

MARCH Calendar

2023

Unless otherwise noted programs are FREE and registration is required.
Please check the event description for location.

Health Education and Nutrition Programs at the LiveWell Center 200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Healthy Baking (hybrid)

Wednesday, March 1 | 6:30 - 7:30 p.m.

Join us in the demonstration kitchen to learn how to prepare a delicious, healthy baked treat! Learn simple ingredient swaps to make satisfying your sweet tooth healthier.

Attendance is free, registration required: <http://bit.ly/3lkMeeO>

Homemade Energy Bars (hybrid)

Friday, March 3 | 11:30 a.m. - noon

Join our dietitian to learn how to prepare your own healthy energy bar, perfect for an on-the-go breakfast or a midday pick-me-up.

Attendance is free, registration required: <http://bit.ly/3HK0y6r>

Baby's First Bites (hybrid)

Monday, March 6 | noon - 1 p.m.

Join our registered dietitian in the demonstration kitchen to learn tips for introducing your baby to their first foods. Whether you're starting with purees or safe finger foods, our RD will provide tips for eating beginners!

Attendance is free, registration required: <http://bit.ly/40GBaZr>

Ask the Registered Dietitian (hybrid)

Tuesday, March 7 | 11 a.m. - noon

March is National Nutrition Month! Wondering why kale is all the rage or why the media is always mentioning a new fad diet? Join our registered dietitian for a talk about commonly discussed nutrition basics, facts, and myths. Don't forget to bring your questions for a Q&A session.

Attendance is free, registration required: <https://bit.ly/3jFYbuX>

Community Garden Interest Meeting (in-person)

Tuesday, March 7 | 2 - 3 p.m.

Calling all those with a green thumb and those who want to grow theirs! Join the LiveWell Center staff to discuss starting a community garden together in Eatontown this summer. Open to adults of all ages. Call **862.781.3542** with questions.

Keeping your Brain Young with Music (in-person)

Wednesday, March 8 | 10:30 - 11:30 a.m.

If you want to firm up your body, head to the gym! If you want to exercise your brain...use MUSIC! Fran Panella, LPN, CDP, Dementia Living Solutions, will discuss the connection between music, your brain, and overall well-being.

Attendance is free, registration required: <http://bit.ly/3I9pmYI>

Brain Boosting Smoothies (hybrid)

Wednesday, March 8 | 11:30 a.m. - 12:15 p.m.

Join us in the demonstration kitchen to learn how to whip up a smoothie using ingredients that help promote healthy brain function.

Attendance is free, registration required: <https://bit.ly/3RGyuXP>

Share the Keys: Teen Drivers (in-person)

Wednesday, March 8 | 6:30 - 7:30 p.m.

Share the Keys, an interactive program for parents and their teen drivers, is a research-based, data-driven program designed to reduce teen driver crash risks through increased parental involvement. Presented in partnership with New Jersey Manufacturers and Safe Kids Monmouth/Ocean. *A light dinner will be served to in-person attendees.*

Attendance is free, registration required: <http://bit.ly/3X9ZvnG>

Plant-Based Palak Paneer Cooking Demonstration (hybrid)

Thursday, March 9 | 11 a.m. - noon

Join special guest Sanjana Shah, MD, FAAP, Pediatric Hospitalist, of Monmouth Medical Center Pediatrics, and our dietitian in the demonstration kitchen for a simple vegetarian recipe demonstration. Learn how to prepare a vegan version of the Indian dish Palak Paneer.

Attendance is free, registration required: <http://bit.ly/3x706u8>

Saint Patrick's Day Cooking Demo (hybrid)

Tuesday, March 14 | 11 a.m. - noon

Join us in the demonstration kitchen for a taste of a healthy Irish recipe in time for Saint Patrick's Day.

Attendance is free, registration required: <http://bit.ly/3JQyNNO>



Scan here to find our
Community Education Events
Calendars



Preparing for Breastfeeding (hybrid)

Tuesday, March 14 | 3 – 4 p.m.

Join our Certified Lactation Consultant for a FREE discussion on breastfeeding preparation at the LiveWell Center or virtually. The talk provides mothers-to-be, and their support person, the opportunity to learn more about the basics of breastfeeding. We will explore how to: get a good latch, establish your milk supply, identify that your baby is getting enough, and pump and store breastmilk. In-person and virtual option.

Registration is required and seats limited.

To register, call **862.781.3873**.

Eat the Rainbow: Cooking Demo (hybrid)

Wednesday, March 15 | 11 a.m. – noon

Did you know incorporating colorful fruits and vegetables can help boost your nutrition? Join us for a cooking demo featuring produce in all the colors of the rainbow.

Attendance is free, registration required: <http://bit.ly/40xxqJM>

Spring Medicare Update (hybrid)

Wednesday, March 15 | 1 – 2 p.m.

Are you new to Medicare or wondering about assistance in paying for Medicare premiums and cost-sharing? Join an experienced SHIP (State Health Insurance Assistance Program) counselor from Family & Children's Service to explore Medicare enrollment, benefits, costs, and coverage options including Medicare Advantage and Medigap supplement plans. Options during Medicare Advantage Open Enrollment and 2023 financial eligibility criteria for savings programs that help beneficiaries pay for Medicare cost-sharing will be included. Light refreshments provided to in-person attendees.

Attendance is free, registration required: <https://bit.ly/3XgGH64>

Women in Healthcare: A Career Discussion for Young Women (hybrid)

Wednesday, March 15 | 6:30 – 7:30 p.m.

In recognition of Women's History Month, join an extraordinary panel of female healthcare professionals for an inspirational and empowering event where young adults can learn about careers in the field. Moderated by Melissa M. Gonzalez, MD, RWJBarnabas Health Medical Group, panelists include Victoria Rivas, RN, Oncology Nurse Navigator, Cancer Services, MMCS, Gail M. Russell, Director, Human Resources Operations, RWJBH Southern Region, and Laura Taddeo, RD, Director, Food and Nutrition Services, MMC. This program is open to students in grades 5 – 12 and their parent. *A light dinner will be provided for in-person attendees.*

Attendance is free, registration required: <http://bit.ly/3HWq772>

Spring Clean Your Health (hybrid)

Thursday, March 16 | 2 – 2:30 p.m.

You've tidied your home and now it is time to tackle your health. Join our program director for a discussion on simple steps you can take to optimize your health this spring. Light refreshments provided to in-person attendees.

Attendance is free, registration required: <http://bit.ly/40Dj2zL>

Healthy Kids Cooking Class (in-person)

Saturday, March 18 | 11 a.m. – noon

Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult!

Attendance is free, registration required: <https://bit.ly/3ZFSTQd>

Brunch & Learn: Preventive Care as We Age (hybrid)

Monday, March 20 | 10:30 – 11:30 a.m.

Aging is a part of life and we can help you do so healthfully! Join Sana Riaz, MD, RWJBarnabas Health Medical Group, Geriatrician at Monmouth Medical Center, to discuss preventive care as we age and the benefits of seeing a geriatrician. *A light, healthy brunch will be served to in-person attendees.*

Attendance is free, registration required: <http://bit.ly/318sLGW>

Toddler Snack Time (in-person)

Monday, March 20 | 10:30 – 11 a.m.

Bring your little one's ages 2 to 4 for a hands-on cooking class featuring a fun and healthy snack!

Attendance is free, registration required: <http://bit.ly/3B3Ck5x>

Food Hacks for Reducing Food Waste Cooking Demo (hybrid)

Tuesday, March 21 | 11 a.m. – noon

Don't let your strawberries get mushy or your avocados turn brown! Join our registered dietitian to learn tips for storing fruits and vegetables so they stay fresh longer. We will explore how to utilize veggie "scraps" for soups, pesto, and more.

Attendance is free, registration required: <http://bit.ly/3HHhXhP>

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Kids Spring Snack, Craft, & Chat (in-person)

Tuesday, March 21 | 4 – 4:30 p.m.

Spring has sprung and the kids are ready to head outside and play! But first, bring them to LiveWell Center to create edible bike snacks and talk about bike safety tips they can follow this spring and summer. Children ages 5-10 are welcome to attend.

Attendance is free, registration required: <http://bit.ly/3HHhQCV>

Fiber is Your Friend Cooking Demonstration & Nutrition Lecture (hybrid)

Wednesday, March 22 | 2 – 3 p.m.

March is Colorectal Cancer Awareness Month. Two dynamic speakers will discuss all you need to know about colorectal health. First, Paul Kolarsick, MD, Colorectal Surgeon from Specialty Surgical Associates, associated with Community Medical Center, Monmouth Medical Center, and Monmouth Medical Center Southern Campus, for a discussion on the importance of colon cancer screening, risk factors, and prevention. Next, Jennifer Klein, MS, RDN, of the LiveWell Center, will teach you about the different types and sources of fiber and how fiber supports a healthy colon.

Attendance is free, registration required: <http://bit.ly/3I91LqX>

Freezer-Friendly Meal Prep (hybrid)

Wednesday, March 22 | 6:30 – 7:30 p.m.

Set yourself up for success by stocking your freezer with healthy meals! Join our registered dietitian for a cooking demonstration on preparing freezer friendly meals that can help make meal prep simple.

Attendance is free, registration required: <http://bit.ly/3YBasQd>

Weight Management: Meeting Your Nutrition Needs (hybrid)

Thursday, March 23 | 11 a.m. – noon

Join our dietitian for a discussion on how to meet your nutrition needs through your diet. Find out how to balance your nutrition to help you stay healthy and meet your weight goals.

Attendance is free, registration required: <http://bit.ly/3Yc2wVM>

Afternoon Tea with the LiveWell Center (hybrid)

Monday, March 27 | 2 – 3 p.m.

Join us at the LiveWell Center or virtually for an important discussion about infection prevention and sepsis. Tea and light refreshments will be served to those who attend in-person.

Attendance is free, registration required: <http://bit.ly/3ImZcZy>

Air Fryer Demo: Healthy Breakfast (hybrid)

Tuesday, March 28 | 11 a.m. – noon

Start your day off right with a healthy meal made in your air fryer! Join our dietitian as she shows you how to prepare a quick and delicious breakfast with this trending kitchen gadget.

Attendance is free, registration required: <http://bit.ly/40xAYvA>

Lunch & Learn: Tackling Pelvic Floor Disorders as We Age (hybrid)

Wednesday, March 29 | noon – 1 p.m.

You are not alone – pelvic floor disorders are common as we age. Join Seth Finkelstein, MD, Urogynecology, RWJBarnabas Health Medical Group, to learn about urogynecology, pelvic floor disorders and the lower urinary tract, aging, and treatment options. *Lunch will be provided to in-person attendees.*

Attendance is free, registration required: <http://bit.ly/3x8yEOG>

Family & Friends Adult, Child & Infant CPR (in-person)

Wednesday, March 29 | 6 – 7:30 p.m.

The AHA's Family & Friends® CPR Course a video-based, classroom course intended for anyone who wants to learn CPR and prefers to learn in an Instructor-led or facilitated group environment. This course is for people who do not need a course completion card for a job or other requirements. Family & Friends CPR is ideal for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life. * This is not a certification course.* A book for reference with a completion card will be given at class. Individuals 10 and up are welcome to attend; 16 in-person spaces available at the LiveWell Center.

Attendance is free, registration required: <http://bit.ly/3AMdoB3>

Teen Takeover: Pizza Party (in-person)

Wednesday, March 29 | 6:30 – 7:30 p.m.

Join Ms. Jenn for a hands-on cooking class in our demonstration kitchen where we'll have fun making pizza with some surprise ingredients! Kids 11-17 years old are welcome to attend.

Attendance is free, registration required: <http://bit.ly/40CRPNE>



Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood

Lunch & Learn: Colorectal Health (in-person)

Thursday, March 16 | 11:30 a.m. – 1:30 a.m.

March is Colorectal Cancer Awareness Month. Two dynamic speakers will discuss all you need to know about colorectal health. First, join Dr. Victor Gall, Surgical Oncologist from Ocean Colon & Rectal Surgery, associated with Community Medical Center, Monmouth Medical Center, and Monmouth Medical Center Southern Campus for a discussion on the importance of colon cancer screening, risk factors, and prevention. Next, Jennifer Klein, MS, RDN, of the LiveWell Center, will teach you about the different types and sources of fiber and how fiber supports a healthy colon. *Grab and go lunch provided to in-person attendees.* This class will be held at 600 River Ave, Lakewood.

Attendance is free, registration required: <http://bit.ly/3YuXvYO>

Safe Sitter® (in-person)

Saturday, March 25 | 9:30 a.m. – 1:30 p.m.

Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. The class is filled with fun games, guided discussion and role-playing exercises. Students will learn safety skills, childcare skills and life and business skills. Attendance is capped at 10 registrants. Lunch will be provided to attendees. This class will be held in-person at 199 Prospect Street, Lakewood.

Attendance is free, registration required: <http://bit.ly/3ljlf2a>



Aging Healthfully: The Keys to Longevity (in-person)

Thursday, March 30 | 10:30 – 11:30 a.m.

Living to be 100 years old was once considered a rare occurrence, but with advancements in medicine and lifestyle changes, living to be 100 is not so improbable today. We will examine genetic factors that contribute to longevity, and discuss the nine lessons learned from the “Blue Zones” where people reach 100 years of age at significantly high rates. This class will be held at 600 River Ave, Lakewood.

Attendance is free, registration required: <http://bit.ly/3RN8gCX>



Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

Wheee Get Fit & Play (in-person)

Thursday, March 2, 16, and 30 | 9:30 - 10:30 a.m.

Wheee Get Fit and Play is a boot camp style group fitness class for moms and their little ones! Class includes a 30-40 minutes workout followed by 15-20 minutes of kid time activities during which we play songs, dance, and crawl! We welcome ALL fitness levels, ages, sizes and backgrounds. Certified Pregnancy and Postpartum fitness instructors help make modifications to meet you where you're at. Being in a class full of moms creates a great community of new friendships to bloom. Ask your doctor if you are cleared to exercise before taking the class. Please bring your own towel or mat for the program. *In-person program only and physical movement waiver required.*

Attendance is free, registration required: <https://bit.ly/3KZgl4e>

Baby and Me Yoga Flow (in-person)

Thursday, March 9 and 23 | 9:30 - 10:30 a.m.

Join Wheee Get Fit and Play for Baby and Me Yoga Flow! This gentle practice will have you and baby moving through gentle poses and movements to build core strength, stability, and flexibility. Class includes a 30-40 minutes of yoga followed by 15-20 minutes of kid time activities during which we play songs, dance, and crawl! We welcome ALL fitness levels, ages, sizes and backgrounds. Please bring your own towel or mat for the program. *In-person program only and physical movement waiver required.*

Attendance is free, registration required: <http://bit.ly/3WoWBeT>

Movement for Better Balance (in-person)

Friday, March 3 | 10 - 10:45 a.m.

Wednesday, March 15 | 10 - 10:45 a.m.

Regardless of body type or fitness level, this class is designed to improve balance and posture.

Attendance is free, registration required: <http://bit.ly/3Yp4O4p>

Tai Chi (hybrid)

Tuesdays, March | 10 - 11 a.m.

Join local expert instructor Don Tow for a 10-week series of Tai Chi in-person at the LiveWell Center or virtually. Tai Chi is an ancient Chinese tradition that involves a series of postures performed in a slow, focused manner, accompanied by deep breathing. The practice of Tai Chi supports mental calmness and clarity and assists in providing positive feelings of control over one's life. Tai Chi is low impact and safe for all ages and fitness levels. Individuals are strongly encouraged to attend all 10 weeks of class to master the 10 Form practice. Physical movement waiver required for in-person and virtual participants.

Attendance is free, registration required: <http://bit.ly/316cWR8>

Health Screenings

One-On-One Health Coaching

March | Appointments Available Upon Request

Free. Phone or web appointments available with a registered nurse to discuss your current risk for high blood pressure, stroke, diabetes, and address any health concerns you may have.

Registration required: **862.781.3818**

Mini Memory Screenings (in-person)

Wednesday, March 8 | 9:30 - 10:30 a.m.

A registered nurse will be available at the LiveWell Center (200 Wyckoff Road, Suite 1200, Eatontown) to provide mini memory screenings.

Attendance is free, registration is required: <http://bit.ly/3HMN3EM>

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Support Groups and Information Sessions

All Recovery Meeting (virtual)

Daily

All Recovery Meetings are for everyone who supports recovery and honor all pathways to recovery. Join us virtually and connect with others who are initiating and maintaining a recovery lifestyle.

For more information and for Zoom codes, please call 833.233.IFPR (4377).

Bariatric Support Group Meetings

Third Thursday of Each Month | 7 - 8 p.m.

Convenient in-person meetings are held at the Anne Vogel Family Care and Wellness Center, Suite 1200 at 200 Wyckoff Rd, Eatontown. Family, friends and support persons are also invited to attend. This is a great opportunity to meet others going through the same weight loss journey. Our meetings focus on achieving optimal wellness through weight loss surgery. Each month, we will discuss a different topic on nutrition, exercise and healthy living behaviors.

Additionally, **Weight-Loss Surgery New Patient Seminars** will be held **Thursday, March 16, from 6 - 7 p.m.** and **Monday, March 27 from 3 - 4 p.m.** Instead of emphasizing short-term goals like reducing the size of your waist, our Bariatric Surgery New Patient Lecture Series focuses on long-term benefits like reducing your risk of Type 2 diabetes, sleep apnea and hypertension. Every aspect of the program, including bariatric surgery, will be clearly presented so you can make the right choice.

To register or learn more, call 732-923-6070.

Breastfeeding Support Groups (in-person)

Monday, March 6, 20, and 27 | 10:00 a.m. - noon

Thursday, March 2, 9, 16, 23, and 30 | 1:00 - 3:00 p.m.

Join us for a free, in-person Breastfeeding Support Group offered weekly and facilitated by a Certified Lactation Consultant at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown). Promoting breastfeeding through peer support.

Call for first time registration: 862.781.3873.

Cardiac Support Group (in-person)

Wednesday, March 1 | 3 - 4 p.m.

Open to individuals with heart disease and other cardiac diagnoses. This support group offers patients and their families an opportunity to share experiences, practical information, and resources while inspiring and supporting others. For more information, call Marietta Datar, BSN, RN, at 732.923.7448

Caregiver Support Group - Monmouth County (in-person)

Wednesday, March 22 | 6 - 7 p.m.

Meets the fourth Wednesday of the month and open to individuals who are providing care for a spouse, parent, or other loved one. This support group, held in conjunction with the Alzheimer's Association Greater New Jersey Chapter, offers individuals an opportunity to share experiences, practical information, and resources while inspiring and supporting others. For more information, call Kelly DeLeon, MS, at 862.781.3818.

Caregiver Support Group - Ocean County (in-person)

Offered on various dates/times throughout the month. Caregiver counseling is available to anyone struggling to care for a resident over the age of 60 living in Ocean County. For more information or to register, please call Kathleen Holahan, MSW, LCSW, at 732.778.0636.

Ovarian Cancer Support Group (in-person)

Tuesday, March 9 | noon - 1 p.m.

For women diagnosed with cervical, ovarian, endometrial, or uterine cancer. This support group offers patients and their families an opportunity to actively participate in healing after a cancer diagnosis. Group meets on the second Tuesday of each month from noon to 1 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown). For more information, call Leslie Shephard, MSN, RN, OCN, at 732.923.6709.



PROUDLY Me! Transgender Edu-port (Education and Support) Program (virtual)

Every second Thursday of the month | 6 – 8 p.m.

PROUDLY Me! is a free education and support program to help the transgender and non-binary confirming community members by creating a safe space of learning through peer support and resources. PROUDLY Me! meets virtually every second Thursday of the month from 6 – 8 p.m. Please email daniel.fernandez@rwjbh.org or leigh.mann@rwjbh.org to register.

Pulmonary Support Group (in-person)

Thursday, March 30 | 3 – 4 p.m.

Open to individuals diagnosed with a pulmonary disease. This support group offers patients and their families an opportunity to share experiences, practical information, and resources while inspiring and supporting others. For more information, call Marietta Datar, BSN, RN, at **732.923.7448**.

Tobacco and Nicotine Recovery Group (dual)

Thursday, March 2, 9, 16, 23, and 30 | 10 – 11 a.m. (in-person)

Mondays, March | 7 – 8 p.m. (virtual)

Open to anyone with a nicotine or tobacco addiction who is currently in recovery or working towards recovery. Led by Certified Tobacco Treatment Specialist, topics vary weekly and groups run virtually and in-person.

To register, please contact the Quit Center at **833.795.QUIT (7848)** or email quitcenter@rwjbh.org.

RWJBH Oncology Support Community

The RWJBH Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer through a variety of support groups, and educational, physical activity, and relaxation programs. For full calendar of events, visit <https://bit.ly/3Na4nFB>

When in doubt, don't come out!

If you are concerned about weather conditions or winter illnesses, please stay home.

You can always join us virtually!

Come join us at the new

LiveWell Center

Anne Vogel Family Care & Wellness Center

200 Wyckoff Road, Suite 1200

Eatontown, NJ 07712

862.781.3597 | LiveWellCenter@rwjbh.org

As we hold in-person health education events, your health and safety are our top priority. As of this time, masks are strongly encouraged in the LiveWell Center. Additional COVID-19 safety protocols are also in place.

Nurses Improving Care for Healthsystem Elders

