



Robert Wood Johnson University Hospital Hamilton
Better Health Program

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	<p style="text-align: center;">3</p> Yoga Class 10:00 a.m. - 11:00 a.m. Meditation Class 11:15 a.m. - 11:45 a.m. Chair Yoga 12:00 p.m. - 12:45 p.m. All classes meet in BHEC	4	<p style="text-align: center;">5</p> Shining a Light on the Holidays 10:00 a.m. - 11:30 a.m. or 1:00 p.m. - 2:30 p.m. Room BHEC Tai Chi Class 1:00 p.m. - 2:00 p.m. Fitness Center	6
<p style="text-align: center;">9</p> Self-Defense: Practical Strategies for Seniors 10:00 a.m. - 11:30 a.m. Room A/B	<p style="text-align: center;">10</p> Celebrating Aging: Explore & Embrace the Positivity of Aging 10:00 a.m. - 11:00 a.m. Room A/B	<p style="text-align: center;">11</p> A Senior Social Group 10:00 a.m. - 11:00 a.m. Room BHEC Monthly Men's Group 1:00 p.m. - 2:00 p.m. Room BHEC	<p style="text-align: center;">12</p> Tai Chi Class 1:00 p.m. - 2:00 p.m. Fitness Center	<p style="text-align: center;">13</p> Game Time 1:00 p.m. - 3:00 p.m. BHEC
<p style="text-align: center;">16</p> Create Your Personal Holiday Centerpiece 10:00 a.m. - 1:00 p.m. Room A/B	<p style="text-align: center;">17</p> Yoga Class 10:00 a.m. - 11:00 a.m. Meditation Class 11:15 a.m. - 11:45 a.m. Chair Yoga 12:00 p.m. - 12:45 p.m. All classes meet in Rm 2/3	<p style="text-align: center;">18</p> A Senior Social Group 10:00 a.m. - 11:00 a.m. Room BHEC Holiday Celebration 12:00p.m. - 2:00 p.m. Room A/B	19	20
<p style="text-align: center;">23</p> Game Time 12:00 p.m. - 2:00 p.m. BHEC	24	25	26	27
30				

Must be a Better Health Member to attend

A free program for individuals 65+ that integrates health, wellness and education into a welcoming and friendly activity, class, group event or support service to engage the mind, encourage movement and promote reflection. Participate as much or as little as you want, bring your friends or meet new friends, go on outings, and learn from doctors and professionals who prioritize your well-being. Healthy aging is a choice that requires nurturing of the body, mind, and spirit. The Better Health Program focuses on the whole person to create a personalized approach to wellness that is right for you.

The Better Health Program* is located at RWJ Fitness & Wellness Center, 3100 Quakerbridge Road, Hamilton, New Jersey.



Scan this QR code with your smartphone to register and become a member or call 609-584-5900 or email bhprogram@rwjbh.org to learn more.



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Let's be healthy together.

*All programs will be held at the RWJ Fitness & Wellness Center at 3100 Quakerbridge Road in Hamilton unless otherwise noted in the program description. All programs can be found online at rwjbh.org/HamiltonPrograms.