



**Lunch & Learn:
Preventive Care as We Age with Dr. Sana Riaz**
Tuesday, October 1 • 11:30 a.m. – 1 p.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Simply Soup
Thursday, October 3 • 11 a.m. - noon
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Health Information on the Internet:
The Good, The Bad, and The “Don’t Go There”**
Tuesday, October 8 • 11 a.m. – noon
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



The LiveWell Center’s Green Market
Tuesday, October 8 and 22 • 11:30 a.m. – 2 p.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



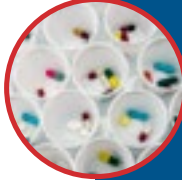
**Better Health Exclusive Event:
Pumpkin Sugar Scrub**
Thursday October 10 • 10 – 11 a.m.
Monmouth Medical Center Southern Campus –
600 River Avenue, Lakewood



Cooking with the Clinicians: Dr. Manpreet Kohli
Wednesday, October 23 • 2 – 3 p.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



**Healthcare Advocacy:
Getting the Most Out of Your Medicare Benefit**
Thursday, October 24 • 1 – 2 p.m.
Monmouth Medical Center Southern Campus –
600 River Avenue, Lakewood



**Master Your Medications with MMC’s
Pharmacy Residents**
Thursday, October 24 • 2 – 3 p.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Fun Friday: Cooking with Pumpkin
Friday, October 25 • 11 a.m. – noon
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



Lunch & learn: What’s New to Medicare in 2025
Wednesday October 30 • 11:30 a.m. – 1 p.m.
LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown

OCTOBER 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**



Health Education and Nutrition Programs at the LiveWell Center

Lunch & Learn: Preventive Care as We Age (hybrid)

Tuesday October 1 | 11:30 a.m. - 1 p.m.

Join Sana Riaz, MD, Geriatrician at Monmouth Medical Center, as we explore the tests, screenings, and immunizations recommended by healthcare professionals to keep adults healthy. These evaluations help us detect health problems early and stay well; in fact, many of these assessments can be done with a Geriatrician! *Lunch will be provided to in-person attendees; please begin arriving at 11:15 a.m. for sign-in.*

Attendance is free, registration required: <https://bit.ly/3Xjg2J5>

FALLing into Health:

Tips for Staying Healthy this Autumn (in-person)

Wednesday, October 2 | 11 a.m. - noon

Autumn is here, bringing us sweater weather, all things pumpkin, and ... different health risks! Fall is a great time of year to take inventory of different areas of your health as the seasons change. Join our community health educators as we discuss how the season can affect our vitamin D levels, immunity, sleep schedules, workout routines, and more!

Attendance is free, registration required: <https://bit.ly/4g1Xtkc>

Simply Soup (hybrid)

Thursday, October 3 | 11 a.m. - noon

As the weather cools off, warm up with a delicious bowl of soup! Join our dietitian in the kitchen as she demonstrates a simple, healthy soup recipe!

Attendance is free, registration required: <https://bit.ly/4cBL2bS>

Health Information on the Internet: The Good, The Bad, and The "Don't Go There" (in-person)

Tuesday, October 8 | 11 a.m. - noon

There is a lot of health-related information on the Internet. How do you access reliable, trustworthy and accurate information? How can you evaluate a new website that you've found, before you start believing the content? With all the news that is splashed across the headlines, where do you go to find the original source and story? Join us for this special presentation by Frederic C. Pachman, AHIP, Director of Altschul Medical Library, Monmouth Medical Center, as we answer these questions! *Light refreshments will be served.*

Attendance is free, registration required: <https://bit.ly/3uE7o9v>

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

Tuesday, October 8 and 22 | 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.

Preparing for Breastfeeding (hybrid)

Tuesday, October 8 | 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**

Fall Produce Pick (hybrid)

Wednesday October 9 | 11 a.m. - noon

It's the harvest season! Join our registered dietitian for a cooking demonstration featuring seasonal, October produce.

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

An Apple a Day Cooking Demo (hybrid)

Thursday, October 10 | 11 a.m. - noon

From apple sauce to apple pie, apples are the ultimate fall fruit! Join us in the demonstration kitchen to learn the many ways we can enjoy and apple a day!

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



Clases de Lactancia en Español

Jueves, Octubre 10 | 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.

Toddler Snack Time (in-person)

Monday, October 14 | 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! 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/3B3Ck5x>

Kids Snack Time (in-person)

Monday, October 14 | 4 - 5 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>

Recipe Remix: Eggplant Parm (hybrid)

Tuesday, October 15 | 11 a.m. - noon

Try a simple spin on Eggplant Parm! Join our dietitian in the demonstration kitchen to learn how to prepare a quick variation of a delicious favorite.

Attendance is free, registration required: <https://bit.ly/46rNksN>

Brain Bootcamp: Keeping Your Brain Fit (in-person)

Tuesday, October 15 | 2 - 3 p.m.

The brain controls everything we think, feel, and do. Therefore, it's important we take care of our brains. Join our community health educators for brain bootcamp to learn about the importance of keeping our brain healthy and play a game of "Name That Song" to help keep our minds working!

Attendance is free, registration required: <https://bit.ly/3Orb7B2>

Coffee & Chat: Palliative Care (in-person)

Wednesday, October 16 | 10 - 11 a.m.

Palliative care is a type of medical care that aims to improve the quality of life for people with serious or life-threatening illnesses. It is often misunderstood. It can help patients and their families manage physical, emotional, and spiritual problems caused by the disease or its treatment. Please join Claire Verruni RN, CHPN, to discuss how palliative care can help you or a loved one cope with troublesome symptoms a disease may present you with. *Light refreshments will be served.*

Attendance is free, registration required: <https://bit.ly/3yV98k1>

Make Your Own Popcorn Seasoning (in-person)

Wednesday, October 16 | 11 a.m. - noon

Did you know that popcorn is a whole grain, full of heart healthy fiber? Hold the butter and the salt and join our dietitian for a hands-on cooking experience where you will have fun mixing up your own healthy popcorn seasoning.

Attendance is free, registration required: <https://bit.ly/3MqjU4I>

TikTok on the Clock: What Parents Should Know About Social Media (hybrid)

Wednesday, October 16 | 6 - 7 p.m.

Younger generations LOVE social media, but what do they spend so much time doing on these apps? Why is it so engaging to them? How does social media work? How do I relate to my child when it comes to social media? If you find yourself asking any of these questions, join our health educators as we discuss what parents need to know about social media.

Attendance is free, registration required: <https://bit.ly/3T3FVKA>

Teen Takeover (in-person)

Wednesday, October 16 | 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: Monmouth Memorial – First Hospital at the Jersey Shore (hybrid)

Friday, October 18 | 11 a.m. - noon

Before Monmouth Medical Center, there was Long Branch Hospital and Monmouth Memorial Hospital. Monmouth Memorial Hospital was first established in 1887, but how much do you know about its history? Have we always been next to the railroad station, and is it true one of our first buildings was a hotel? Join us for this special presentation by Frederic C. Pachman, AHIP, Director of Altschul Medical Library, Monmouth Medical Center, as we explore the history of Monmouth Medical Center and the many individuals who laid the groundwork to help us provide great care to the community today! *Light refreshments will be served.*

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

Afternoon Tea with the LiveWell Center: Halloween Trivia (in-person)

Monday, October 21 | 2 - 3 p.m.

Halloween is right around the corner! Wear your best costume and join our community health educators at the LiveWell Center to play some Halloween trivia.

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

Know Your Numbers: Blood Pressure Screenings (in-person)

Tuesday, October 22 | 11:30 a.m. - 2 p.m.

A registered nurse will be available at the LiveWell Center (200 Wyckoff Road, Suite 1200, Eatontown) to provide free blood pressure screenings.

Attendance is free, registration required: <https://bit.ly/3OH8Gdd>

Safe Kids Halloween Celebration (in-person)

Tuesday, October 22 | 3:30 - 4:30 p.m.

It is spooky season! As we trick-or-treat and celebrate, it is essential that we keep our little ones safe. Join the Safe Kids Coalition of Monmouth County at the LiveWell Center to decorate pumpkins and make spooky crafts as we teach our kids how to be safe and seen this Halloween! Children ages 3-10 welcome to attend; dress up in your Halloween costume for some extra fun. Healthy, spooky snacks provided to attendees.

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

Cooking with the Clinicians: Dr. Kohli (hybrid)

Wednesday, October 23 | 2 - 3 p.m.

Join us as we welcome Dr. Manpreet Kohli, MD, FACS, board certified Breast Surgeon and Director of Breast Surgery at Monmouth Medical Center, to the WEforum Demonstration Kitchen for this month's Cooking with the Clinicians program! Follow along as Dr. Kohli prepares a recipe, discusses breast cancer treatment, and answers your questions.

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

Healthy Halloween Happy Hour (hybrid)

Wednesday, October 23 | 6 - 7 p.m.

Get in the Halloween spirit with spooky appetizers and mocktails! Join the LiveWell Center's dietitians as they demonstrate how you can prepare healthy, spirited Halloween snacks at home.

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

Nap to Nighttime: Baby's Safe Sleep (virtual)

Wednesday, October 23 | 6 - 6:30 p.m.

Safe sleep practices help protect our babies and keep them breathing. Join us for a discussion on best practices for baby's safe sleep and resources at Monmouth Medical Center that help keep baby safe, happy, and healthy.

Attendance is free, registration required: <https://bit.ly/481njQb>

Weight Management: Food, Mood, and Emotional Eating (hybrid)

Thursday, October 24 | 11 a.m. - noon

Join our dietitian for a discussion on how our food choices can be affected by our emotions. Learn tips for managing emotional eating to help you meet your wellness goals.

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

Master Your Medications (hybrid)

Thursday, October 24 | 2 - 3 p.m.

Join Germin Fahim, PharmD, BCPS, Pharmacy Clinical Coordinator, at Monmouth Medical Center (MMC), and Alyssa Elmore and Gianna Franco, MMC's Pharmacy Residents, for a discussion on medication management. We will explore topics including appropriate use, safe storage, interactions to watch for, and how to talk with your clinical staff about your medications. *Light refreshments will be served for those attending in-person.*

Attendance is free, registration required: <https://bit.ly/3MHEG0d>



Fun Friday: Cooking with Pumpkin (hybrid)

Friday, October 25 | 11 a.m. – noon

Pumpkin season is in full swing! Join our dietitian to learn some out-of-the-box (or can) ways to use pumpkin!

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

Ask an Expert: Car Seats (hybrid)

Monday, October 28 | 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>

Seasonal Skillet Meals (hybrid)

Tuesday, October 29 | 2 – 3 p.m.

Make weeknights a breeze with quick and simple skillet meals! Join our dietitian as she demonstrates a skillet meal featuring seasonal ingredients.

Attendance is free, registration required: <https://bit.ly/437Hg6A>

Family Feud: Health Literacy Edition (in-person)

Tuesday, October 29 | 3 – 4 p.m.

It is Health Literacy Month! Let's test our knowledge on what we have learned in previous health literacy programs at the LiveWell Center with a Family Feud style quiz. Test your health literacy knowledge by picking out what makes a piece of health information reliable or unreliable. *A brief recap of health literacy information will be reviewed at the beginning of the program for those who have not attended previous programs.*

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

Lunch & Learn: What's New to Medicare in 2025 (hybrid)

Wednesday, October 30 | 11:30 a.m. – 1 p.m.

Join Jenee Farley, SHIP Counselor and Director of Volunteer Services at Family & Children's Service of Monmouth County, for a discussion on Medicare open enrollment. The Open Enrollment Period, during which beneficiaries can make certain changes to their Medicare coverage for 2025, extends from October 15th – December 7th. This presentation provides an overview of Medicare and explains the options available to beneficiaries during Open Enrollment, changes in Medicare for 2025, and describes programs that can help qualifying beneficiaries pay for prescription plans and Medicare premiums and cost-sharing. SHIP is your local State Health Insurance Assistance Program. *SHIP provides unbiased help to Medicare beneficiaries, their families, and caregivers. Light refreshments will be served to those attending in-person.*

Attendance is free, registration required: <https://bit.ly/3ynaf8z>

Hearty Fall Salads (hybrid)

Thursday October 31 | 11 a.m. – noon

Salads are delicious in any season! Join our registered dietitian in the demonstration kitchen to learn how to whip up a hearty salad featuring seasonal Fall produce.

Attendance is free, registration required: <https://bit.ly/4cl4PGo>



Health Screenings

One-On-One Health Coaching

October | 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

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

Tuesday, October 1, 8 and 15 | 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, October 2, 9, 16, 23 and 30 | 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>

Parent and Me Movement (in-person)

Monday, October 7 | 11:30 a.m. – 12:30 p.m.

Struggling to find time to get moving with your new little one around? Join us at the LiveWell Center for a Parent and Me Movement class with the Monmouth University Occupational Therapy Graduate Students. This class is a great way to ease back into exercise in a safe, fun, and healthy practice that will benefit you and baby. Ask your doctor if you are cleared to exercise before taking the class. Open for children 0-2. 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/3rPC88Q>

Whee Get Fit & Play (in-person)

Thursday, October 17 and 31 | 9:30 – 10:30 a.m.

Thursday, November 14 | 9:30 – 10:30 a.m.

Whee 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>

Dance Movement (in-person)

Friday, October 18 | 10 – 10:45 a.m.

Join us at the LiveWell Center for Dance Movement with the Monmouth University Occupational Therapy Graduate Students. You'll move to the beat and pump up the volume! Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. All equipment provided. This class is designed for adults 55+. *Movement waiver is required for all participants.*

Attendance is free, registration required: <https://bit.ly/48ALwhM>

Baby and Me Yoga Flow (in-person)

Thursday, October 24 | 9:30 – 10:30 a.m.

Thursday, November 7 | 9:30 – 10:30 a.m.

Join Whee 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>

Balance & Flexibility Movement (in-person)

Friday, October 25 | 10 – 10:45 a.m.

Join the LiveWell Center and the Monmouth University Occupational Therapy Graduate Students for a class on balance and flexibility. The instructor will lead you through movements to stretch your muscles, build core strength, and improve balance and coordination. Exercise will begin with seated chair stretching and strength movement, followed by chair assisted standing balance and strength movements. All equipment provided. This class is designed for adults 55+. *Movement waiver is required for all participants.*

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



Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood

Health Literacy for Older Adults at MMCSC (in-person)

Thursday, October 3 | 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's Health Literacy Month! 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 to discuss health literacy skills, common phrases used in healthcare, and more.

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

Tai Chi (in-person)

Thursdays, October 3, 10, and 17 | 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>

Better Health Exclusive Event: Pumpkin Sugar Scrub at MMCSC (in-person)

Thursday, October 10 | 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. The Autumn season has started, bringing us all-things pumpkin! Join our health educators at Monmouth Medical Center Southern Campus for a Better Health Exclusive Event to make pumpkin scented sugar scrubs you can use as part of your self-care routine. *Light refreshments will be provided.**

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

Lunch & Learn: What Our Genes Can Tell Us About our Risk for Cancer at MMCSC (in-person)

Thursday October 17 | 11:30 a.m. - 12:30 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. Please join Kaitlin Kraft, MS, LGC, Genetic Counselor for Oncology Services, RWJBarnabas Health, as she discusses how a Genetic Counselor and the High-Risk Cancer Program can help you to understand genetic risk for Breast and other cancers. Lunch will be provided for all in attendance. Don't forget to wear your pink!

Attendance is free, registration is required: <https://bit.ly/475Hmho>

Healthcare Advocacy: Getting the Most Out of Your Medicare Benefits at MMCSC (in-person)

Thursday, October 24 | 1 - 2 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. Palliative care is a type of medical care that aims to improve the quality of life for people with serious or life-threatening illnesses. It is often misunderstood. Palliative care can help patients and their families manage physical, emotional, and spiritual problems caused by the disease or its treatment. Please join Melanie Vernacchia, MSN, APN, OCN, Clinical Director of MMCSC's James and Sharon Maida Geriatric Institute, and Claire Verruni RN, CHPN, to discuss how palliative care can help you or a loved one cope with troublesome symptoms a disease may present you with. *Light refreshments will be served.**

Attendance is free, registration is required: <https://bit.ly/474ES2B>

Meditation at Common Grounds Garden (in-person)

Thursday, October 31 | 11 a.m. - noon

This event takes place at Common Grounds Community Garden in Lakewood. Meditation is a great way to de-stress, and what better way to meditate than in a relaxing garden? Join our community health educators at Common Grounds Garden in Lakewood, NJ for a guided meditation session. Detailed directions for parking will be provided upon registration.

Attendance is free, registration is required: <https://bit.ly/3ZkeyA3>



Support Groups and Information Sessions

All Cancers Support Group (in-person)

Monday, October 14 | 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, October 16 | 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, October 17 | 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, October 7, 14, 21 and 28 | 1 - 3 p.m.

Thursday, October 3, 10, 17, 24 and 31 | 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, October 2 | 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, October 2 | 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 or to register, please 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, October 10 | 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, October 31 | 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.

Stroke Support Group (in-person)

Wednesday, October 16 | 2 – 3 p.m.

Open to those affected by stroke and their loved ones. This support group aims to offer a welcoming environment to share coping strategies and success stories, as well as provide ongoing education to individuals whose lives have been impacted by stroke. **For more information, call Alyson Bryson, BSN, RN, 732.923.6314 or email Alyson.Bryson@rwjbh.org.**

Tobacco and Nicotine Recovery Group (dual)

Thursday, October 3, 10, 17, 24 and 31 | 10 – 11 a.m. (in-person)

Mondays, October | 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>

Weight-Loss Surgery New Patient Seminar (virtual)

Thursday, October 24 | 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/46ET0mu> 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