

NOVEMBER

RWJ Community Education Programs

RWJBarnabas
HEALTH

Let's be healthy together.

Robert Wood Johnson
University Hospital
Hamilton



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	
Fri, Nov 1	12:00 PM	3:00 PM	Bridge Club	
Mon, Nov 4	10:30 AM	11:30 AM	Caring for Loved Ones with Chronic Conditions: <i>Holidays and Caregiving</i>	
Mon, Nov 4	12:00 PM	3:00 PM	Bridge Club	
Mon, Nov 4	5:30 PM	7:00 PM	Adult Children Caring for Parents: <i>Sibling Relationships</i>	
Tue, Nov 5	9:00 AM	11:00 AM	Stanford Chronic Disease Self-Management Program - Week 3	
Wed, Nov 6	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed, Nov 6	1:00 PM	2:30 PM	"Do it Yourself" Basic Car Maintenance	
Wed, Nov 6	5:30 PM	6:30 PM	Caregiver Support Group	
Thu, Nov 7	10:00 AM	11:30 AM	Autumn Hearing Aid Expo	
Thu, Nov 7	12:30 PM	2:00 PM	Hope for a Bright Future: A Lunch and Learn with RWJUH Hamilton Experts	*Better Health Exclusive*
Thu, Nov 7	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu, Nov 7	1:30 PM	2:30 PM	Grief and Loss Support Group	
Thu, Nov 7	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Thu, Nov 7	6:00 PM	7:30 PM	Feast on Facts: Atrial Fibrillation	
Fri, Nov 8	12:00 PM	3:00 PM	Bridge Club	
Mon, Nov 11	11:00 AM	12:00 PM	What's Eating You? How to Curb Your Emotional Eating During the Holidays	
Mon, Nov 11	12:00 PM	3:00 PM	Bridge Club	
Mon, Nov 11	12:30 PM	2:00 PM	Woman's Book Club: "Lessons In Chemistry: A Novel"	
Tue, Nov 12	10:00 AM	11:00 AM	Yoga	*Better Health Exclusive*
Tue, Nov 12	10:00 AM	12:00 PM	Stanford Chronic Disease Self-Management Program - Week 4	
Tue, Nov 12	11:15 AM	11:45 AM	Meditation Class	*Better Health Exclusive*
Tue, Nov 12	12:00 PM	1:00 PM	Got Stress? - Managing Holiday Stress	
Tue, Nov 12	12:00 PM	12:45 PM	Chair Yoga	*Better Health Exclusive*
Tue, Nov 12	1:30 PM	2:30 PM	Letting Go of Clutter	
Tue, Nov 12	6:00 PM	7:00 PM	Bariatric Weight Loss Support Group	
Wed, Nov 13	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed, Nov 13	1:00 PM	2:00 PM	Men's Group	*Better Health Exclusive*
Thu, Nov 14	10:30 AM	12:00 PM	Help Improve Your Memory	
Thu, Nov 14	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu, Nov 14	1:00 PM	2:00 PM	Tai Chi	*Better Health Exclusive*
Thu, Nov 14	1:30 PM	2:30 PM	Wise Women Discussion Group: <i>Changes Over the Years</i>	

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

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Date	Start Time	End Time	Program Title	
Thu, Nov 14	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Thu, Nov 14	6:00 PM	7:30 PM	Clean Living in a Toxic World	
Fri, Nov 15	9:00 AM	12:00 PM	Caregiver Conference - Caring for the Caregiver	
Fri, Nov 15	12:00 PM	3:00 PM	Bridge Club	
Mon, Nov 18	10:30 AM	11:30 AM	Caring for Loved Ones with Chronic Conditions: <i>Coping with Memory Loss</i>	
Mon, Nov 18	11:00 AM	12:00 PM	Dance It Out!	
Mon, Nov 18	12:00 PM	3:00 PM	Bridge Club	
Mon, Nov 18	5:30 PM	7:00 PM	Adult Children Caring for Parents: <i>Holidays and Caregiving</i>	
Tue, Nov 19	10:00 AM	11:00 AM	Yoga	*Better Health Exclusive*
Tue, Nov 19	10:00 AM	12:00 PM	Stanford Chronic Disease Self-Management Program - Week 5	
Tue, Nov 19	11:15 AM	11:45 AM	Meditation Class	*Better Health Exclusive*
Tue, Nov 19	12:00 PM	12:45 PM	Chair Yoga	*Better Health Exclusive*
Tue, Nov 19	6:00 PM	7:00 PM	Mindfulness Meditation	
Wed, Nov 20	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed, Nov 20	1:00 PM	2:00 PM	"Wii" Are Powered Game Time	
Wed, Nov 20	1:00 PM	2:00 PM	Aromatherapy, Let's Learn and Create	*Better Health Exclusive*
Wed, Nov 20	1:00 PM	2:00 PM	Mindfulness Meditation	
Wed, Nov 20	5:30 PM	7:00 PM	Dinner With A Doctor: Respiratory Infections	
Wed, Nov 20	6:00 PM	7:00 PM	Alzheimer's Support Group	
Wed, Nov 20	7:00 PM	8:00 PM	HealthRhythms Drum Circle	
Thu, Nov 21	10:00 AM	12:00 PM	Osteoporosis Screening	
Thu, Nov 21	12:00 PM	1:30 PM	Friendsgiving Lunch	*Better Health Exclusive*
Thu, Nov 21	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu, Nov 21	1:30 PM	2:30 PM	Grief and Loss Support Group	
Thu, Nov 21	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri, Nov 22	12:00 PM	3:00 PM	Bridge Club	
Mon, Nov 25	12:00 PM	3:00 PM	Bridge Club	
Tue, Nov 26	10:00 AM	12:00 PM	Stanford Chronic Disease Self-Management Program - Week 6	
Wed, Nov 27	9:00 AM	2:00 PM	Red Cross Blood Drive	
Wed, Nov 27	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Fri, Nov 29	12:00 PM	3:00 PM	Bridge Club	

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