



Time for Tots: Gut Health & Poop with Dr. Teitelbaum (in-person)

Wednesday, March 5 • 1 – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Play it Safe! Cardiac and Concussion Screenings for Young Athletes

Saturday, March 8 • 9 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Cooking with the Clinicians: Laura Taddeo, RD

Wednesday, March 12 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



The Clear and Cloudy of Cataracts: Signs, Symptoms, and Treatment at MMCS

Thursday, March 13 • 11 a.m. – noon

Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood



Saint Patrick's Day Cooking Demo

Thursday, March 13 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Blood Pressure Machines: Accuracy Validation

Wednesday, March 19 • 10 – 11 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Colorectal Health with Dr. Victor Gall

Wednesday, March 19 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Exploring Ancient Herbal Remedies with Dr. Yosef Glassman at MMCS

Thursday, March 20 • 11:30 a.m. – 1 p.m.

Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood



Lunch & Learn: Exploring Sleep Disorders with Dr. Douglas Livornese

Tuesday, March 25 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Cooking with the Clinicians: Dr. Melissa Gonzalez

Wednesday, March 26 • 2 – 3 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

MARCH 2025

COMMUNITY HEALTH

Calendar

Programs are

FREE and **OPEN TO ALL**

Registration is required for programs. Call 862.781.3597 or visit rwjbh.org/events to sign-up.



RWJBarnabas HEALTH

**Monmouth Medical Center
Monmouth Medical Center
Southern Campus**



Health Education and Nutrition Programs at the LiveWell Center

Kids Cooking Class (in-person)

Saturday, March 1 | 10:30 – 11:30 a.m.

Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult!

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

National Nutrition Month:

Food Connects us Cooking Demo (hybrid)

Tuesday, March 4 | 11 a.m. – noon

Join LiveWell Center dietitian Jennifer Klein and dietitians from Outpatient Nutrition Services, RWJBarnabas Health Ambulatory Care Center, for a cooking demonstration to kick-off National Nutrition Month! Enjoy a special meal-prep cooking demonstration, where you'll learn to cook once, and eat three times by transforming leftovers into new healthy meals. Join us virtually or in-person in the demonstration kitchen.

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

Sleep Audit: Healthy Sleep Hygiene (hybrid)

Wednesday, March 5 | 11 a.m. – noon

Sleep has many benefits including strong physical health and emotional well-being. Because of the many benefits of sleep, it's just as important to take the time to focus on our sleep quality and habits as any other health topic. Join our health educators to reflect on our sleep habits, take a sleep audit, discuss some sleep hygiene tips.

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

Time for Tots: Gut Health & Poop with Dr. Teitelbaum (in-person)

Wednesday, March 5 | 1 – 2 p.m.

It's time for tots! This monthly series occurs twice a month, on the first and third Wednesday from 1 to 2 p.m. This program is open to caretakers of little ones aged 1 to 3 and aims to address the various topics related to developmental milestones, nutrition and allergies, behavior management, and more to help answer any burning questions new parents may have. Caretakers are encouraged to bring along their toddler to each session. This session, join Jonathan Teitelbaum, MD, FAAP, Pediatric Gastroenterologist and Chair of Pediatrics at Monmouth Medical Center, as he explores what you need to know about your little one's gut health! We will discuss what your toddler's poop says about their well-being and how their gut informs their digestive health, body weight, and risk for certain diseases.

Attendance is free, registration required: <https://bit.ly/401Vjel>

Wheel of Fortune: Health Edition (in-person)

Thursday, March 6 | 11 a.m. – noon

Who doesn't love a game show? Join the LiveWell Center as we play a "Wheel-of-Fortune" style game to test how much general health knowledge you know.

Attendance is free, registration required: <https://bit.ly/42r2Zqe>

Play it Safe! Cardiac and Concussion Screenings for Young Athletes (in-person)

Saturday, March 8 | 9 a.m. – noon

Join the Matthew J. Morahan III Health Assessment Center for Athletes and Monmouth Medical Center at the LiveWell Center in Eatontown as your child gears up for sport season. Schedule an appointment for free cardiac screening for those 6 to 18 and concussion baseline screenings for those 5 to 18.

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

2025 Wellness Journey Series: Session 3 – Self-efficacy (in-person)

Tuesday, March 11 | 11 a.m. – noon

When it comes to making changes to our health, some people feel more encouraged when surrounded by community, helping to hold them accountable. If the idea of communal support sounds intriguing to you, consider joining the LiveWell Center's newest continuing program series where we discuss monthly health goals! Our third meeting will be dedicated to self-efficacy, also known as the belief in one's ability to change. We will discuss our current habit patterns, behavior change successes so far, and how to increase our personal self-efficacy. Over the next 9 months of 2025, we will have monthly check-ins to discuss challenges and successes as we try to reach our goals. Our final meeting will be at the end of 2025 where we reflect on the year.

Attendance is free, registration required: <https://bit.ly/4ggbx1nk>



Preparing for Breastfeeding (hybrid)

Tuesday, March 11 | 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**

Keeping Your Colon Healthy (in-person)

Wednesday, March 12 | 10 – 11 a.m.

March is National Colorectal Cancer Awareness Month! Our gastrointestinal system plays an important role in our body, helping to absorb nutrients from our food and remove the waste. Let's talk about ways to improve and protect your gut health.

Attendance is free, registration required: <https://bit.ly/4arOvu0>

Cooking with the Clinicians: Laura Taddeo, RD (hybrid)

Wednesday, March 12 | 11 a.m. – noon

Celebrate National Registered Dietitian Day with a special Cooking with the Clinicians program! Join Laura Taddeo, RD, Regional Director of Food & Nutrition Services for Monmouth Medical Center and Monmouth Medical Center Southern Campus, in the WEFORUM Demonstration kitchen to prepare a healthy recipe and dish about her role with the hospital system.

Attendance is free, registration required: <https://bit.ly/469aXpK>

Teen Takeover (in-person)

Wednesday, March 12 | 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>

Clases de Lactancia en Espanol (virtual)

Jueves, Marzo 13 | 10 – 11 a.m.

Este programa está diseñado para ofrecer a las mujeres información sobre los beneficios de la lactancia materna, así como las habilidades para amamantar con éxito a sus bebés y alcanzar sus objetivos de alimentación con leche materna. El programa ofrece apoyo prenatal para la lactancia con educación antes del parto sobre la lactancia. Las familias pueden acceder a sesiones gratuitas de información prenatal sobre la lactancia en español, mientras se preparan para la llegada de su bebé. Las clases se ofrecen el segundo jueves de cada mes de 10 a.m. a 11 a.m. en el Anne Vogel Family Care & Wellness Center ubicado en 200 Wyckoff Road en Eatontown. También se ofrece asistencia virtual.

Las sesiones son gratis, pero se requiere registración llamando al **862.781.3873** o enviando un correo electrónico a TaraAnn.Murphy@rwjbh.org.

Saint Patrick's Day Cooking Demo (hybrid)

Thursday, March 13 | 11 a.m. – noon

Celebrate Saint Paddy's Day in a healthier way! Join our dietitian in the kitchen for a demonstration of a recipe inspired by the culinary traditions of the day.

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

Let's Learn Together: The LiveWell Center's New Member Rewards Program (in-person)

Friday, March 14 | 11 a.m. – noon

It's time to celebrate...You! Join us to learn about the LiveWell Center's new free member rewards program and the fun perks associated.

Attendance is free, registration required: <https://bit.ly/4gih98>

Toddler Snack Time (in-person)

Monday, March 17 | 10:30 – 11 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>



Toddler Safety Storytime (in-person)

Monday, March 17 | 11 - 11:30 a.m.

Story time shouldn't be left for just bedtime! Join us at the LiveWell Center for a kid's story time where we read safety books and discuss kitchen safety & burns/scalds prevention.

Attendance is free, registration required: <https://bit.ly/3WRn8Vs>

Afternoon Tea with the LiveWell Center:

Spring Into Health (in-person)

Monday, March 17 | 2 - 3 p.m.

Warmer weather, blooming flowers, chirping birds, and walks outside - Spring is finally here! Join us for this month's Afternoon Tea program for a discussion on simple steps you can take to optimize your health this spring.

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

Blood Pressure Machines: Accuracy Validation

(in-person)

Tuesday, March 18 | 10 - 11 a.m.

Many individuals have home blood pressure machines but are unsure if they are accurate or if they are using them correctly. Let's take the time to make sure we are getting our numbers correct! To find out, bring your monitor to the LiveWell Center, where a nurse will take one measurement with your monitor and another with the properly calibrated monitor here. If your monitor isn't accurate, it may be time to invest in a new one.

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

Money Saving Meals (hybrid)

Tuesday, March 18 | 11 a.m. - noon

Eating healthy doesn't have to break the bank. Join our dietitian to learn about some of the healthiest budget-friendly ingredients while we enjoy a cooking demo featuring a money saving meal!

Attendance is free, registration required: <https://bit.ly/4avi2D1>

Lunch & Learn: Colorectal Health with Dr. Victor Gall (hybrid)

Wednesday, March 19 | 11:30 a.m. - 1 p.m.

March is Colorectal Cancer Awareness Month. Join Dr. Victor Gall, Surgical Oncologist from Ocean Colon & Rectal Surgery, associated with Monmouth Medical Center, Monmouth Medical Center Southern Campus, and Community Medical Center for a discussion on the importance of colon cancer screening, risk factors, and prevention. Lunch will be served to in-person attendees.

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

Time for Tots: Nutrition Milestones (in-person)

Wednesday, March 19 | 1 - 2 p.m.

It's time for tots! This monthly series occurs twice a month, on the first and third Wednesday from 1 to 2 p.m. This program is open to caretakers of little ones aged 1 to 3 and aims to address the various topics related to developmental milestones, nutrition and allergies, behavior manage, and more to help answer any burning questions new parents may have. Caretakers are encouraged to bring along their toddler to each session. This session, we are discussing nutrition for littles ones and weight gain expectations. Jennifer Klein, MS, RDN, will explore the transition to solids, tips for making food at home for toddlers, and weight gain expectations as kids grow!

Attendance is free, registration required: <https://bit.ly/401Vjel>

Weight Management: Food Connects Us (hybrid)

Thursday, March 20 | 11 a.m. - noon

Food connects us to our cultures, our families, and our friends. Join our registered dietitian for a discussion on how our connection with food influences our health and wellness!

Attendance is free, registration required: <https://bit.ly/3Rq1baY>



Kids Snack Time (in-person)

Thursday, March 20 | 4:30 - 5:15 p.m.

Time for a snack! Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult!

Attendance is free, registration required: <https://bit.ly/39pxV2O>

Fun Friday: Mid-Season Salads (hybrid)

Friday, March 21 | 11 a.m. - noon

When it's almost Spring but still feels like winter, a mid-season salad can hit the spot. Join our dietitian for a cooking demonstration that combines some winter flavors with a hint of spring in a delicious salad!

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

Lunch & Learn: Exploring Sleep Disorders with Dr. Douglas Livornese (hybrid)

Tuesday, March 25 | 11:30 a.m. - 1 p.m.

Did you know that one in three Americans report experiencing poor or fair sleep on a regular basis? Getting a good night's rest is vital to our health. Thankfully, there are many different things we can do to improve how we rest at night besides counting sheep! Join Douglas Livornese, MD, Pulmonologist and Sleep Medicine Physician of RWJBarnabas Health Medical Group and Monmouth Medical Center, as he explores sleep disorders and their common signs and symptoms, interventions you can take with your healthcare team to assess for a sleep disorder, and treatments available. Lunch will be provided to in-person attendees.

Attendance is free, registration required: <https://bit.ly/4hcG34I>

Trivia for TBI - Traumatic Brain Injury (in-person)

Wednesday, March 26 | 1 - 2 p.m.

Did you know that March is Brain Injury Awareness Month? Traumatic brain injuries are especially dangerous given there are no cure, there is only prevention. Join our health educators and special guest speakers Kim Myers, Community Outreach Specialist, and Noelle Santos, Public Education Coordinator, from the Brain Injury Alliance of New Jersey to discuss the two major causes of traumatic brain injuries and how to prevent them from happening.

Attendance is free, registration required: <https://bit.ly/4gbzmy6>

Cooking with the Clinicians: Dr. Melissa Gonzalez (hybrid)

Wednesday, March 26 | 2 - 3 p.m.

Join us for Cooking with the Clinicians, featuring Melissa Gonzalez, MD, Primary Care Physician with RWJBarnabas Health-Rutgers Medical Group, Neptune Primary Care. Dr. Gonzalez will prepare a healthy dish with our registered dietitian as she discusses her role as a Primary Care Physician and in our community.

Attendance is free, registration required: <https://bit.ly/469aXpK>

Healthy "Dump and Bake" Dinners (hybrid)

Thursday, March 27 | 6 - 7 p.m.

Make weeknight cooking a breeze with a "dump and bake dinner!" Learn a simple balanced recipe where you add all ingredients to the same baking dish, set the timer, and relax.

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

Better Health Member Exclusive: Spring Floral Arrangements (in-person)

Friday, March 28 | 11 a.m. - noon

Spring is finally here, which means beautiful blooms are as well! Join Lori DelValle, fashion industry professional, as she teaches you the skills needed to make a seasonal, floral wreath perfect to brighten any home!

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



Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Shaping Up Sitting Down (in-person)

Wednesday, March 5, 12, 19 and 26 | 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>

Wheee Get Fit & Play (in-person)

Thursday, March 6 and 27 | 9:30 – 10:30 a.m.

Wheee Get Fit and Play is a boot camp style group fitness class for moms and their little ones! Class includes a 30-40 minutes workout followed by 15-20 minutes of kid time activities during which we play songs, dance, and crawl! We welcome ALL fitness levels, ages, sizes and backgrounds. Certified Pregnancy and Postpartum fitness instructors help make modifications to meet you where you're at. Being in a class full of moms creates a great community of new friendships to bloom. Ask your doctor if you are cleared to exercise before taking the class. Please bring your own towel or mat for the program. *In-person program only and physical movement waiver required.*

Attendance is free, registration required: <https://bit.ly/3KZgl4e>

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

Tuesday, March 11 | 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>

Baby and Me Yoga Flow (in-person)

Thursday, March 20 | 9:30 – 10:30 a.m.

Join Wheee Get Fit and Play for Baby and Me Yoga Flow! This gentle practice will have you and baby moving through gentle poses and movements to build core strength, stability, and flexibility. Class includes a 30-40 minutes of yoga followed by 15-20 minutes of kid time activities during which we play songs, dance, and crawl! We welcome ALL fitness levels, ages, sizes and backgrounds. Please bring your own towel or mat for the program. *In-person program only and physical movement waiver required.*

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



Health Screenings

One-On-One Health Coaching

March | 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**

Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood | Call 862.781.3597 to register!



Zumba Gold - Seated at MMCSC (in-person)

Thursday, March 6, 13, 20 and 27 | 1 - 1:45 p.m.

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. Zumba Gold® is perfect for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. There is an option to do this class seated or standing. *Physical movement waiver is required for all participants.**

Attendance is free, registration is required: <https://bit.ly/3OH7ZR6>

The Clear and Cloudy of Cataracts: Signs, Symptoms, and Treatment at MMCSC (in-person)

Thursday, March 13 | 11 a.m. - noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. Do you feel as though you're looking at the world through a dirty window? Let's explore the causes of cataracts, signs and symptoms, and how and when they should be treated.

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

Lunch & Learn: Exploring Ancient Herbal Remedies with Dr. Yosef Glassman at MMCSC (in-person)

Thursday, March 20 | 11:30 a.m. - 1 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. Ancient scripture contains not only dictates of civil law, sage advice, and timeless stories, but also a pharmacopeia of herbal remedies, many of which hold up to modern scientific scrutiny. Join Rabbi Dr. Yosef P. Glassman, MD, Director of Hospitalist Medicine at Monmouth Medical Center Southern Campus, for a deep dive into the spices, resins, and flowers that connected ancient Egypt, India, and Israel and spread to the entire world. Understanding these medicinal herbs can show us a lost secret prescription for healing!

Attendance is free, registration is required: <https://bit.ly/3PJ7zdV>

Blue Zones: The Blueprint for Longevity at MMCSC (in-person)

Tuesday, March 25 | 2 - 3 p.m.

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. 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 is required: <https://bit.ly/42Olxjc>

The "Ins and Outs" of Colon Health at MMCSC (in-person)

Thursday, March 27 | 11 a.m. - noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. Our gastrointestinal system plays an important role in our body, helping to absorb nutrients from our food and remove the waste. Let's talk about ways to improve and protect your gut health.

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



Support Groups and Information Sessions

All Cancers Support Group (in-person)

Monday, March 10 | 2 - 3 p.m.

The RWJBH Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer. From diagnosis through treatment, recovery and survivorship, we provide members with support, education, hope and encouragement as a part of a community of others who are facing treatment and survivorship together. All programs are free and open to all RWJBarnabas Health and Rutgers Cancer Institute patients. Join us for an in-person All Cancers Support Group at the LiveWell Center, meeting the second Monday of each month from 2 - 3 p.m.

Registration is required. Please call Debra McGivney at 732-272-6938 for additional information or to register for this program.

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).

Bereavement Support Group - Monmouth County (in-person)

Wednesday, March 19 | 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.

Bereavement Support Group - Ocean County (in-person)

Tuesdays | 2:30 - 4 p.m.

The Ocean County Bereavement Support Group occurs on Tuesdays from 2:30 to 4 p.m., with the option to attend in-person only. The group is open to Ocean County residents.

For more information or to register, please call Kathleen Holahan, MSW, LCSW, at 732.778.0636

Bariatric Support Group Meetings (in-person)

Thursday, March 20 | 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.

Breastfeeding Support Groups (in-person)

Monday, March 3, 10, 17 and 24 | 1 - 3 p.m.

Thursday, March 6, 13, 20 and 27 | 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, March 5 | 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.

Caregiver Support Group - Ocean County (in-person)

The Ocean County Caregiver Support Group occurs on Tuesdays from 12 to 2 p.m., with the option to attend in-person or virtually. Caregivers can schedule individual appointments on Wednesdays and Thursdays. The Caregiver Support Group is only open to Ocean County residents or persons caring for Ocean County residents 60 and over.

For more information or to register, please call Kathleen Holahan, MSW, LCSW, at 732.778.0636.



Ovarian Cancer Support Group (in-person)

Thursday, March 13 | 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.**

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 or leigh.mann@rwjbh.org to register.

Pulmonary Support Group (in-person)

Thursday, March 27 | 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

Tobacco and Nicotine Recovery Group (dual)

Thursday, March 6, 13, 20 and 27 | 10 - 11 a.m. (in-person)

Mondays, March | 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 a 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.

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>

Call us at 862.781.3597 or email 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