oncology Support Community (virtual)**

The RWJBH Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer through a variety of support groups, and educational, physical activity, and relaxation programs. For full calendar of events, visit: <https://bit.ly/3Na4nFB>

### **Weight-Loss Surgery New Patient Seminar (virtual)**

**Thursday, April 18 | 5 - 6 p.m.**

At Monmouth Medical Center, instead of emphasizing short-term goals like reducing the size of your waist, our Bariatric Surgery New Patient Lecture Series focuses on long-term benefits like reducing your risk of Type 2 diabetes, sleep apnea, and hypertension. Every aspect of the program, including bariatric surgery, will be clearly presented so you can make the right choice. Attend one of our life-changing seminars to learn more.

To register, visit <https://bit.ly/46ETOmU> or call **732.923.6070**.

Call us at **862.781.3597** or email [LiveWellCenter@rwjbh.org](mailto:LiveWellCenter@rwjbh.org) with any questions or to register

## **Monmouth Medical Center Southern Campus**

600 River Avenue  
Lakewood, NJ 08701

## **LiveWell Center**

Anne Vogel Family Care & Wellness Center  
200 Wyckoff Road, Suite 1200  
Eatontown, NJ 07724

As we hold in-person health education events, your health and safety are our top priority. As of this time, masks are strongly encouraged in the LiveWell Center. Additional COVID-19 safety protocols are also in place.