



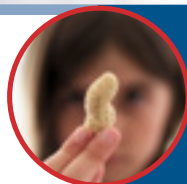
### Summer Safety for Seniors at MMCS

Thursday, August 1 • 11 a.m. - noon  
Monmouth Medical Center Southern Campus -  
600 River Avenue, Lakewood



### Our Community Celebrates World Breastfeeding Week

Thursday, August 1 • 1 - 3:30 p.m.  
LiveWell Center - 200 Wyckoff Rd, Suite 1200, Eatontown



### Understanding Food Allergies in Infants and Kids with Dr. Szema

Friday, August 2 • 10 - 11 a.m.  
LiveWell Center - 200 Wyckoff Rd, Suite 1200, Eatontown



### Play it Safe! Cardiac and Concussion Screenings for Young Athletes

Saturday, August 3 • 9 a.m. - noon  
LiveWell Center - 200 Wyckoff Rd, Suite 1200, Eatontown



### The LiveWell Center's Green Market

Tuesday, August 13 and 27 • 11:30 a.m. - 2 p.m.  
LiveWell Center - 200 Wyckoff Rd, Suite 1200, Eatontown



### Lunch & Learn: Spotting Sepsis

Thursday, August 15 • 11:30 a.m. - 1 p.m.  
LiveWell Center - 200 Wyckoff Rd, Suite 1200, Eatontown



### Nutrition Lecture: Prediabetes and Nutrition

Wednesday, August 21 • 11 a.m. - noon  
LiveWell Center - 200 Wyckoff Rd, Suite 1200, Eatontown



### Light Bites Cooking Demonstration

Wednesday, August 28 • 11 a.m. - noon  
LiveWell Center - 200 Wyckoff Rd, Suite 1200, Eatontown



### Talking to Your Doctor at MMCS

Thursday, August 29 • 10 - 11 a.m.  
Monmouth Medical Center Southern Campus -  
600 River Avenue, Lakewood

AUGUST 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.



**RWJBarnabas**  
HEALTH

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



## Health Education and Nutrition Programs at the LiveWell Center

### Cooking with Herbs (hybrid)

**Thursday, August 1 | 11 a.m. - noon**

Cooking with fresh or dried herbs can be a delicious way to improve your health and add more flavor to your meals! Join our dietitian in the kitchen to learn some delicious herb pairings to add to your recipe collection.

Attendance is free, registration required: <https://bit.ly/3XvAZ44>

### Our Community Celebrates World Breastfeeding Week (in-person)

**Thursday, August 1 | 1 - 3:30 p.m.**

We have something we are excited to celebrate! Come join Monmouth Medical Center's Breastfeeding Wellness Center for our third annual celebration and honoring of mothers and babies on their breastfeeding journey. Activities are free and will include hospital and local resources for growing families, physician support, giveaways, a photo booth, and light refreshments. Parents, babies, families, and support persons are all welcome to drop-in to the LiveWell Center in Eatontown for this event.

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

### Understanding Food Allergies in Infants and Kids (hybrid)

**Friday, August 2 | 10 - 11 a.m.**

Food allergies can be stressful, especially when introducing top allergens to infants for the first time. Join the LiveWell Center in collaboration with PMAD as we welcome Katherine Szema, MD, AE-C, Pediatric Allergist and Immunologist with ENT and Allergy Associates, for a discussion about food allergies. Learn tips for introducing allergens to your little ones as well as the signs, symptoms, and what to do in case of an allergic reaction.

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

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

**Saturday, August 3 | 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/3LAzh1O>

### Meditative Mondays: Guided Meditation (in-person)

**Monday, August 5 | 2 - 3 p.m.**

Life is stressful but we have the power to do something about it! Join our health educator for a guided meditation that will help you relax and de-stress.

Attendance is free, registration required: <https://bit.ly/3K8M4ji>

### Preparing for Breastfeeding (hybrid)

**Tuesday, August 6 | 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

### Being a Grandparent in 2024 (hybrid)

**Wednesday, August 7 | 11 a.m. - noon**

Technology, social media, new recommendations for safety and more, it can be overwhelming to be a grandparent in 2024. Join our health educator as we discuss how we can stay up-to-date and connected with our grandkids.

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

### Clases de Lactancia en Español

**Jueves, Agosto 8 | 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](mailto:TaraAnn.Murphy@rwjbh.org).



### **Ask an Expert: Car Seats (hybrid)**

**Monday, August 12 | 3 - 4 p.m.**

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: <https://bit.ly/3ZHeZAA>

### **The LiveWell Center's Green Market (in-person)**

**Tuesday, August 13 and 27 | 11:30 a.m. - 2 p.m.**

It's the season to buy local fresh fruits and vegetables! Stop by the Anne Vogel Family Care and Wellness Center at 200 Wyckoff Rd, Suite 1200, Eatontown, 07724 for our Green Market. Located inside the building, you can purchase local, fresh, and affordable fruits and veggies. Our registered dietitian will provide meal ideas using this week's produce. Market is credit card only and a free reusable grocery bag is given at purchase. *Market will operate bi-weekly June 18th - October 22nd.*

### **Getting an "A" for Memory (in-person)**

**Wednesday, August 14 | 10 - 11 a.m.**

Memory changes as we age, but it can be nerve-racking when it feels like your memory is going downhill. Join us for a discussion on how to sharpen our memory and discuss memory changes that are normal, and ones that may cause you concern.

Attendance is free, registration required: <https://bit.ly/4becE6j>

### **Wraps and Roll-ups (hybrid)**

**Wednesday, August 14 | 11 a.m. - noon**

Roll up a balanced, healthy meal with our wraps and roll-ups class! Our dietitian will demonstrate how to prepare healthy wraps and roll-ups perfect for a balanced meal or snack!

Attendance is free, registration required: <https://bit.ly/3x8aW8b>

### **Safe Sitter® (in-person)**

**Wednesday, August 14 | 2 - 6 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. Pizza will be provided to attendees.

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

### **Lunch & Learn: Spotting Sepsis (in-person)**

**Thursday, August 15 | 11:30 a.m. - 1 p.m.**

Sepsis is a life-threatening complication of an infection that is treatable if it's identified and treated quickly. Join Rosemary O'Gara, RN, CPHQ, CPHRM, CPPS, as we discuss the critical role you can play in spotting sepsis and keeping yourself and loved ones healthy! Lunch will be served to attendees.

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

### **Toddler Snack Time (in-person)**

**Monday, August 19 | 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>

### **Kids Story Time: Pool Safety (in-person)**

**Monday, August 19 | 11:15 - 11:45 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 swimming pool safety & drowning prevention.

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

### **Afternoon Tea with the LiveWell Center (in-person)**

**Monday, August 19 | 2 - 3 p.m.**

Arts and crafts are a great way to destress - and what better way to relax than making some beautiful home decor? Join us at the LiveWell Center to make our own coasters for this month's afternoon tea activity.

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

### **Summer Slaws (hybrid)**

**Tuesday, August 20 | 11 a.m. - noon**

Looking for a different spin on salad? Consider a slaw! Join our registered dietitian in the demonstration kitchen and learn how to create a crisp and refreshing slaw, full of healthy ingredients!

Attendance is free, registration required: <https://bit.ly/4cxZ0fi>

### **Nutrition Lecture: Prediabetes and Nutrition (hybrid)**

**Wednesday, August 21 | 11 a.m. - noon**

Join our registered dietitian for a discussion about prediabetes management. Learn how simple changes to your diet and lifestyle can help balance your blood sugars and reduce your risk of developing Type 2 Diabetes.

Attendance is free, registration required: <https://bit.ly/3Vy6A2v>

## Health Education and Nutrition Programs at the LiveWell Center

### Kids Cooking Class (in-person)

**Thursday, August 22 | 4 - 5 p.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>

### Making the Most of Your Annual PCP Appointment (in-person)

**Friday, August 23 | 10 - 11 a.m.**

Being able to communicate with your doctor is key to receiving the healthcare you need. Join our community health educators to discuss how to have effective conversations with your primary care physician.

Attendance is free, registration required: <https://bit.ly/3xBxC11>

### Light Bites Cooking Demonstration (hybrid)

**Wednesday, August 28 | 11 a.m. - noon**

Join our dietitian in the kitchen as she demonstrates how to prepare some balanced "light bites," perfect for a mid-day pick me up or mini-meal.

Attendance is free, registration required: <https://bit.ly/4eA7YKT>

### Teen Takeover (in-person)

**Wednesday, August 28 | 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>

## 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, August 6, 13 and 27 | 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, August 7, 14, 21 and 28 | 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>



## Health Screenings

### One-On-One Health Coaching

**August | 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

### Summer Safety for Seniors at MMCSC (in-person)

**Thursday, August 1 | 11 a.m. - noon**

*This event takes place in The James and Sharon Maida Geriatric Conference Room. Are you ready for the unexpected mishap? Join us as we discuss what you need in your first aid box to be prepared for any accident that may arise. Light refreshments will be served.*

Attendance is free, registration is required: <https://bit.ly/4c70mxz>

### Theraband Resistance Exercises at MMCSC (in-person)

**Friday, August 2 | 10:30 - 11:15 a.m.**

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Conference Rooms A/B/C. Join us as we focus on increasing our flexibility and range of motion at this movement class. Led by the Monmouth University Graduate Occupational Therapy Doctoral Students, you're bound to have a blast! Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. All equipment provided. Physical movement waiver is required for all participants.*

Attendance is free, registration is required: <https://bit.ly/42oU6w0>

### Diabetes: Are You At Risk? at MMCSC (in-person)

**Thursday August 8 | 10 - 11 a.m.**

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. Did you know that 29.1 million people, or, 9.3% of the U.S. population have diabetes? Do you know if you have it? Join our health educators for a discussion on diabetes awareness and prevention which can be helpful in avoiding or delaying this controllable disease. The conversation will include the signs and symptoms of diabetes, as well as successful diabetes prevention strategies.*

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

### Tai Chi (in-person)

**Thursday, August 8, 15, 22 and 29 | 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. 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>

### Talking to Your Doctor at MMCSC (in-person)

**Thursday, August 29 | 10 - 11 a.m.**

*This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, James and Sharon Maida Geriatrics Institute Conference Room. It is important to talk often and comfortably with your physician. As the patient, **you** are at the center of your healthcare team. Let's discuss some practical strategies for selecting a physician to partner with on your journey to health. We will explore what factors should go into the decision-making process when choosing general practitioners and specialists, how to prepare for an appointment, breaking down any information you receive at an appointment, discussing sensitive subjects, and remaining at the center of your healthcare team.*

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



## 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).

### Bereavement Support Group (in-person)

Wednesday, August 21 | 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, August 15 | 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, August 5, 12, 19 and 26 | 10 a.m. - noon

Thursday, August 1, 8, 15, 22 and 29 | 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, August 7 | 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, August 28 | 5:30 - 6:30 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)

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, August 8 | 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, August 29 | 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.

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

**Thursday, August 1, 8, 15, 22 and 29 | 10 - 11 a.m. (in-person)**

**Mondays, August | 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](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, August 15 | 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