

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



NOVEMBER 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](mailto:Molly.Fallon@rwjbh.org)



**Seasonal Eats!**  
Mondays • 1:00-2:00 pm  
Hybrid



**Healthy Kids in Hannah's Kitchen**  
Tuesdays • 4:30-5:30 pm  
In-Person Only Class



**KidsFit in Motion**  
Wednesdays • 4:30-5:30 pm • **NO CLASS Nov 27**  
In-Person Only Class



**My First Cooking Class in Hannah's Kitchen**  
Saturday, Nov 16 • 9:30-10:30 am  
In-Person Only Class



**Taste Testers in Hannah's Kitchen**  
Saturday, Nov 16 • 11:00-11:45 am  
In-Person Only Class



**Weight Loss Surgery Cooking Demo**  
Wednesday, Nov 20 • 12:00-1:00 pm  
In-Person Only Class



**The Beth Challenge: Cooking Demo**  
Thursday, Nov 21 • 5:30 - 6:30 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**

Simple recipes using local farm fresh food.

To register, Email [Alyssa.Smolen@rwjbh.org](mailto:Alyssa.Smolen@rwjbh.org)

#### Healthy Kids in Hannah's Kitchen

**Tuesdays | 4:30-5:30 pm**

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

To register, Email [Alyssa.Smolen@rwjbh.org](mailto:Alyssa.Smolen@rwjbh.org)

#### KidsFit in Motion

**Wednesdays | 4:30-5:30 pm | NO CLASS Nov 27**

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

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### KidsFit in Motion

**Saturdays | 9:00-9:45 am | Virtual Class Nov 16**

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

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### KidsFit in Motion

**Saturdays | 10:00-11:00 am | Virtual Class Nov 16**

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

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### My First Cooking Class in Hannah's Kitchen

**Saturday, Nov 16 | 9:30-10:30 am**

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

To register, Email [Alyssa.Smolen@rwjbh.org](mailto:Alyssa.Smolen@rwjbh.org)

#### Taste Testers in Hannah's Kitchen

**Saturday, Nov 16 | 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](mailto:Alyssa.Smolen@rwjbh.org)

#### The Beth Challenge: Nutrition 101

**Saturday, Nov 16 | 12:30-1:30 pm**

Join our registered dietitians to help reach your nutrition goals.

To register, Email [Molly.Fallon@rwjbh.org](mailto:Molly.Fallon@rwjbh.org)

#### Weight Loss Surgery Cooking Demo

**Wednesday, Nov 20 | 12:00-1:00 pm**

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

To register, Email [Andrea.Jobst@rwjbh.org](mailto:Andrea.Jobst@rwjbh.org)

#### The Beth Challenge: Cooking Demo

**Thursday, Nov 21 | 5:30-6:30 pm**

Learn new, healthy recipes to make again in your home kitchen.

To register, Email [Molly.Fallon@rwjbh.org](mailto:Molly.Fallon@rwjbh.org)

### Virtual Only Classes

#### Senior Wellness Connection

**Mondays | 10:00-11:00 am**

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](mailto: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](mailto:Molly.Fallon@rwjbh.org)

#### Weight Loss Surgery Support Group

**Wednesday, Nov 13 | 12:00-1:00 pm**

Bariatric Champions! Previous patients share their journey.

To register, Email [Andrea.Jobst@rwjbh.org](mailto: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