

REV. DR. RONALD B. CHRISTIAN COMMUNITY HEALTH & WELLNESS CENTER



DECEMBER 2024 Calendar

Programs are
FREE and
OPEN TO ALL

See page 2 for a
full list of classes

For class links or more information
contact: **Molly Fallon Dixon, MS, RDN:**
973-926-7371 or Molly.Fallon@rwjbh.org



Seasonal Eats!

Mondays • 1:00-2:00 pm • NO CLASS Dec 23 or 30
Hybrid



Healthy Kids in Hannah's Kitchen

Tuesdays • 4:30-5:30 pm • NO CLASS Dec 24 or 31
In-Person Only Class



KidsFit in Motion

Wednesdays • 4:30-5:30 pm • NO CLASS Dec 25
In-Person Only Class



KidsFit in Motion

Saturdays • 9:00-9:45 am • NO CLASS Dec 28
Virtual Class Dec 14



KidsFit in Motion

Saturdays • 10:00-11:00 am • NO CLASS Dec 28
Virtual Class Dec 14



My First Cooking Class in Hannah's Kitchen

Saturday, Dec 14 • 9:30-10:30 am
In-Person Only Class



Taste Testers in Hannah's Kitchen

Saturday, Dec 14 • 11:00-11:45 am
In-Person Only Class



The Beth Challenge: Nutrition 101

Saturday, Dec 14 • 12:30-1:30 pm
In-Person Only Class



Weight Loss Surgery Cooking Demo

Wednesday, Dec 18 • 12:00 - 1:00 pm
In-Person Only Class

RWJBarnabas
HEALTH

**Newark Beth Israel
Medical Center**



Rev. Dr. Ronald B. Christian Community Health & Wellness Center

In-Person Only Classes

Seasonal Eats! *Hybrid

Mondays | 1:00-2:00 pm | NO CLASS Dec 23 or 30

Simple recipes using local farm fresh food.

To register, Email Alyssa.Smolen@rwjbh.org

Healthy Kids in Hannah's Kitchen

Tuesdays | 4:30-5:30 pm | NO CLASS Dec 24 or 31

Healthy cooking for ages 8-12 with a parent/guardian.

To register, Email Alyssa.Smolen@rwjbh.org

KidsFit in Motion

Wednesdays | 4:30-5:30 pm | NO CLASS Dec 25

Fun Fitness for ages 12-17 with a parent/guardian.

To register, Email Kerri.Likakis@rwjbh.org

KidsFit in Motion

Saturdays | 9:00-9:45 am | Virtual Class Dec 14 | NO CLASS Dec 28

Fun Fitness for ages 5-7 with a parent/guardian.

To register, Email Kerri.Likakis@rwjbh.org

KidsFit in Motion

Saturdays | 10:00-11:00 am | Virtual Class Dec 14 | NO CLASS Dec 28

Fun Fitness for ages 7-13 with a parent/guardian.

To register, Email Kerri.Likakis@rwjbh.org

My First Cooking Class in Hannah's Kitchen

Saturday, Dec 14 | 9:30-10:30 am

Healthy cooking for ages 5-7 with a parent/guardian.

To register, Email Alyssa.Smolen@rwjbh.org

Taste Testers in Hannah's Kitchen

Saturday, Dec 14 | 11:00-11:45 am

Mommy & me style cooking class for ages 2-4 with a parent/guardian.

To register, Email Alyssa.Smolen@rwjbh.org

The Beth Challenge: Nutrition 101

Saturday, Dec 14 | 12:30-1:30 pm

Join our registered dietitians to help reach your nutrition goals.

To register, Email Molly.Fallon@rwjbh.org

Weight Loss Surgery Cooking Demo

Wednesday, Dec 18 | 12:00-1:00 pm

Join Andrea, Bariatric Dietitian, for post-surgery recipe tips.

To register, Email Andrea.Jobst@rwjbh.org

Virtual Only Classes

Senior Wellness Connection

Mondays | 10:00-11:00 am | NO CLASS Dec 23 or 30

How to stay strong and healthy through the years.

To register, call: 973-926-6771

Smoking Cessation Support Group

Mondays | 7:00-7:45 pm

Tobacco cessation support group.

To register, Call: 833-795-QUIT

OR Email QuitCenter@rwjbh.org

Prenatal Yoga with Ignite One

Saturdays | 12:00-1:00 pm

Gentle Yoga for expecting moms.

To register, Email Molly.Fallon@rwjbh.org

Weight Loss Surgery Support Group

Wednesday, Dec 11 | 12:00-1:00 pm

Holiday eating plan for weight loss surgery.

To register, Email Andrea.Jobst@rwjbh.org

*Hybrid classes meet same date & time in-person and virtually. All in-person and hybrid classes meet at the:
Rev. Dr. Ronald B. Christian Community Health & Wellness Center 208 Lyons Ave., Newark NJ