

JULY

RWJ Community Education Programs



Robert Wood Johnson
University Hospital
Hamilton

Let's be healthy together.



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

Enroll on your own by visiting 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

OR call The Health Connection at 609.584.5900

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

Date	Start Time	End Time	Program Title	
Mon., July 1	12:00 PM	3:00 PM	Bridge Club	
Mon., July 1	1:00 PM	2:00 PM	Sweet Success Society: A Diabetes Group	
Mon., July 1	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Tue., July 2	1:30 PM	2:30 PM	Got Stress? Stress Busters for Summer	
Wed., July 3	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., July 3	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., July 3	5:30 PM	6:30 PM	Caregiver Support Group	
Fri., July 5	12:00 PM	3:00 PM	Bridge Club	
Mon., July 8	10:30 AM	11:30 AM	Caring for Loved Ones with Chronic Conditions: <i>Seven Stages of Dementia</i>	
Mon., July 8	11:00 AM	12:00 PM	What's Eating You?	
Mon., July 8	12:00 PM	3:00 PM	Bridge Club	
Mon., July 8	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Mon., July 8	5:30 PM	6:30 PM	Sweet Success Society: A Diabetes Group	
Mon., July 8	5:30 PM	7:00 PM	Adult Children Caring for Parents: <i>Signs That Your Loved One May Need Assistance</i>	
Tue., July 9	10:00 AM	11:00 AM	Yoga	*Better Health Exclusive*
Tue., July 9	11:15 AM	11:45 AM	Meditation Class	*Better Health Exclusive*
Tue., July 9	12:00 PM	12:45 PM	Chair Yoga	*Better Health Exclusive*
Tue., July 9	1:30 PM	2:30 PM	Letting Go of Clutter	
Tue., July 9	5:30 PM	7:00 PM	Estate Planning for All Ages	
Tue., July 9	6:00 PM	7:00 PM	Bariatric Weight Loss Support Group	
Wed., July 10	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., July 10	1:00 PM	2:00 PM	Brown Bag Medication Review	
Wed., July 10	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., July 11	10:00 AM	12:00 PM	Osteoporosis Screening	
Thu., July 11	1:00 PM	2:30 PM	Game Time	*Better Health Exclusive*
Thu., July 11	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., July 11	1:30 PM	2:30 PM	Grief and Loss Support Group	
Thu., July 11	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri., July 12	11:00 AM	12:00 PM	Dance It Out!	
Fri., July 12	12:00 PM	3:00 PM	Bridge Club	
Mon., July 15	10:30 AM	11:30 AM	Caring for Loved Ones with Chronic Conditions: <i>Keeping Your Loved One Engaged</i>	
Mon., July 15	12:00 PM	3:00 PM	Bridge Club	
Mon., July 15	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Mon., July 15	3:00 PM	6:00 PM	Ask the Dietitian	
Mon., July 15	5:30 PM	7:00 PM	Adult Children Caring for Parents: <i>First Steps for Caregivers</i>	

RWJUH Hamilton Better Health 65+ Club

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

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Date	Start Time	End Time	Program Title	
Tue., July 16	11:30 AM	12:30 PM	Prediabetes Connect Group	
Tue., July 16	1:00 PM	2:00 PM	The Heat Is On: Summer Safety Fact or Fiction	
Tue., July 16	6:30 PM	8:00 PM	Crystal Bowl Sound Immersion	
Wed., July 17	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., July 17	11:15 AM	12:00 PM	Skincare Made Easy	*Better Health Exclusive*
Wed., July 17	1:00 PM	2:00 PM	Mindfulness Meditation Beginner	
Wed., July 17	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., July 17	6:00 PM	7:00 PM	Alzheimer's Support	
Thu., July 18	1:00 PM	2:00 PM	Tai Chi	*Better Health Exclusive*
Thu., July 18	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., July 18	1:30 PM	2:30 PM	Grief and Loss Support Group	
Thu., July 18	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Thu., July 18	6:00 PM	7:00 PM	Kids Money Club	
Thu., July 18	6:00 PM	7:00 PM	Women and Money	
Fri., July 19	12:00 PM	3:00 PM	Bridge Club	
Mon., July 22	12:00 PM	3:00 PM	Bridge Club	
Mon., July 22	1:00 PM	2:00 PM	Dance It Out!	
Mon., July 22	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Tue., July 23	10:00 AM	11:00 AM	Yoga	*Better Health Exclusive*
Tue., July 23	11:15 AM	11:45 AM	Meditation Class	*Better Health Exclusive*
Tue., July 23	12:00 PM	12:45 PM	Chair Yoga	*Better Health Exclusive*
Tue., July 23	12:30 PM	2:30 PM	Memory Screening	
Tue., July 23	6:00 PM	7:30 PM	Expressive Art: Nature Becomes Us	
Wed., July 24	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., July 24	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., July 24	6:30 PM	8:30 PM	Reiki Share	
Thu., July 25	1:00 PM	2:30 PM	Game Time	*Better Health Exclusive*
Thu., July 25	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., July 25	1:30 PM	2:30 PM	Wise Women: <i>Lessons Learned in Life</i>	
Thu., July 25	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri., July 26	12:00 PM	3:00 PM	Bridge Club	
Mon., July 29	12:00 PM	3:00 PM	Bridge Club	
Mon., July 29	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Mon., July 29	6:00 PM	7:30 PM	Dinner with a Doctor: <i>Healthy Bones Matter</i>	
Wed., July 31	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., July 31	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., July 31	7:00 PM	8:00 PM	HealthRhythms™ Drumming	

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