

JUNE

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., 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: <i>Medical Wills</i>	
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: <i>Fall Prevention</i>	
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: <i>Keeping Engaged</i>	
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: <i>Challenging Behaviors</i>	
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

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.

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Date	Start Time	End Time	Program Title	
Fri., June 14	11:00 AM	12:00 PM	Got Stress?	
Fri., June 14	12:00 PM	3:00 PM	Bridge Club	
Mon., June 17	9:00 AM	10:00 AM	RWJUH Hamilton Report to the Community	
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	Yoga	*Better Health Exclusive*
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	
Tue., June 18	12:00 PM	12:45 PM	Chair Yoga	*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	*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	2:00 PM	Mindfulness Meditation for Beginners	
Wed., June 19	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Wed., June 19	2:00 PM	3:00 PM	A Better Health Program: For Men ONLY! with Ashish Desai	*Better Health Exclusive*
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	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu., June 20	1:30 PM	2:30 PM	Grief 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	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	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	
Fri., June 28	1:00 PM	2:30 PM	Tea Party	*Better Health Exclusive*

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