

# OCTOBER

## RWJ Community Education Programs

**RWJ Barnabas**  
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](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**

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

Date	Start Time	End Time	Program Title	
Tue, Oct 1	6:00 PM	7:00 PM	Fall Mini Medical School: Emergency Services	
Wed, Oct 2	9:00 AM	12:00 PM	Knitters Club Meeting	
Wed, Oct 2	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed, Oct 2	5:30 PM	6:30 PM	Caregiver Support Group	
Thu, Oct 3	12:00 PM	1:30 PM	GI Panel Discussion, Lunch & Learn	*Better Health Exclusive*
Thu, Oct 3	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu, Oct 3	1:30 PM	2:30 PM	Grief and Loss Support Group	
Thu, Oct 3	6:00 PM	7:30 PM	In Your Breast Interest: Dinner with Doctors	
Thu, Oct 3	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri, Oct 4	12:00 PM	3:00 PM	Bridge Club	
Mon, Oct 7	9:00 AM	3:00 PM	The AARP Driving Course	
Mon, Oct 7	10:30 AM	11:30 AM	Caring for Loved Ones with Chronic Conditions: Importance of a Medical Living Will	
Mon, Oct 7	12:00 PM	3:00 PM	Bridge Club	
Mon, Oct 7	5:30 PM	7:00 PM	Adult Children Caring for Parents: Dealing with Challenging Behaviors	
Mon, Oct 7	6:00 PM	7:30 PM	Medicare Changes for 2025	
Mon, Oct 7	6:00 PM	7:30 PM	Autumn Book Art	
Tue, Oct 8	1:30 PM	2:30 PM	Letting Go of Clutter	
Tue, Oct 8	6:00 PM	7:00 PM	Fall Mini Medical School: Gastroenterology	
Wed, Oct 9	9:00 AM	12:00 PM	Knitters Club Meeting	
Wed, Oct 9	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed, Oct 9	1:00 PM	2:00 PM	Men's Group	*Better Health Exclusive*
Thu, Oct 10	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu, Oct 10	1:00 PM	2:00 PM	Tai Chi	*Better Health Exclusive*
Thu, Oct 10	2:00 PM	3:30 PM	Game Time	*Better Health Exclusive*
Thu, Oct 10	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri, Oct 11	12:00 PM	3:00 PM	Bridge Club	
Mon, Oct 14	12:00 PM	3:00 PM	Bridge Club	
Tue, Oct 15	10:00 AM	11:00 AM	Yoga	*Better Health Exclusive*
Tue, Oct 15	11:15 AM	11:45 AM	Meditation Class	*Better Health Exclusive*
Tue, Oct 15	12:00 PM	12:45 PM	Chair Yoga	*Better Health Exclusive*
Tue, Oct 15	5:00 PM	6:00 PM	Breast/Chest Health	
Tue, Oct 15	6:00 PM	7:00 PM	Fall Mini Medical School: Pharmacy	
Wed, Oct 16	9:00 AM	12:00 PM	Knitters Club Meeting	
Wed, Oct 16	10:00 AM	11:00 AM	A Senior Social Group	*Better Health Exclusive*
Wed, Oct 16	1:00 PM	2:00 PM	Grounds for Sculpture Craft with Clay <i>*Located at Grounds for Sculpture*</i>	*Better Health Exclusive*
Wed, Oct 16	1:00 PM	2:00 PM	Mindfulness Meditation for Beginners	
Wed, Oct 16	6:00 PM	7:00 PM	Alzheimer's Support Group	

### 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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Wed, Oct 16	6:00 PM	7:30 PM	Dinner With A Doctor: Common Causes of Poor Sleep and Daytime Sleepiness	
Wed, Oct 16	7:00 PM	8:00 PM	HealthRhythms Drum Circle	
Thu, Oct 17	10:30 AM	11:30 AM	Grounds for Sculpture Craft with Clay <i>*Located at Grounds for Sculpture*</i>	<i>*Better Health Exclusive*</i>
Thu, Oct 17	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu, Oct 17	1:30 PM	2:30 PM	Grief and Loss Support Group	
Thu, Oct 17	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri, Oct 18	12:00 PM	3:00 PM	Bridge Club	
Fri, Oct 18	1:00 PM	2:00 PM	Dance It Out!	
Mon, Oct 21	10:30 AM	11:30 AM	Caring for Loved Ones with Chronic Conditions: Home Care vs Placement	
Mon, Oct 21	12:00 PM	3:00 PM	Bridge Club	
Mon, Oct 21	5:30 PM	7:00 PM	Adult Children Caring for Parents: Importance of a Medical Living Will	
Tue, Oct 22	10:00 AM	12:00 PM	Stanford Chronic Disease Self-Management Program - Week 1	
Tue, Oct 22	6:00 PM	7:00 PM	Fall Mini Medical School: Gastroenterology	
Wed, Oct 23	9:00 AM	12:00 PM	Knitters Club Meeting	
Wed, Oct 23	10:00 AM	11:00 AM	A Senior Social Group	<i>*Better Health Exclusive*</i>
Wed, Oct 23	6:30 PM	8:30 PM	Reiki Share	
Thu, Oct 24	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu, Oct 24	1:00 PM	2:00 PM	Tai Chi	<i>*Better Health Exclusive*</i>
Thu, Oct 24	2:00 PM	3:30 PM	Game Time	<i>*Better Health Exclusive*</i>
Thu, Oct 24	1:30 PM	2:30 PM	Wise Women: Hobbies and Interests	
Thu, Oct 24	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	
Fri, Oct 25	12:00 PM	3:00 PM	Bridge Club	
Fri, Oct 25	12:00 PM	1:30 PM	The Future of Women's Health, Lunch & Learn	<i>*Better Health Exclusive*</i>
Sat, Oct 26	9:00 AM	1:00 PM	RWJ Fitness and Wellness Center 20th Anniversary Celebration	
Mon, Oct 28	10:00 AM	11:30 AM	What's New with Medicare? Medicare Open Enrollment is Here!	<i>*Better Health Exclusive*</i>
Mon, Oct 28	12:00 PM	3:00 PM	Bridge Club	
Tue, Oct 29	10:00 AM	11:00 AM	Yoga	<i>*Better Health Exclusive*</i>
Tue, Oct 29	10:00 AM	12:00 PM	Stanford Chronic Disease Self-Management Program - Week 2	
Tue, Oct 29	11:15 AM	11:45 AM	Meditation Class	<i>*Better Health Exclusive*</i>
Tue, Oct 29	11:30 AM	12:30 PM	Prediabetes Connect Group: Meal Planning	
Tue, Oct 29	12:00 PM	12:45 PM	Chair Yoga	<i>*Better Health Exclusive*</i>
Tue, Oct 29	6:00 PM	7:00 PM	Fall Mini Medical School: Occupational Medicine	
Wed, Oct 30	9:00 AM	12:00 PM	Knitters Club Meeting	
Wed, Oct 30	10:00 AM	11:00 AM	A Senior Social Group	<i>*Better Health Exclusive*</i>
Wed, Oct 30	6:00 PM	7:30 PM	Crystal Bowl Sound Immersion	
Thu, Oct 31	1:00 PM	5:00 PM	Nicotine and Tobacco Dependence Counseling	
Thu, Oct 31	1:00 PM	2:00 PM	Color Me Hoopy: Hoola-Hooping for Fun and Fitness	
Thu, Oct 31	6:00 PM	6:45 PM	Nicotine and Tobacco Recovery Support Group	

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