# Community Education Programs



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
OR

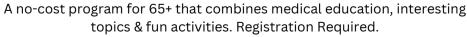
QR Code : Open your phone camera, hover over the square image & click the web link.

For more info email us at **CommunityEdHam@rwjbh.org**OR call The Health Connection at **609.584.5900** 

Date	Start Time	End Time	Program Title	
Mon., June 3	9:00 AM	3:00 PM	AARP Driving Course	
Mon., June 3	10:00 AM	11:00 AM	Brain Health-Learn Proven Ways to Keep Your Brain Young	
Mon., June 3	10:30 AM	11:30 AM	Caring for Loved Ones with Chronic Conditions: Medical Wills	
Mon., June 3	12:00 PM	3:00 PM	Bridge Club	
Mon., June 3	1:00 PM	2:00 PM	Sweet Success Society: A Diabetes Group	
Mon., June 3	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Mon., June 3	5:30 PM	7:00 PM	Adult Children Caring for Parents: Fall Prevention	
Wed., June 5	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., June 5	1:00 PM	2:00 PM	Grounds for Sculpture Tour	*Better Health Exclusive*
Wed., June 5	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., June 5	5:30 PM	6:30 PM	Caregiver Support Group	
Thu., June 6	10:30 AM	11:30 AM	Grounds for Sculpture Tour	*Better Health Exclusive*
Thu., June 6	1:00 PM	2:00 PM	Dance It Out!	
Thu., June 6	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., June 6	1:30 PM	2:30 PM	Grief and Loss Support Group	
Thu., June 6	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri., June 7	12:00 PM	3:00 PM	Bridge Club	
Fri., June 7	2:30 PM	10:00 PM	John O. Wilson Center Tricky Tray Event with Nina Melker	
Mon., June 10	10:30 AM	11:30 AM	Caring for Loved Ones with Chronic Conditions: Keeping Engaged	
Mon., June 10	11:00 AM	12:00 PM	What's Eating You?	
Mon., June 10	12:00 PM	3:00 PM	Bridge Club	
Mon., June 10	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Mon., June 10	5:30 PM	6:30 PM	Sweet Success Society: A Diabetes Group	
Mon., June 10	5:30 PM	7:00 PM	Adult Children Caring for Parents: Challenging Behaviors	
Mon., June 10	6:00 PM	7:30 PM	How Sound Heals: The Science of Sound Healing	
Tue., June 11	10:00 AM	11:30 AM	Mind Over Matter - Breakfast & Learn	*Better Health Exclusive*
Tue., June 11	1:30 PM	2:30 PM	Letting Go of Clutter	
Wed., June 12	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed., June 12	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., June 12	6:00 PM	7:00 PM	Alzheimer's Support	
Thu., June 13	12:00 PM	1:00 PM	What's in the Box? *VIRTUAL*	
Thu., June 13	12:00 PM	1:00 PM	What's in the Box? *LIVE*	
Thu., June 13	1:00 PM	2:00 PM	Tai Chi	*Better Health Exclusive*
Thu., June 13	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., June 13	2:00 PM	3:30 PM	Game Time	*Better Health Exclusive*
Thu., June 13	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Thu., June 13	6:00 PM	7:30 PM	Cooking with Cardiology: Stay Healthy with Summer Grilling	
Thu., June 13	6:00 PM	7:30 PM	Sacred Breathwork Experience	

RWJUH Hamilton Better Health 65+ Club





Enroll on your own by visiting www.rwjbh.org/HamiltonPrograms



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



# Community Education Programs

#### **RWJBarnabas**

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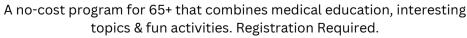
QR Code : Open your phone camera, hover over the square image & click the web link.

For more info email us at **CommunityEdHam@rwjbh.org**OR call The Health Connection at **609.584.5900** 

Fir.J., June 14         11:00 AM         12:00 PM         Soft Stress?           Fir.J., June 17         9:00 AM         3:00 PM         Bridge Club           Mon., June 17         12:00 PM         3:00 PM         Bridge Club           Mon., June 17         12:00 PM         3:00 PM         Ask the Dietitian           Mon., June 17         1:00 PM         5:00 PM         Nicotine and Tobacco Dependence Counseling           Tue., June 18         10:00 AM         11:00 AM         Yog         *Better Health Exclusive*           Tue., June 18         11:35 AM         11:34 AM         Meditation Class         *Better Health Exclusive*           Tue., June 18         12:30 PM         7:00 PM         Color Me Hoopy: Hoola-Hooping for Fun and Fitness         *Better Health Exclusive*           Wed., June 19         10:00 AM         11:00 AM         A Senior Social Group         *Better Health Exclusive*           Wed., June 19         10:00 PM         2:00 PM         Mindfulness Meditation for Beginners         *Better Health Exclusive*           Wed., June 19         1:00 PM         2:00 PM         A Setter Health Fxclusive*           Wed., June 19         1:00 PM         3:00 PM         A Setter Health Fxclusive*           Wed., June 19         7:00 PM         3:00 PM         B:00 PM	Date	Start Time	<b>End Time</b>	Program Title	
Mon., June 17	Fri., June 14	11:00 AM	12:00 PM	Got Stress?	
Mon., June 17         12:00 PM         3:00 PM         Ask the Dietitian           Mon., June 17         1:00 PM         3:00 PM         Noch June 18         10:00 AM         11:00 AM         Yoga         *Better Health Exclusive*           Tue., June 18         10:00 AM         11:35 AM         11:45 AM         Meditation Class         *Better Health Exclusive*           Tue., June 18         11:30 AM         12:30 PM         Prediabletes Connect Group         *Better Health Exclusive*           Tue., June 18         12:00 PM         12:45 PM         Color Me Hoopy: Hoola-Hooping for Fun and Fitness         *Better Health Exclusive*           Wed., June 19         10:00 AM         11:00 AM         A Senior Social Group         *Better Health Exclusive*           Wed., June 19         10:00 PM         11:00 AM         A Senior Social Group         *Better Health Exclusive*           Wed., June 19         10:00 PM         2:00 PM         Mindfulness Meditation for Beginners         *Better Health Exclusive*           Wed., June 19         1:00 PM         3:00 PM         A Better Health Program: For Men ONLYI with Ashish Desai         *Better Health Exclusive*           Wed., June 19         7:00 PM         8:00 PM         HealthRythms™ Drumming         *Better Health Exclusive*           Thu., June 20         1:00 PM         5:00 PM <td>Fri., June 14</td> <td>12:00 PM</td> <td>3:00 PM</td> <td>Bridge Club</td> <td></td>	Fri., June 14	12:00 PM	3:00 PM	Bridge Club	
Mon., June 17	Mon., June 17	9:00 AM	10:00 AM	RWJUH Hamilton Report to the Community	
Mon., June 17   1:00 PM	Mon., June 17	12:00 PM	3:00 PM	Bridge Club	
Tue., June 18         10:00 AM         11:00 AM         Yoga         *Better Health Exclusive*           Tue., June 18         11:15 AM         11:45 AM         11:45 AM         *Better Health Exclusive*           Tue., June 18         12:30 PM         12:30 PM         Prediabetes Connect Group         *Better Health Exclusive*           Tue., June 18         12:00 PM         12:45 PM         Color Me Hoopy: Hoola-Hooping for Fun and Fitness         *Better Health Exclusive*           Wed., June 19         10:00 AM         11:00 AM         A Senior Social Group         *Better Health Exclusive*           Wed., June 19         12:00 PM         1:30 PM         Where's My Doctor? – Lunch & Learn with Dr. All & Dr. Haddad         *Better Health Exclusive*           Wed., June 19         1:00 PM         5:00 PM         Mindfulness Meditation for Beginners         *Better Health Exclusive*           Wed., June 19         1:00 PM         5:00 PM         Mictorine and Tobacco Dependence Counseling         *Better Health Exclusive*           Wed., June 19         7:00 PM         8:00 PM         Health Rythms** Drumming         *Better Health Exclusive*           Thu., June 20         1:00 PM         5:00 PM         Nicotine and Tobacco Dependence Counseling         *Better Health Exclusive*           Thu., June 20         6:00 PM         6:45 PM         Nicotine	Mon., June 17	12:00 PM	3:00 PM	Ask the Dietitian	
Tue., June 18         11:15 AM         11:45 AM         Meditation Class         *Better Health Exclusive*           Tue., June 18         11:30 AM         12:30 PM         Prediabetes Connect Group         *Better Health Exclusive*           Tue., June 18         6:00 PM         7:00 PM         Color Me Hoopy: Hoola-Hooping for Fun and Fitness         *Better Health Exclusive*           Wed., June 19         10:00 AM         11:00 AM         A Senior Social Group         *Better Health Exclusive*           Wed., June 19         1:00 PM         1:30 PM         Windfulness Meditation for Beginners         *Better Health Exclusive*           Wed., June 19         1:00 PM         5:00 PM         Mindfulness Meditation for Beginners         *Better Health Exclusive*           Wed., June 19         1:00 PM         5:00 PM         Mindfulness Meditation for Beginners         *Better Health Exclusive*           Wed., June 19         1:00 PM         5:00 PM         Mindfulness Meditation for Beginners         *Better Health Exclusive*           Wed., June 19         1:00 PM         3:00 PM         Micotine and Tobacco Dependence Counselling         *Better Health Exclusive*           Wed., June 20         1:00 PM         8:00 PM         Micotine and Tobacco Dependence Counselling         *Incomplete Medication Class           Fri., June 21         12:00 PM         3:00	Mon., June 17	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Tue., June 18         11:30 AM         12:30 PM         Prediabetes Connect Group         *Better Health Exclusive*           Tue., June 18         6:00 PM         12:45 PM         Color Me Hoopy: Hoola-Hooping for Fun and Fitness         *Better Health Exclusive*           Wed., June 19         10:00 AM         11:00 AM         A Senior Social Group         *Better Health Exclusive*           Wed., June 19         12:00 PM         1:30 PM         Where's My Doctor? – Lunch & Learn with Dr. Ali & Dr. Haddad         *Better Health Exclusive*           Wed., June 19         1:00 PM         5:00 PM         Nicotine and Tobacco Dependence Counseling         *Better Health Exclusive*           Wed., June 19         1:00 PM         5:00 PM         Nicotine and Tobacco Dependence Counseling         *Better Health Exclusive*           Wed., June 19         7:00 PM         8:00 PM         HealthRythms™ Drumming         *Better Health Exclusive*           Thu., June 20         1:00 PM         5:00 PM         HealthRythms™ Drumming         *Better Health Exclusive*           Thu., June 20         1:00 PM         5:00 PM         Nicotine and Tobacco Dependence Counseling         *Better Health Exclusive*           Thu., June 21         12:00 PM         6:45 PM         Nicotine and Tobacco Dependence Counseling         *Better Health Exclusive*           Tue, June 25         10:00 AM	Tue., June 18	10:00 AM	11:00 AM	Yoga	*Better Health Exclusive*
Tue., June 18         12:00 PM         7:00 PM         Chair Yoga         *Better Health Exclusive*           Tue., June 18         6:00 PM         7:00 PM         Color Me Hoopy: Hoola-Hooping for Fun and Fitness         *Better Health Exclusive*           Wed., June 19         10:00 AM         11:00 AM         A Senior Social Group         *Better Health Exclusive*           Wed., June 19         1:00 PM         2:00 PM         Mindfulness Meditation for Beginners         *Better Health Exclusive*           Wed., June 19         1:00 PM         5:00 PM         Mindfulness Meditation for Beginners         *Better Health Exclusive*           Wed., June 19         1:00 PM         5:00 PM         Micotine and Tobacco Dependence Counseling         *Better Health Exclusive*           Wed., June 19         7:00 PM         3:00 PM         HealthRhythms** Drumming         *Better Health Exclusive*           Wed., June 19         7:00 PM         8:00 PM         HealthRhythms** Drumming         *Better Health Exclusive*           Wed., June 20         1:00 PM         5:00 PM         HealthRhythms** Drumming         *Better Health Exclusive*           Thu., June 20         1:00 PM         5:00 PM         Nicotine and Tobacco Dependence Counseling         *Bitter Health Exclusive*           Won., June 24         1:00 PM         3:00 PM         Bridge Club	Tue., June 18	11:15 AM	11:45 AM	Meditation Class	*Better Health Exclusive*
Tue, June 18 6:00 PM 7:00 PM Color Me Hoopy: Hoola-Hooping for Fun and Fitness  Wed, June 19 10:00 AM 11:00 AM A Senior Social Group  Wed, June 19 12:00 PM 13:00 PM Where's My Doctor? – Lunch & Learn with Dr. Ali & Dr. Haddad  Wed, June 19 1:00 PM 2:00 PM Mindfulness Meditation for Beginners  Wed, June 19 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Wed, June 19 1:00 PM 3:00 PM A Better Health Program: For Men ONLY! with Ashish Desai  Wed, June 19 7:00 PM 8:00 PM HealthRhythms** Drumming  Thu., June 20 1:00 PM 2:00 PM LGBTQ+ Breast/Chest Health  Thu., June 20 1:00 PM 2:00 PM Nicotine and Tobacco Dependence Counseling  Thu., June 20 1:00 PM 2:00 PM Nicotine and Tobacco Dependence Counseling  Thu., June 20 1:30 PM 2:30 PM Nicotine and Tobacco Dependence Counseling  Thu., June 20 1:00 PM 3:00 PM Bridge Club  Mon., June 24 1:00 PM 3:00 PM Nicotine and Tobacco Recovery Support Group  Thu., June 24 1:00 PM 3:00 PM Nicotine and Tobacco Dependence Counseling  Tue, June 25 10:00 AM 11:00 AM Yoga  Tue, June 25 11:15 AM 11:45 AM Meditation Class  Tue, June 25 12:00 PM 7:30 PM Vision Board Workshop  Wed, June 26 10:00 AM 11:00 AM Kids in the Kitchen: Summertime Staples  Wed, June 26 10:00 AM 11:00 AM A Senior Social Group  Wed, June 26 6:30 PM 8:30 PM Reiki Share  Thu., June 27 1:00 PM 2:00 PM Nicotine and Tobacco Dependence Counseling  Thu., June 27 1:00 PM 2:00 PM Nicotine and Tobacco Dependence Counseling  Thu., June 27 1:00 PM 3:00 PM Nicotine and Tobacco Dependence Counseling  Wiscome and Tobacco Dependence Counseling  Wed, June 26 6:30 PM 8:30 PM Reiki Share  Thu., June 27 1:00 PM 2:00 PM Nicotine and Tobacco Dependence Counseling  Wed, June 27 1:00 PM 2:00 PM Nicotine and Tobacco Dependence Counseling  Wiscome Discussion Group  Thu., June 27 1:00 PM 2:00 PM Nicotine and Tobacco Dependence Counseling  Wiscome Discussion Group  Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling	Tue., June 18	11:30 AM	12:30 PM	Prediabetes Connect Group	
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Thu., June 20 1:00 PM 5:00 PM Orief and Loss Support Group  Thu., June 20 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group  Fri., June 21 12:00 PM 3:00 PM Bridge Club Mon., June 24 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Tue., June 25 10:00 AM 11:00 AM Yoga *Better Health Exclusive* Tue., June 25 11:15 AM 11:45 AM Meditation Class Tue., June 25 12:00 PM 12:45 PM Chair Yoga *Better Health Exclusive* Tue., June 25 6:00 PM 7:30 PM Vision Board Workshop Wed., June 26 10:00 AM 11:00 AM Nicotine and Tobacco Dependence Counseling  Wed., June 26 10:00 AM 11:00 AM Nicotine and Tobacco Dependence  *Better Health Exclusive*  *Better Health Exclusive*  *Better Health Exclusive*  *Better Health Exclusive*  Tue., June 26 10:00 AM 11:00 AM Nicotine and Tobacco Dependence Counseling  Wed., June 26 1:00 PM Nicotine and Tobacco Dependence Counseling  Wed., June 27 1:00 PM 1:00	Wed., June 19	7:00 PM	8:00 PM	HealthRhythms™ Drumming	
Thu., June 20 1:30 PM 2:30 PM Rice and Loss Support Group  Thu., June 20 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group  Fri., June 21 12:00 PM 3:00 PM Bridge Club  Mon., June 24 12:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Tue., June 25 10:00 AM 11:00 AM Yoga *Better Health Exclusive* Tue., June 25 11:15 AM 11:45 AM Meditation Class *Better Health Exclusive* Tue., June 25 12:00 PM 12:45 PM Chair Yoga *Better Health Exclusive* Tue., June 25 6:00 PM 7:30 PM Vision Board Workshop  Wed., June 26 10:00 AM 11:00 AM Xids in the Kitchen: Summertime Staples  Wed., June 26 10:00 AM 11:00 AM Nicotine and Tobacco Dependence Counseling  Wed., June 26 6:30 PM 8:30 PM Reiki Share  Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM 2:30 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM 2:30 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM Nicotine and Tobacco Recovery Support Group	Thu., June 20	1:00 PM	2:00 PM	LGBTQ+ Breast/Chest Health	
Thu., June 20 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group  Fri., June 21 12:00 PM 3:00 PM Bridge Club  Mon., June 24 12:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Tue., June 25 10:00 AM 11:00 AM Yoga *Better Health Exclusive*  Tue., June 25 11:15 AM 11:45 AM Meditation Class *Better Health Exclusive*  Tue., June 25 12:00 PM 12:45 PM Chair Yoga *Better Health Exclusive*  Tue., June 25 6:00 PM 7:30 PM Vision Board Workshop  Wed., June 26 10:00 AM 11:00 AM Kids in the Kitchen: Summertime Staples  Wed., June 26 10:00 AM 11:00 AM A Senior Social Group *Better Health Exclusive*  Wed., June 26 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Wed., June 26 6:30 PM 8:30 PM Reiki Share  Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Thu., June 27 1:30 PM 2:30 PM Wise Women Discussion Group  Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Thu., June 20	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Fri., June 21 12:00 PM 3:00 PM Bridge Club  Mon., June 24 12:00 PM 3:00 PM Bridge Club  Mon., June 24 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Tue., June 25 10:00 AM 11:00 AM Yoga *Better Health Exclusive* Tue., June 25 11:15 AM 11:45 AM Meditation Class *Better Health Exclusive* Tue., June 25 12:00 PM 12:45 PM Chair Yoga *Better Health Exclusive* Tue., June 25 6:00 PM 7:30 PM Vision Board Workshop  Wed., June 26 10:00 AM 11:00 AM Kids in the Kitchen: Summertime Staples  Wed., June 26 10:00 AM 11:00 AM A Senior Social Group *Better Health Exclusive* Wed., June 26 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Wed., June 26 6:30 PM 8:30 PM Reiki Share  Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM 2:30 PM Wise Women Discussion Group Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Thu., June 20	1:30 PM	2:30 PM	Grief and Loss Support Group	
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Mon., June 24 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Tue., June 25 10:00 AM 11:00 AM Yoga *Better Health Exclusive* Tue., June 25 11:15 AM 11:45 AM Meditation Class *Better Health Exclusive* Tue., June 25 12:00 PM 12:45 PM Chair Yoga *Better Health Exclusive* Tue., June 25 6:00 PM 7:30 PM Vision Board Workshop Wed., June 26 10:00 AM 11:00 AM Kids in the Kitchen: Summertime Staples Wed., June 26 10:00 AM 11:00 AM A Senior Social Group *Better Health Exclusive* Wed., June 26 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Wed., June 26 6:30 PM 8:30 PM Reiki Share Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM 2:30 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM 0:45 PM Nicotine and Tobacco Recovery Support Group	Fri., June 21	12:00 PM	3:00 PM	Bridge Club	
Tue., June 25 10:00 AM 11:00 AM Yoga *Better Health Exclusive* Tue., June 25 11:15 AM 11:45 AM Meditation Class *Better Health Exclusive* Tue., June 25 12:00 PM 12:45 PM Chair Yoga *Better Health Exclusive* Tue., June 25 6:00 PM 7:30 PM Vision Board Workshop  Wed., June 26 10:00 AM 11:00 AM Kids in the Kitchen: Summertime Staples  Wed., June 26 10:00 AM 11:00 AM A Senior Social Group *Better Health Exclusive* Wed., June 26 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Wed., June 26 6:30 PM 8:30 PM Reiki Share  Thu., June 27 1:00 PM 2:00 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM 2:30 PM Wise Women Discussion Group Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Mon., June 24	12:00 PM	3:00 PM	Bridge Club	
Tue., June 25 11:15 AM 11:45 AM Meditation Class  *Better Health Exclusive*  Tue., June 25 12:00 PM 12:45 PM Chair Yoga  *Better Health Exclusive*  *Better	Mon., June 24	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Tue., June 25 12:00 PM 7:30 PM Vision Board Workshop  Wed., June 26 10:00 AM 11:00 AM Kids in the Kitchen: Summertime Staples  Wed., June 26 10:00 AM 11:00 AM A Senior Social Group *Better Health Exclusive*  Wed., June 26 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Wed., June 26 6:30 PM 8:30 PM Reiki Share  Thu., June 27 1:00 PM 2:00 PM Nicotine and Tobacco Dependence Counseling  Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Thu., June 27 1:30 PM 2:30 PM Nicotine and Tobacco Dependence Counseling  Thu., June 27 1:30 PM 2:30 PM Nicotine and Tobacco Dependence Counseling  Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Tue., June 25	10:00 AM	11:00 AM	Yoga	*Better Health Exclusive*
Tue., June 25 6:00 PM 7:30 PM Vision Board Workshop  Wed., June 26 10:00 AM 11:00 AM Kids in the Kitchen: Summertime Staples  Wed., June 26 10:00 AM 11:00 AM A Senior Social Group *Better Health Exclusive*  Wed., June 26 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Wed., June 26 6:30 PM 8:30 PM Reiki Share  Thu., June 27 1:00 PM 2:00 PM Tai Chi *Better Health Exclusive*  Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Thu., June 27 1:30 PM 2:30 PM Wise Women Discussion Group  Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Tue., June 25	11:15 AM	11:45 AM	Meditation Class	*Better Health Exclusive*
Wed., June 26 10:00 AM 11:00 AM Kids in the Kitchen: Summertime Staples  Wed., June 26 10:00 AM 11:00 AM A Senior Social Group *Better Health Exclusive*  Wed., June 26 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Wed., June 26 6:30 PM 8:30 PM Reiki Share  Thu., June 27 1:00 PM 2:00 PM Tai Chi *Better Health Exclusive*  Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Thu., June 27 1:30 PM 2:30 PM Wise Women Discussion Group  Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Tue., June 25	12:00 PM	12:45 PM	Chair Yoga	*Better Health Exclusive*
Wed., June 26 10:00 AM 11:00 AM A Senior Social Group *Better Health Exclusive* Wed., June 26 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Wed., June 26 6:30 PM 8:30 PM Reiki Share Thu., June 27 1:00 PM 2:00 PM Tai Chi *Better Health Exclusive* Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM 2:30 PM Wise Women Discussion Group Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Tue., June 25	6:00 PM	7:30 PM	Vision Board Workshop	
Wed., June 26 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Wed., June 26 6:30 PM 8:30 PM Reiki Share Thu., June 27 1:00 PM 2:00 PM Tai Chi *Better Health Exclusive* Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM 2:30 PM Wise Women Discussion Group Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Wed., June 26	10:00 AM	11:00 AM	Kids in the Kitchen: Summertime Staples	
Wed., June 26 6:30 PM 8:30 PM Reiki Share  Thu., June 27 1:00 PM 2:00 PM Tai Chi  Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling  Thu., June 27 1:30 PM 2:30 PM Wise Women Discussion Group  Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Wed., June 26	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Thu., June 27 1:00 PM 2:00 PM Tai Chi *Better Health Exclusive* Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM 2:30 PM Wise Women Discussion Group Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Wed., June 26	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., June 27 1:00 PM 5:00 PM Nicotine and Tobacco Dependence Counseling Thu., June 27 1:30 PM 2:30 PM Wise Women Discussion Group Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Wed., June 26	6:30 PM	8:30 PM	Reiki Share	
Thu., June 27 1:30 PM 2:30 PM Wise Women Discussion Group Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Thu., June 27	1:00 PM	2:00 PM	Tai Chi	*Better Health Exclusive*
Thu., June 27 6:00 PM 6:45 PM Nicotine and Tobacco Recovery Support Group	Thu., June 27	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
	Thu., June 27	1:30 PM	2:30 PM	Wise Women Discussion Group	
	Thu., June 27	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
	Fri., June 28	1:00 PM	2:30 PM		*Better Health Exclusive*

#### RWJUH Hamilton Better Health 65+ Club





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