



The LiveWell Center's Green Market

Tuesday, July 2, 16 and 30 • 11:30 a.m. – 2 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Spot the Risk: Let's Discuss Skin Cancer

Wednesday, July 10 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Ladies Happy Hour Health Chat: Exploring Reproductive Health & Fertility with Dr. Magherini

Wednesday, July 10 • 5 – 6 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

JULY 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 to sign-up.



RWJBarnabas
HEALTH

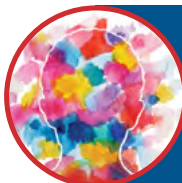
Monmouth Medical Center
Monmouth Medical Center
Southern Campus



First Aid for Older Adults at MMCSC

Thursday, July 11 • 10:30 – 11:30 a.m.

Monmouth Medical Center Southern Campus – 600 River Avenue, Lakewood



Better Health Member Exclusive: Painting for Stress Relief at MMCSC

Friday, July 12 • 11:30 a.m. – noon

Monmouth Medical Center Southern Campus – 600 River Avenue, Lakewood



Safe Sitter®

Wednesday, July 17 • noon – 4 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Local & Jersey Fresh Produce Pick

Tuesday, July 23 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



No-Cook Summer Meals

Wednesday, July 24 • 6 – 7 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Better Health Member Exclusive: Dine with the Doctor with Dr. Iyer

Thursday, July 25 • 4 – 6 p.m.

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



Fun Friday: Healthy Frozen Treats

Friday, July 26 • 10 – 11 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Health Education and Nutrition Programs at the LiveWell Center

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

Tuesday, July 2, 16 and 30 | 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.*

Plant Based Burgers (hybrid)

Tuesday, July 9 | 11 a.m. – noon

Shake up your typical burger routine and try a plant-based burger recipe! Join our dietitian in the kitchen as she demonstrates a nutrient-rich, flavor-packed burger made from plants!

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

Preparing for Breastfeeding (hybrid)

Tuesday, July 9 | 3 – 4:30 p.m.

Join our Certified Lactation Consultant for a FREE discussion on breastfeeding preparation at the LiveWell Center or virtually. The talk provides mothers-to-be, and their support person, the opportunity to learn more about the basics of breastfeeding. We will explore how to: get a good latch, establish your milk supply, identify that your baby is getting enough, and pump and store breastmilk. In-person and virtual option.

Registration is required and seats limited. To register, call 862.781.3873

Spot the Risk: Let's Discuss Skin Cancer (hybrid)

Wednesday, July 10 | 11 a.m. – noon

According to the American Academy of Dermatology Association, approximately 9,500 people in the United States are diagnosed with skin cancer every day. Skin cancer is not only the most common cancer in the United States, but is also the most preventable. Join our health educators to discuss the causes of skin cancer, major risk factors, how to practice safe sun behaviors, how to perform a self-exam, and other information to help protect us against UV Rays.

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

Kids Story Time: Playground Safety (in-person)

Wednesday, July 10 | 3 – 3:30 p.m.

Story time shouldn't be left for just bedtime! Join us at the LiveWell Center for a kid's story time where we will read safety books and discuss playground injury prevention.

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

Kids Snack Time (in-person)

Wednesday, July 10 | 3:30 – 4:15 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!

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

Ladies Happy Hour Health Chat: Exploring Reproductive Health & Fertility (hybrid) with Dr. Magherini

Wednesday, July 10 | 5 – 6 p.m.

Understanding the different components of fertility can be overwhelming, but it doesn't have to be. Join Suzanne Magherini, MD, Director of Outpatient OBGYN Clinics and the Family Planning Center at Monmouth Medical Center, as she breaks down the different components of reproductive health. Help us encourage healthy women through this empowering session. *Light refreshments and mocktails will be served!*

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

Clases de Lactancia en Espanol

Jueves, Julio 11 | 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.



Monmouth ACTS in My Community (in-person)

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

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

For more information, call 732.683.2102.

Health Literacy for Older Adults (in-person)

Thursday, July 11 | 2 - 3 p.m.

Health literacy is the ability to access, understand, and use information and services to promote health for oneself, one's family, and one's community. These skills help us navigate the healthcare system, make health-related decisions, and more. Join us at the LiveWell Center to discuss health literacy skills, common phrases used in healthcare, and more.

Attendance is free, registration required: <https://bit.ly/4bKrD8v>

Afternoon Tea with the LiveWell Center:

All About Confidence (in-person)

Monday, July 15 | 2 - 3 p.m.

Confidence is something that is both extremely important and easier said than done. We can feel confident about both internal and external traits, and both are equally as important. Join us at the LiveWell Center to discuss confidence, positive self-talk, and more.

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

Better Health Member Exclusive:

Summer Crafts (in-person)

Wednesday, July 17 | 10 - 11 a.m.

Join our community health educators at the LiveWell Center for a fun summer craft and enjoy a few laughs along the way.

Attendance is free, registration required: <https://bit.ly/4dPmw8K>

Healthy and Hydrating Recipes (hybrid)

Wednesday, July 17 | 11 a.m. - noon

As the temperatures rise, keep hydration in mind! Learn about the importance of hydration and tips for staying hydrated all summer long with hydrating recipes demonstrated by our registered dietitian!

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

Safe Sitter® (in-person)

Wednesday, July 17 | noon - 4 p.m.

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

Attendance is free, registration required: <https://bit.ly/3NRHI6e>

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

Thursday, July 18 | 10:30 - 11 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: Ages 4-6 (in-person)

Thursday, July 18 | 11:30 a.m. - noon

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/49qa1Yc>

Toddler Snack Time (in-person)

Monday, July 22 | 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>

Local & Jersey Fresh Produce Pick (hybrid)

Tuesday, July 23 | 11 a.m. - noon

Enjoy a demonstration using some of the seasons best and local produce! Join our dietitian to learn about the benefits of local produce and how to meet your 5-a-day easily when seasonal produce is growing!

Attendance is free, registration required: <https://bit.ly/3wl6FZ1>

Be Safe, Be Seen: Kids Safety While at Play (in-person)

Tuesday, July 23 | 3 - 4 p.m.

Summer is the best time of year to get outside! While the outdoors can bring tons of fun, it is important that we focus on preventing injuries as well. Join us at the LiveWell Center to discuss tips, tricks, and skills used to keep ourselves safe while we play outside.

Attendance is free, registration required: <https://bit.ly/3yor8md>

Health Education and Nutrition Programs at the LiveWell Center

Social Media Literacy for Older Adults (hybrid)

Wednesday, July 24 | 1 - 2 p.m.

Social media is taking the world by storm. It is ever changing and constantly evolving. As social media becomes more integrated into everyday life, it can be helpful to learn social media skills to keep up with friends, family, and more. Join us at the LiveWell Center for an introduction to social media literacy.

Attendance is free, registration required: <https://bit.ly/44RHNe6>

No-Cook Summer Meals (hybrid)

Wednesday, July 24 | 6 - 7 p.m.

Keep it simple and cool in the kitchen with a “no-cook” summer meal. Join our dietitian in the demonstration kitchen to learn how to prepare a simple and balanced summer meal!

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

Kids Cooking Class (in-person)

Thursday, July 25 | 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>

Fun Friday: Healthy Frozen Treats (hybrid)

Friday, July 26 | 10 - 11 a.m.

Cool off with a healthy frozen treat! Join our dietitian in the kitchen to learn how to whip up a refreshing treat that can be ready in your freezer when you need to cool down on a hot day!

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

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

Wednesday, July 31 | 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/4bq0FDu>

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, July 2, 16 and 30 | 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, July 10, 17, 24 and 31 | 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

July | 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

First Aid for Older Adults at MMCS (in-person)

Thursday, July 11 | 10:30 – 11:30 a.m.

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/4dH1Ujf>

Let's Move: Flexibility at MMCS (in-person)

Friday, July 12 | 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/3yw1Suk>

Better Health Member Exclusive: Painting for Stress Relief at MMCS (in-person)

Friday, July 12 | 11:30 a.m. – noon

This event takes place in The James and Sharon Maida Geriatric Conference Room. Everyone has preferences for activities that help them relieve stress. Whether you have never painted before or you paint often, painting can be a great stress-relieving activity. Join us at MMCS to de-stress by painting.

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

Better Health Member Exclusive: Game Day at MMCS (in-person)

Thursday, July 18 | 10:30 – 11:30 a.m.

This event takes place in The James and Sharon Maida Geriatric Conference Room. Bring your competitive nature and join your fellow Better Health team members as we play games that will test your memory and sharpen your mind.

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

Yoga Drumming at MMCS (in-person)

Friday, July 19 | 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 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 is required: <https://bit.ly/3UU5Bcx>

Better Health Member Exclusive: Dine with the Doctor (in-person) with Dr. Iyer

Thursday, July 25 | 4 – 6 p.m.

This event takes place at JBJ Soul Kitchen: 1769 Hooper Ave, Toms River, NJ. Please join Dr. Rajesh Iyer, board-certified Radiation Oncologist, as he discusses the latest surface brachytherapy for skin cancer treatments.

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

Healthy Aging Fair at MMCS: Aging in Place (in-person)

Friday, July 26 | 10 a.m. – noon

This event takes place at Monmouth Medical Center Southern Campus 600 River Avenue in Lakewood, Conference Rooms A/B/C. Join us as we celebrate aging healthfully! Dr. Denise Crowley, OTD, OTR/L, BCG, Clinical Specialist Professor for Physical Rehabilitation at Monmouth University's Doctor of Occupational Therapy program will discuss aging in place and resources available to you. You will then connect with graduate students from the program to further explore supports available, bone and cardiac health, posture, memory, and more. Light refreshments will be provided to attendees.

Attendance is free, registration is required: <https://bit.ly/3KeS8HE>



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, July 17 | 4:30 – 5:30 p.m.

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

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

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, July 18 | 6 – 7 p.m.

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

Breastfeeding Support Groups (in-person)

Monday, July 1, 8, 15, 22 and 29 | 1 – 3 p.m.

Thursday, July 11, 18 and 25 | 1 – 3 p.m.

Join us for a free, in-person Breastfeeding Support Group offered weekly and facilitated by a Certified Lactation Consultant at the LiveWell Center. Promoting breastfeeding through peer support.

Call for first time registration: 862.781.3873.

Cardiac Support Group (in-person)

Wednesday, July 3 | 3 – 4 p.m.

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

For more information, please contact Patricia Ostrander, BSN, RN, CCRN, at Patricia.Ostrander-Coffey@rwjbh.org

Caregiver Support Group – Monmouth County (in-person)

Wednesday, July 24 | 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, July 11 | noon - 1 p.m.

For women diagnosed with cervical, ovarian, endometrial, or uterine cancer. This support group offers patients and their families an opportunity to actively participate in healing after a cancer diagnosis. Group meets on the second Thursday of each month from noon to 1 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown). **For more information, call Leslie Shephard, MSN, RN, OCN, at 732.923.6709.**

Pulmonary Support Group (in-person)

Thursday, July 25 | 3 - 4 p.m.

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

For more information, please contact John Sayson at John.Sayson@rwjbh.org.

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.

Tobacco and Nicotine Recovery Group (dual)

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

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

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

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, July 18 | 5 - 6 p.m.

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

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

Call us at **862.781.3597** or email LiveWellCenter@rwjbh.org with any questions or to register

Monmouth Medical Center Southern Campus

600 River Avenue
Lakewood, NJ 08701

LiveWell Center

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

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

Nurses Improving Care for Healthsystem Elders

NICHE
NICHE Designated Hospital

RWJBarnabas
HEALTH

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