

# DECEMBER

## RWJ Community Education Programs

**RWJBarnabas**  
HEALTH

Robert Wood Johnson  
University Hospital  
Hamilton

Let's be healthy together.

**ALL PROGRAMS ARE LOCATED AT THE  
HAMILTON RWJ FITNESS & WELLNESS  
CENTER UNLESS OTHERWISE NOTED**



Looking for a full listing of our programs or ready to enroll?

Enroll on your own by visiting [www.rwjbh.org/HamiltonPrograms](http://www.rwjbh.org/HamiltonPrograms)  
OR

QR Code : Open your phone camera, hover over the square image  
& click the web link.

For more info email us at [CommunityEdHam@rwjbh.org](mailto:CommunityEdHam@rwjbh.org)  
OR call The Health Connection at **609.584.5900**

Date	Start Time	End Time	Program Title
Mon, Dec 2	9:00 AM	3:00 PM	The AARP Driving Course
Mon, Dec 2	10:30 AM	11:30 AM	Caring for Loved Ones with Chronic Conditions: Exploring Types of Dementia
Mon, Dec 2	12:00 PM	3:00 PM	Bridge Club
Mon, Dec 2	5:30 PM	7:00 PM	Adult Children Caring for Parents: Ways to Manage Caregiver Stress
Tue, Dec 3	10:00 AM	12:00 PM	Stanford Chronic Disease Self-Management Program - Final Week
Tue, Dec 3	6:00 PM	7:00 PM	Knowledge Café: Diagnosis and Treatment of Carpal Tunnel Syndrome
Wed, Dec 4	5:30 PM	6:30 PM	Caregiver Support Group
Wed, Dec 4	6:00 PM	7:30 PM	Cooking With Cardiology: Wholesome Feasts
Thu, Dec 5	1:30 PM	2:30 PM	Grief and Loss Support Group
Fri, Dec 6	12:00 PM	3:00 PM	Bridge Club
Mon, Dec 9	12:00 PM	3:00 PM	Bridge Club
Tue, Dec 10	1:30 PM	2:30 PM	Letting Go of Clutter
Tue, Dec 10	6:00 PM	7:30 PM	Dinner With A Doctor: Common Causes of Shortness of Breath
Wed, Dec 11	12:00 PM	2:00 PM	Paper Art Greeting Cards
Thu, Dec 12	1:30 PM	2:30 PM	Wise Women Discussion Group: What Makes a Good Life?
Fri, Dec 13	11:00 AM	12:00 PM	Dance It Out!
Fri, Dec 13	12:00 PM	3:00 PM	Bridge Club
Mon, Dec 16	10:30 AM	11:30 AM	Caring for Loved Ones with Chronic Conditions: Ways to Manage Caregiver Stress
Mon, Dec 16	12:00 PM	3:00 PM	Bridge Club
Mon, Dec 16	5:30 PM	7:00 PM	Adult Children Caring for Parents: Exploring Types of Dementia
Mon, Dec 16	6:00 PM	7:00 PM	Understanding The Winter Blues: Shedding Light on Seasonal Affective Disorder
Tue, Dec 17	11:00 AM	12:00 PM	Prediabetes Connect Group: Eating Healthy During the Holidays
Tue, Dec 17	1:00 PM	2:00 PM	"Wii" Are Powered Game Time
Wed, Dec 18	1:00 PM	2:00 PM	Mindfulness Meditation
Wed, Dec 18	6:00 PM	7:00 PM	Alzheimer's Support Group
Wed, Dec 18	7:00 PM	8:00 PM	HealthRhythms Drumming
Thu, Dec 19	1:00 PM	2:00 PM	The Hot Seat: Chair Dancing
Thu, Dec 19	1:30 PM	2:30 PM	Grief and Loss Support Group
Fri, Dec 20	12:00 PM	3:00 PM	Bridge Club
Mon, Dec 23	12:00 PM	3:00 PM	Bridge Club

### RWJUH Hamilton Better Health 65+ Club

Rediscover your Mind, Body & Spirit in Retirement  
**Better Health Program**  
Complimentary Membership at 65+ years old



A no-cost program for 65+ that combines medical education, interesting topics & fun activities. Registration Required.

Enroll on your own by visiting [www.rwjbh.org/HamiltonPrograms](http://www.rwjbh.org/HamiltonPrograms)

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