



### Dine with the Doctor: Managing Acid Reflux with Robert Bell, MD, MA, FACS

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

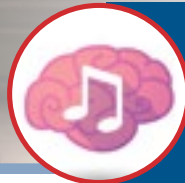
JBK Soul Kitchen – 1769 Hooper Ave, Toms River, NJ 08753



### Make Your Own Seasonal Spiced Latte

Tuesday, November 5 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### Music & The Brain at MMCS

Thursday, November 7 • 10 – 11 a.m.

Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood



### Safe @ Home

Friday, November 8 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### Cooking with the Clinicians: Autumn Dempsey, RN, CDE

Tuesday, November 12 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### Healthier Holiday Sides: Mashed Potatoes and Gravy

Wednesday, November 13 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### Lunch & Learn: Meet the Healthcare Professionals

Thursday, November 14 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### Diabetes: Are You at Risk?

Tuesday, November 19 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



### Nutrition Lecture: Understanding Carbohydrates at MMCS

Wednesday, November 20 • 11 a.m. – noon

Monmouth Medical Center Southern Campus – 600 River Ave, Lakewood



### Five Wishes

Wednesday, November 20 • 10 – 11 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

## NOVEMBER 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

### **Make Your Own Seasonal Spiced Latte (in-person)**

**Tuesday, November 5 | 11 a.m. – noon**

Join our dietitian for a hands-on cooking experience in the demonstration kitchen. Each participant will have the opportunity to make their own seasonal spiced latte with our dietitian's healthier latte recipe!

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

### **Better Screened Than Sorry: Screenings as You Age (hybrid)**

**Wednesday, November 6 | 10 – 11 a.m.**

It is no secret that our bodies go through many changes as we age, needing more frequent screenings. Several screenings are recommended for both men and women between the ages of 40 and 64, according to the U.S. National Library of Medicine. Join our community health educators as we discuss different screenings and their recommendations for those over the age of 40.

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

### **Healthy Sheet Pan Meals (hybrid)**

**Wednesday, November 6 | 11 a.m. – noon**

Sheet pan meals are a simple and low-fuss way to prepare healthy meals, with less mess! Join our dietitian in the kitchen as she demonstrates a healthy and hearty sheet pan meal!

Attendance is free, registration required: <https://bit.ly/4en94ZN>

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

**Thursday, November 7 | 3 – 4 p.m.**

Grab your apron and join Ms. Jenn for a hands-on, snack-time cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult! This month's session will be Halloween themed – feel free to bring your little one dressed up for the occasion.

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

### **Safe @ Home (in-person)**

**Friday, November 8 | 11 a.m. – noon**

Safe@Home by Safe Sitter® is designed for students in grades 4-6 to prepare them to be safe when they are home alone. This program teaches students how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. All students will receive a book with this important information! Healthy snacks will be provided to attendees

Attendance is free, registration required: <https://bit.ly/3b4PI5t>

### **Cooking with the Clinicians: Autumn Dempsey, RN, CDE Regional Program Coordinator for The Center for Diabetes Education at MMC/MMCSC (hybrid)**

**Tuesday, November 12 | 11 a.m. – noon**

Join Jennifer Klein, MS, RD, and Autumn Dempsey, RN, CDE, Regional Program Coordinator for The Center for Diabetes Education at MMC/MMCSC, to discuss tips for living well with diabetes during the holidays and learn how to prepare a healthy holiday recipe in our demonstration kitchen. Open to those who have diabetes, are pre-diabetic, have a family member with diabetes, want to support someone who does this season, or just learn more!

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

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

**Tuesday, November 12 | 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**

### **Serving Up Safety: Thanksgiving Craft Day for Kids (in-person)**

**Tuesday, November 12 | 4 – 5 p.m.**

Thanksgiving is a great time of year to spend with family, reflect on what we are grateful for, and discuss kitchen safety. Join our health educators for a Thanksgiving Day celebration where we make a turkey craft and talk about safety in the kitchen.

Attendance is free, registration required: <https://bit.ly/4gFu53j>

### **Healthier Holiday Sides: Mashed Potatoes and Gravy (hybrid)**

**Wednesday, November 13 | 11 a.m. – noon**

Prep for the holiday season with a lighter version of classic mashed potatoes and gravy. Join us for demonstration of this healthier recipe and share tips for preparing healthier holiday sides.

Attendance is free, registration required: <https://bit.ly/3Bj2ITm>



### **Teen Takeover (in-person)**

**Wednesday, November 13 | 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, Noviembre 14 | 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).

### **Lunch & Learn: Meet the Healthcare Professionals (hybrid)**

**Thursday, November 14 | 11:30 a.m. - 1 p.m.**

Join the Senior Citizens Activities Network (SCAN) and RWJBarnabas Health for a FREE healthcare information session with a panel of medical experts from Monmouth Medical Center (MMC) who will address your health-related questions and help you find the pathway to better health! Moderated by Kenneth Granet, MD, FACP, CMO of MMC, this panel on lung health features Richard Lazzaro, MD, Chief of Thoracic Surgery, RWJBarnabas Health Southern Region, Douglas Livornese, MD, Pulmonologist, RWJBarnabas Health Medical Group, MMC, and Denise Yaman, DNP, APN, CHFN, Healthy Lives Program Coordinator, MMC. Sign-in begins at 11:15 a.m., with panel starting at 11:30 a.m.

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

### **Fun Friday: Holiday Pie Recipe Remix (hybrid)**

**Friday, November 15 | 10 - 11 a.m.**

Join us in the kitchen for a fun Friday all about pie! Enjoy a healthier version of a holiday favorite.

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

### **Kids Cooking Class (in-person)**

**Saturday, November 16 | 10:30 - 11:15 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>

### **Catching Z's: Getting Better Sleep (hybrid)**

**Saturday, November 16 | 10:30 - 11:30 a.m.**

Sleep plays a vital role in good health and helps prevent chronic disease. Join us for a conversation where we will explore how you can get a better night's rest and resources at Monmouth Medical Center that can help you get the best sleep.

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

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

**Monday, November 18 | 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: Kitchen Safety (in-person)**

**Monday, November 18 | 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:**

#### **Friendsgiving Fun (in-person)**

**Monday, November 18 | 2 - 3 p.m.**

November is the season of gratitude. Join us at the LiveWell Center for our Afternoon Tea program where we will be discussing how gratitude and our health go hand in hand along with enjoying some "friendsgiving" treats.

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

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

**Tuesday, November 19 | 11 a.m. - noon**

Join our community health educators at the LiveWell Center for an interactive course about diabetes. Learn about your risk, what you can do, and how to be an active member of your health care team.

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



### **How do I Cook That? Turkey Stock (hybrid)**

**Tuesday, November 19 | 2 - 3 p.m.**

Keep the carcass and create a delicious turkey stock! Join our dietitian to learn how to make turkey stock that can be the starter of a cozy soup or stew!

Attendance is free, registration required: <https://bit.ly/3fp6BVV>

### **Five Wishes (in-person)**

**Wednesday, November 20 | 10 - 11 a.m.**

Letting your loved ones know what matters most to you is the greatest gift of all. Join Claire Verruni, RN, CHPN, as she presents Five Wishes, an easy-to-use legal document that helps you express your wishes ahead of a serious illness. In addition to medical and legal issues, Five Wishes deals with matters of comfort and maintaining dignity, as well as the many personal, family, and spiritual concerns people say matter most.

Attendance is free, registration required: <https://bit.ly/3Zck2cY>

### **Stress-Busters: Relaxation Techniques (in-person)**

**Wednesday, November 20 | 11 a.m. - noon**

Learn three simple tools to support and strengthen your ability to manage stress and boost daily well-being. These body-mind self-care practices will increase self-awareness, expand your self-care toolkit, and help you reconnect with what has heart and meaning.

Attendance is free, registration required: <https://bit.ly/3BI8ptk>

### **Weight Management: The Plate Method 101 (hybrid)**

**Thursday, November 21 | 11 a.m. - noon**

As the holiday season approaches, practicing portion control can help with weight maintenance and disease management. Join our registered dietitian for a discussion on the Plate Method for portion control and learn how this method can help with portions for a variety of meals and snacks!

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

### **Fun Friday: Thanksgiving Centerpiece Craft**

**Friday, November 22 | 11 a.m. - noon**

Thanksgiving decorations are fun to have around the house this time of year. Join us at the LiveWell Center to socialize and create festive Thanksgiving centerpiece crafts to display on our tables this holiday season.

Attendance is free, registration required: <https://bit.ly/3TJ3IK>



## **Health Screenings**

### **One-On-One Health Coaching**

**November | 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**



## Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

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

**Wednesday, November 6, 13 and 20 | 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, November 7 | 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>

### Let's Move: Yoga Ball Drumming

**Friday, November 8 | 10 - 10:45 a.m.**

Join us as we get moving in this upbeat movement class that mixes drumming along to the beat of music and core stability practice. Participants will utilize drum sticks to drum on yoga balls, getting that blood flowing. 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 required: <https://bit.ly/3AYmWri>

### Wheee Get Fit & Play (in-person)

**Thursday, November 14 | 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, November 19 and 26 | 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>

### Theraband Resistance Exercises (in-person)

**Friday, November 22 | 10 - 10:45 a.m.**

Join us at the LiveWell Center for Theraband Exercises with the Monmouth University Graduate Therapy Doctoral Students. You'll use resistance bands to work on strength building and stability! 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 required: <https://bit.ly/42oU6w0>



## Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood

### Dine with the Doctor:

#### Managing Acid Reflux with Robert Bell, MD, MA, FACS

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

This event takes place at the JBJ Soul Kitchen in Toms River (1769 Hooper Ave, Toms River, NJ 08753) and is only open to Better Health Members. Acid reflux, also known as gastroesophageal reflux, is very common! When lifestyle changes and medication fail to control severe symptoms effectively or other complications arise, surgical management of gastroesophageal reflux disease (GERD) may be necessary. 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 steps, including the Nissen fundoplication, which may be taken for controlling GERD. For more information on the FREE Better Health program or to become a member, call Claire Verruni at 862.781.3817. Lunch will be served to attendees.

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

#### Music & The Brain at MMCS (in-person)

Thursday, November 7 | 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. Music can be a great source of enjoyment and comfort, but did you know that it can also help improve our brain health? Join our community health educators to discuss the health benefits that music has on our brains.

Attendance is free, registration is required: <https://bit.ly/44aqjsY>

#### Tai Chi at MMCS (in-person)

Thursday, November 7 and 14 | 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>

#### Safe Steps for Older Adults at MMCS (in-person)

Thursday November 14 | 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. Falls can occur anywhere and are the leading cause of concussions in older adults. Fortunately, there are many preventative measures that can be taken to reduce the risk of a fall and head injury. Join us to discuss all things fall prevention, including tips to prevent concussions.

Attendance is free, registration is required: <https://bit.ly/3HG6MpM>

#### Nutrition Lecture: Understanding Carbohydrates at MMCS (in-person)

Wednesday, November 20 | 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. When it comes to diabetes and weight management, carbohydrates get a bad reputation. But it is okay to enjoy carbs! Join our registered dietitian for a discussion all about carbs. Learn which foods contain carbohydrate, how carbs support our healthy body and how to choose portion sizes that will work for you!

Attendance is free, registration is required: <https://bit.ly/4eCUxJ7>



## Support Groups and Information Sessions

### All Cancers Support Group (in-person)

**Monday, November 11 | 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 (in-person)

**Wednesday, November 20 | 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, November 21 | 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, November 4, 11, 18 and 25 | 1 - 3 p.m.**

**Thursday, November 7, 14 and 21 | 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, November 6 | 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 – 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, November 14 | 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](mailto:daniel.fernandez@rwjbh.org) or [leigh.mann@rwjbh.org](mailto:leigh.mann@rwjbh.org) to register.

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

**Thursday, November 7, 14 and 21 | 10 – 11 a.m. (in-person)**

**Mondays, November | 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)**

**Wednesday, November 13 | 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