

EDUCATIONAL PROGRAMS AND EXERCISE CLASSES

HealthHike: A "Walk and Talk" on the Top 5 Medicare Mistakes

Wednesday, October 4
10:00 to 11:00 a.m.

Bridgewater Commons Mall Community Hub

Walking 30 minutes a day or more is a great way to improve or maintain your health. Join an RWJUH Somerset health care professional and a Medicare Specialist for a discussion on Medicare (Parts A, B & D, enrollment/enrollment penalties, Medicare Advantage, supplements, etc.) and take a walk around the mall as a group. HealthHike walkers will be able to log their miles and receive a Medicare Directory of Benefits.

Roderick Spann, RSSA, Medicare Specialist

Debra Hart, Insurance Authorization Specialist

To register, click [here](#).

AARP Driver Safety Program

Thursday, October 5

8:30 a.m. to 2:30 p.m.

Fellowship Village, \$35

(AARP member discount accepted)

Breakfast and lunch included.

Participants will learn techniques to prevent accidents and/or tickets in this AARP defensive driving course. Certificates awarded upon completion of the course may entitle participants to an auto insurance discount.

To register, call 908-685-2814.

Fit Body, Fit Bones

12-week course

Every Friday, beginning October 6

10:15 to 11:15 a.m.

Steeplechase Cancer Center, 3rd Floor
Conference Room, \$50

Learn weight-bearing exercises to strengthen muscles and bones, improve balance and reduce the risk of fractures from osteoporosis.

A medical release form is required.

*Miriam Balbiani, Somerset County YMCA group
fitness instructor*

To register, call 908-685-2814

SUPPORT GROUPS

Stroke Support Group

Thursday, October 5

2:00 - 3:00 p.m.

Steeplechase Cancer Center
1st Floor Conference Room

All stroke survivors, their families and caregivers are invited to join our Stroke Support Group. Our multidisciplinary Stroke Center team will provide educational information and answer your questions.

To register, [here](#).



Better Breathers' Club

Thursday, October 12

10:30 - 11:30 a.m.

Promotes the management of COPD and other chronic lung disease (i.e., asthma, pulmonary fibrosis or lung cancer), offers a sense of belonging and hope and aims to improve quality of life.

RWJUH Somerset Respiratory

To register, click [here](#).

Eating Disorders Family Support Group

Every Tuesday

6:00 to 7:00 p.m.

Hamilton Conference Room

This is a staff-facilitated
discussion.

Eating Disorders Patient Support Group

To register, call 908-685-2814

Senos Sanos: Hace Tiempo Para Mamografía!

El 7 de octubre

10:00 a.m. a 12:00 p.m.

United Methodist Church of Bound Brook, gratis.

El cáncer de seno afecta a todas las mujeres. Aproximadamente 20,000 mujeres hispanas fueron diagnosticadas con cáncer de seno cada año. En este seminario, aprenda sobre el cáncer de senos, específicamente riesgos, síntomas, diagnósticos, tratamientos, prevención y recursos. Vamos a ofrecer refrescos y bolsitas de regalos. Es necesario inscribirse.

Para inscribirse, llama 908-203-6239.

Neurodiversity: Bringing ADHD, Autism and Down Syndrome to a Focus

Wednesday, October 11

6:30 to 7:30 p.m.

In this webinar understand neurodiversity and neurodivergent disorders such as ADHD, Autism and Down Syndrome, risk factors, signs & symptoms, causes, diagnostic tools and treatments. Learn how to interact with neurodiverse individuals and become aware of available resources.

Michelle Chen, PhD, Assistant Professor, Department of Neurology at Robert Wood Johnson Medical School

To register, click [here](#).

It's a Pink Party! Make Time for Your Mammogram

Thursday, October 12

11:30 a.m. to 1:00 p.m.

Steeplechase Cancer Center, 1st Floor

Conference Room

Wearing your favorite pink attire, join us for a special pink themed luncheon to promote breast health and the importance of getting an annual mammogram. Learn strategies to reduce the risks for breast cancer, sign & symptoms, causes, diagnostic tools and treatment options. Participants will receive a light lunch, a bag of goodies and can schedule a mammogram, if needed.

Kimberly Cromwell-Piniella, RN, Breast Cancer Patient Navigator

Diane Quigley, RT, director of Sanofi Breast Cancer Center

Intended for women who have not yet received their annual mammogram.

To register, click [here](#).

Eating Disorders Patient

Support Group

Every Tuesday

6:00 to 7:00 p.m.

Emergency Department
Conference Room

This is a staff-facilitated discussion open to anyone suffering with an eating disorder.

Virtual Bariatric Support Group

Tuesday, October 10

6:00 to 7:00 p.m.

Anyone who is considering bariatric surgery as well as post-surgical patients are welcome to attend. The group will discuss topics such as healthy meal ideas; mindful eating; emotional eating; the importance of exercise; surviving the holidays; smart shopping and how to eat healthy while dining out.

Tia Hagins, RD, community nutritionist

To register, call Tia Hagins at 908-704-3765

Tobacco Recovery Group

Every Monday

7:00 to 7:45 p.m.

Open to anyone with a nicotine and tobacco addiction who is in recovery or just starting their journey.

To join, visit

<https://us06web.zoom.us/j/98597186060>

Meeting ID: 985 9718 6060

All webinars and support groups are offered free of charge. To register or for more information, visit

www.rwjbh.org/somersetevents

Walk with the Doc

Saturday, October 14

8:30 to 9:30 a.m.

Food Court at Bridgewater Commons Mall

Walk about 2 miles with a RWJUH Somerset cardiologist, Steven Georgeson, MD, and health-minded community members.

At the end of the walk, there is a 10 to 15-minute presentation on a topic relevant to heart health and disease.

Participants are encouraged to ask questions.

No registration required.

COMMUNITY HEALTH SCREENINGS

Flu Vaccination Clinic

Saturday, October 7

9:00 to 11:00 a.m.

and

Tuesday, October 10

6:00 to 8:00 p.m.

Steeplechase Cancer Center 1st Floor Conference Room

For adults age 18 and older. Registrations are required.

To schedule an appointment, call 908-685-2814.
