



Mediterranean Cooking, Made Easy

Tuesday, February 4 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Cooking with the Clinicians:

Maureen Bowe, MSN, RN

Wednesday, February 5 • 2 – 3 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Weight Management:

Heart Health & Nutrition at MMCSC

Thursday, February 6 • 11 a.m. – noon

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Heart Disease: The Gender Gap

Tuesday, February 11 • 10 – 11 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Perfect Match Food Pairings

Wednesday, February 12 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & Learn: Exploring Heart Health

Facts & Myths with Dr. Scott Eisenberg

Friday, February 14 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Comfort Food Fix

Wednesday, February 19 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Heart Healthy Gluten Free Meals

Thursday, February 27 • 5:30 – 6:30 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Stroke Awareness at MMCSC

Thursday, February 27 • 11 a.m. – noon

Monmouth Medical Center Southern Campus –
600 River Ave, Lakewood



Dine with the Doctor: Understanding Heart

Failure with Susanna Philips DNP, APRN, FNP-C

Friday, February 28 • 11:30 a.m. – 1 p.m.

JB Soul Kitchen – 1769 Hooper Ave, Toms River, NJ 08753

FEBRUARY 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

Seva Acupressure for Stress Release (in-person)

Monday, February 3 | 2 - 3:30p.m.

Learn a simple acupressure for self-care practice that will reduce stress and anxiety, promote relaxation, and enhance your sense of well-being. Based on ancient practices, acupressure helps promote whole being balance in your body, mind, emotions, and life force.

Attendance is free, registration required: <https://bit.ly/3Yi5Lwj>

Mediterranean Cooking, Made Easy (hybrid)

Tuesday, February 4 | 11 a.m. - noon

The Mediterranean Diet is well known for its heart-health benefits. Join our dietitian in the kitchen to learn how to incorporate Mediterranean Diet ingredients into your cooking and meal preparation!

Attendance is free, registration required: <https://bit.ly/4aMSYY5>

Better Health Member Exclusive: Valentines' Craft with Friends (in-person)

Wednesday, February 5 | 11 a.m. - noon

Even though we cherish the love we have for each other throughout the year, Valentine's Day has become a significant day where we mark our appreciation for the special people in our lives. Join us in making a heartfelt gift for someone special and a discussion on friendship.

Attendance is free, registration required: <https://bit.ly/3BN2C00>

Time for Tots: Car Seats (in-person)

Wednesday, February 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, we are discussing car seats. 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/401Vjel>

Cooking with the Clinicians: Maureen Bowe, MSN, RN (hybrid)

Wednesday, February 5 | 2 - 3 p.m.

Join us as we welcome Maureen Bowe, MSN, RN, Administrative Director of Cardiology Services, Renal & Nursing Resources at Monmouth Medical Center, to the WEforum Demonstration Kitchen for this month's Cooking with the Clinicians program. Follow along as Maureen prepares a heart-healthy recipe in recognition of American Heart Month and discusses tips for improving your cardiac health. Don't forget to wear your red attire - we will take a photo all together!

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

Teen Takeover (in-person)

Wednesday, February 5 | 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>



Fun Friday: Meet Our New LiveWell Center Coordinator Gina Lee (in-person)

Friday, February 7 | 11 a.m. - noon

Good news: our team is growing! Join the LiveWell Center as we introduce the newest member of our team, Gina Lee. Chat with Gina L. to learn more about her professional background and current role with a fun activity.

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

Toddler Snack Time (in-person)

Monday, February 10 | 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>

Heart Disease: The Gender Gap (in-person)

Tuesday, February 11 | 10 - 11 a.m.

Did you know that there are several anatomical differences between the hearts of men and women? While they may seem subtle, these differences can have important effects on our health and become evident with heart disease. Let's discuss the differences in risk factors, heart attack experiences, and heart disease progression for men and women.

Attendance is free, registration required: <https://bit.ly/3VOgQ7M>

Short Cut Cooking (hybrid)

Tuesday, February 11 | 11 a.m. - noon

Whip up a heart-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>

Preparing for Breastfeeding (hybrid)

Tuesday, February 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

2025 Wellness Journey Series: Session 2 - All About Social Wellness (in-person)

Wednesday, February 12 | 10 - 11 a.m.

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, join our continuing program series where we discuss our monthly health goals and our progress! Our second meeting will be dedicated to social wellness. Over the next 10 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/4gbx1nk>

Perfect Match Food Pairings (hybrid)

Wednesday, February 12 | 11 a.m. - noon

Peanut butter and jelly, tomato soup with grilled cheese - some foods are just better together! Join our dietitian in the kitchen to try some unusual food pairings that are a match made in heaven!

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

MEDICAL MYTH

Trivia

Wed. Feb 18 | 11am



Coffee with the Clinicians: Hypertension, BP Screenings, and Heart Health (in-person)

Thursday, February 13 | 10 - 11 a.m.

February is Heart Health Month! Join a team of registered nurses from Monmouth Medical Center at the LiveWell Center to learn about blood pressure and what you can do to manage your numbers to stay well. Blood pressures will also be taken for those interested. *Coffee (decaf or regular), tea, and light refreshments will be provided to those in-person attendees.*

Attendance is free, registration required: <https://bit.ly/40W26V7>

Clases de Lactancia en Espanol (virtual)

Jueves, Febrero 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.

Lunch & Learn: Exploring Heart Health Facts & Myths with Dr. Scott Eisenberg (hybrid)

Friday, February 14 | 11:30 a.m. - 1 p.m.

What better way to celebrate Valentine's Day than by taking care of your heart! Join Scott Eisenberg, DO, FACC, Board-Certified Interventional Cardiologist and Lipid Specialist, RWJBarnabas Health Medical Group, of Monmouth Heart and Vascular Specialists, and Philippa Bebbington, MS, RD, as we explore the facts and myths around common recommendations to keep your heart healthy. Lunch will be served to in-person attendees.

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

Sensory Day for Littles: Ages 2 - 3 (in-person)

Monday, February 17 | 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 geared towards children 2-3 years old.

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

Sensory Day for Littles: Ages 4 - 6 (in-person)

Monday, February 17 | 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 geared towards children 4-6 years old.

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

Medical Myth Trivia (in-person)

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

Do you know the difference between facts and myths in medicine? Can you spot misinformation and other barriers to health? Join us for a game of medical myth trivia to find out!

Attendance is free, registration required: <https://bit.ly/3T1fPb2>

Comfort Food Fix (hybrid)

Wednesday, February 19 | 11 a.m. - noon

Cold winter weather calls for comforting cozy meals! Learn how to add nutrition to comfort food classics in the demonstration kitchen.

Attendance is free, registration required: <https://bit.ly/3YOCMv0>

Time for Tots: Preparing for Daycare (in-person)

Wednesday, February 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 preparing for daycare. Tara Murphy, MSN, RN, IBCLC, and Rosalind Elliott, CNM, RN, IBCLC, will be available to discuss how to get your child (and yourself) ready for this transition, establishing a routine, and tips on staying health with more germs around!

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



Weight Management: Top Foods for a Healthy Heart (hybrid)

Thursday, February 20 | 11 a.m. – noon

Committing to maintain a healthy weight is one way to support our heart health. Join our registered dietitian to learn some of the top foods that can help to support your heart and your weight management goals.

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

Afternoon Tea with the LiveWell Center: The Specialty and Cancer Care Center at the Vogel Medical Campus (in-person)

Monday, February 24 | 2 – 3 p.m.

Join us at the LiveWell Center for Afternoon Tea for a conversation with a special guest. In recognition of Cancer Prevention Month, Tanya Kenney, MHA, Vice President of the Vogel Medical Campus Project, will join us to discuss the Specialty and Cancer Care Center at the Vogel Medical Campus, currently under construction in Tinton Falls.

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

How Do I Cook That: Dutch Baby Oven Pancakes (hybrid)

Tuesday, February 25 | 11 a.m. – noon

Change up your breakfast routine with a with a Dutch Baby. This eggy baked pancake is perfect on a chilly morning and easy to make! Join our dietitian in the kitchen as she demonstrates the recipe!

Attendance is free, registration required: <https://bit.ly/3fp6BVv>

Kids Snack Time (in-person)

Tuesday, February 25 | 4 – 4:30 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>

Talking with Your Doctor (in-person)

Wednesday, February 26 | 11 a.m. – noon

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>

30-Minute Gumbo (hybrid)

Thursday, February 27 | 1 – 2 p.m.

Get ready for Mardi Gras with a quick and healthy version of Gumbo, a hearty and comforting creole style stew.

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

That Helps Our Health?! (hybrid)

Thursday, February 27 | 2 – 3 p.m.

Sometimes science can be wacky! Join our health educators for a conversation about unexpected and surprising health facts, including obscure tips that are proven to be good for your health.

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

Heart Healthy Gluten Free Meals (hybrid)

Thursday, February 27 | 5:30 – 6:30 p.m.

Join dietitians, Michelle Pasia, MPH, RDN, Coordinator for the RWJBH Kogan Celiac Center, and Jennifer Klein, MS, RDN, Regional Nutrition Manager for Community Health and Education at MMC and MMCS, for a presentation on heart-healthy eating for individuals with Celiac disease. Jennifer and Michelle will share tips for following a heart-healthy, gluten-free diet followed by a demonstration where Jennifer will show you how to whip up a healthy gluten-free recipe.

Attendance is free, registration required: <https://bit.ly/3ZDqM3D>



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, February 4 and 18 | 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, February 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>

Baby and Me Yoga Flow (in-person)

Thursday, February 6 and 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/3WoWBtE>

Wheee Get Fit & Play (in-person)

Thursday, February 13 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>



Health Screenings

One-On-One Health Coaching

February | 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

Weight Management: Setting 2025 Nutrition Goals at MMCSC (in-person)

Thursday, February 6 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus' James and Sharon Maida Geriatric Conference room. Committing to maintain a healthy weight is a great way to support our heart health. Join our registered dietitian to learn some of the top foods that can help to support your heart and manage your weight.

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

Zumba Gold - Seated at MMCSC (in-person)

Thursday, February 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/3OH7ZRe>

Gardening for Your Health: Handmade Bath Bombs at MMCSC (in-person)

Tuesday, February 11 | 1 – 2:30 p.m.

This event takes place at Monmouth Medical Center Southern Campus' James and Sharon Maida Geriatric Conference room. Gardening has been shown to improve one's mood, physical health including balance, strength, and flexibility, dietary choices, and increase feelings of social connectedness. Join Ayala Schlossberg, certified Master Gardener, for a discussion on the herbs and plants we can use from our garden for self-care activities. Together, we will create bath bombs featuring local greenery that you can take home and enjoy!

Attendance is free, registration is required: <https://bit.ly/4abO5Ys>

Heart Health and You at MMCSC (in-person)

Thursday, February 13 | 10 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus' James and Sharon Maida Geriatric Conference room. The heart represents the organ of life. We associate the heart with a major emotion – LOVE. This cute depiction is seen on everything from greeting cards to product ads. There are even millions of songs written about broken hearts! Therefore, it's natural for people to panic when they are told that they have heart disease. Join the community health educators for a discussion on heart disease and how it may be prevented. Learn what causes a heart attack and healthy lifestyle changes you can make to lower your risk.

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

Lunch & Learn: Hernias & Minimally Invasive Surgical Interventions with Dr. Robert Bell

Wednesday, February 19 | 11:30 a.m. – 12:30 p.m.

This is a collaborative event between MMCSC and the Senior Citizens Activity Network (SCAN) that takes place at St. Andrew United Methodist Church (1528 Church Rd, Toms River, NJ 08755) in Toms River. Hernias are more common than you think! Hernias of the abdominal wall, a protrusion through a weakness in the abdominal muscles, commonly occur in the region of the belly button, groin, or at the site of a prior abdominal incision. For some individuals, surgical repair, either open or through minimally invasive laparoscopic techniques. Join Robert Bell, MD, MA, FACS, Director of Minimally Invasive and Bariatric Surgery at Monmouth Medical Center Southern Campus, as he explores this common medical issue and the surgical interventions that may be taken for repair.

Attendance is free, registration is required:

<https://scannj.org/courses-listing/> or **732.542.1326**

Catching ZZZ's: Getting Better Sleep at MMCSC (in-person)

Thursday, February 20 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus' James and Sharon Maida Geriatric Conference room. Sleep plays a vital role in good health and helps prevent chronic disease. Join our community health educators for a conversation where we will explore how you can get a better night's rest and resources that can help you get the best sleep.

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

Stroke Awareness at MMCSC (in-person)

Thursday, February 27 | 11 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus' James and Sharon Maida Geriatric Conference room. Led by the Community Health Education team, this program will explore stroke prevention, signs and symptoms of a stroke, how to lower your risks and offers an optional, complimentary blood pressure screening.

Attendance is free, registration is required: <https://bit.ly/3Os56RX>

Dine with the Doctor: Understanding Heart Failure with Susanna Philips DNP, APRN, FNP-C (in-person)

Friday, February 28 | 11:30 a.m. – 1 p.m.

This event takes place at JBJ Soul Kitchen in Toms River 1769 Hooper Ave. Our heart beats around 100,000 times a day, pumping 2,000 gallons of blood throughout our body. As we age, we are more likely to experience certain heart conditions, including heart failure. Join Susanna Philips DNP, APRN, FNP-C, Monmouth Medical Center Southern Campus, and Melanie Vernacchia, MSN, APN, OCN, Nurse Practitioner, Geriatrics and Palliative Care, Clinical Director of the James and Sharon Maida Geriatrics Institute at Monmouth Medical Center Southern Campus, as they discuss heart failure. We will explore some of the risk factors for heart failure, signs and symptoms, and small changes you can make that can have a big impact at any age and stage of the condition.

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



Support Groups and Information Sessions

All Cancers Support Group (in-person)

Monday, February 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, February 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, February 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, February 3, 10, 17 and 24 | 1 – 3 p.m.

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