

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



AUGUST 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

RWJBarnabas
HEALTH

**Newark Beth Israel
Medical Center**



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



Healthy Kids in Hannah's Kitchen
Tuesday Aug 6 • 4:30-5:30 pm
In-Person Only Class



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



Taste Testers in Hannah's Kitchen
Saturday, Aug 10 • 11:00-11:45 am
In-Person Only Class



The Beth Challenge: Nutrition 101
Saturday, Aug 10 • 12:30 - 1:30 pm
Hybrid



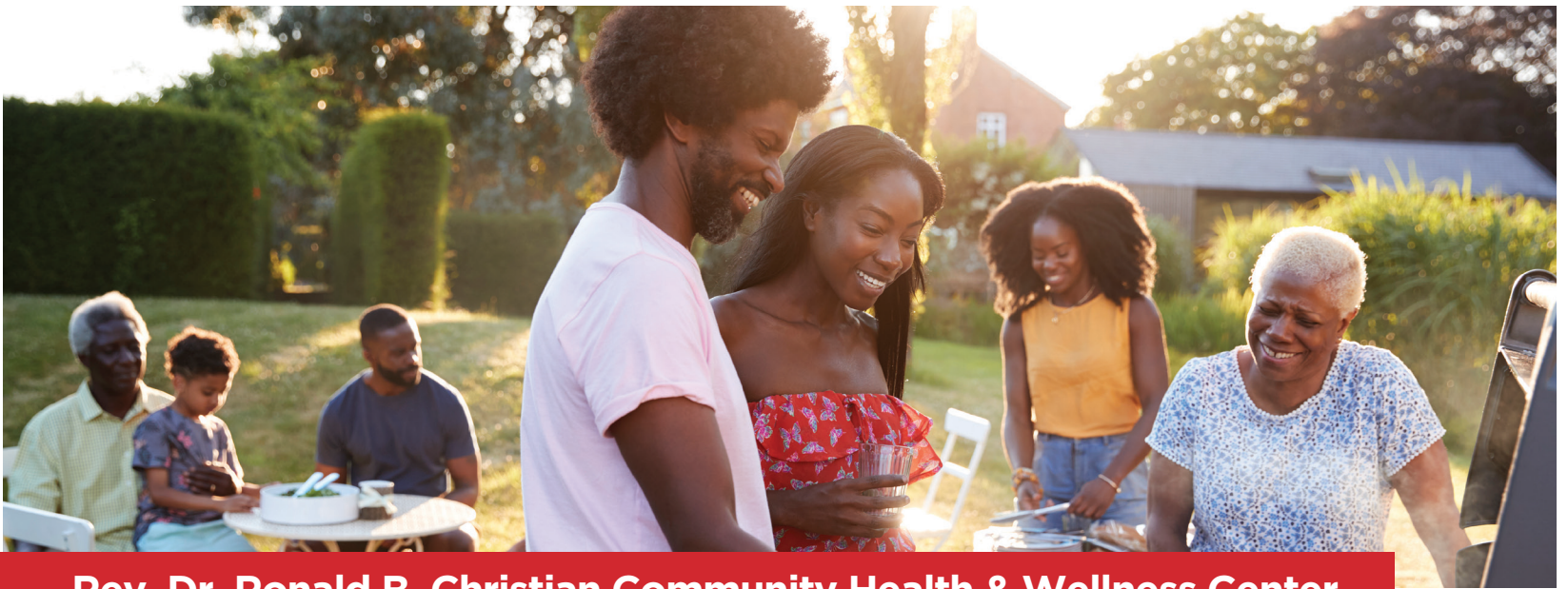
The Beth Challenge: Cooking Demo
Thursday, Aug 15 • 5:30 - 6:30 pm
Hybrid



Cooking Matters with CFBNJ
Tuesday, Aug 27 • 11:00 am-1:00 pm
Hybrid



Weight Loss Surgery Cooking Demo
Wednesday, Aug 28 • 12:00-1:00 pm
In-Person Only Class



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 Molly.Fallon@rwjbh.org

Healthy Kids in Hannah's Kitchen

Tuesday, Aug 6 | 4:30-5:30 pm

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

To register, Email Kimberly.Mania@rwjbh.org

My First Cooking Class in Hannah's Kitchen

Saturday, Aug 10 | 9:30-10:30 am

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

To register, Email Kimberly.Mania@rwjbh.org

Taste Testers in Hannah's Kitchen

Saturday, Aug 10 | 11:00-11:45 am

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

To register, Email Kimberly.Mania@rwjbh.org

The Beth Challenge: Nutrition 101 *Hybrid

Saturday, Aug 10 | 12:30-1:30 pm

Join our registered dietitians to help reach your nutrition goals.

To register, Email Molly.Fallon@rwjbh.org

The Beth Challenge: Cooking Demo *Hybrid

Thursday, Aug 15 | 5:30-6:30 pm

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

To register, Email Molly.Fallon@rwjbh.org

Cooking Matters with CFBNJ

Tuesday, Aug 27 | 11:00 am-1:00 pm

Join our partners from the Community FoodBank of NJ for a healthy recipe demo and information session.

To register, Email Molly.Fallon@rwjbh.org

Weight Loss Surgery Cooking Demo

Wednesday, Aug 28 | 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

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

NO CLASS August 31

Gentle Yoga for expecting moms.

To register, Email Molly.Fallon@rwjbh.org

Weight Loss Surgery Support Group

Wednesday, Aug 14 | 12:00-1:00 pm

Tips on staying hydrated after 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