

NOVEMBER COMMUNITY HEALTH PROGRAMS



Unless otherwise indicated, all events are free and registration is required. To register or for more information, call **908-685-2814** or visit www.rwjbh.org/somersetevents. Cancellations within two weeks of the program are nonrefundable under any circumstance.

HealthHike: A “Walk and Talk” -

Get a Grip on How Fast Your Cells Age

**Wednesday, November 1 | 10 - 11 a.m. | (9:30 a.m. group walk)
Bridgewater Commons Mall Community Hub**

Join an RWJUH Somerset health care professional at the Hub for a discussion on what factors influence how fast (or slow) your cells age and what the difference is between your biological cell age and chronological age. Participants will use grip strength to give insight into your biological cell age. Take a walk around the mall as a group. HealthHike walkers will be able to log miles and receive health information.

Geoffrey Stankus, PT, DPT, SFMA, CKTP, physical therapist

To register, visit bit.ly/3PTAnjB

Aquacize

Eight-week courses begin: Somerville YMCA, \$50

Wednesday, November 1, Monday, November 6 | 10:30 - 11:15 a.m.

Practice this water exercise program that soothes arthritis pain, strengthens joints and improves range of motion and lung capacity.

To register, call **908-685-2814**

Chair Yoga for Seniors

An eight-week course begins: Tuesday, November 7

10:30 - 11:30 a.m. | Congregational Church, Bound Brook, \$48

Learn this ancient fitness routine that builds flexibility and strength and relieves pain associated with arthritis, carpal tunnel syndrome, migraines and back and neck strain. A medical release form is required to participate.

Chanchal Arora, certified yoga instructor

To register, call **908-685-2814**

What Takes Your Breath Away?

Open Pathways to Healthy Lungs

Wednesday, November 8 | 12 noon - 1:30 p.m.

Steeplechase Cancer Center 3rd Floor Conference Room

Discover the various conditions like asthma, COPD and lung cancer that impact the respiratory system, risk factors for each, causes, signs & symptoms, stages of cancer, diagnostic tools such as the Lung Cancer Screening, surgical and non-surgical treatments and prevention strategies to sustain healthy lungs. A light lunch will be served.

Eshan Patel, MD, oncologist

Kaidlan Ricardo, lung screening coordinator

Cynthia Kinsella, NCTTP, tobacco liaison

To register, visit: bit.ly/3LDmoNk

Walk with the Doc

Saturday, November 11 | 8:30 - 9:30 a.m.

Food Court at Bridgewater Commons Mall

Walk about 2 miles with RWJUH Somerset cardiologist Steven Georgeson, MD. At the end of the walk, there is a 10 to 15 min presentation on a topic relevant to heart health and disease.

On Tract to Health: Prevention of Gastrointestinal (GI) Conditions and Cancers

Wednesday, November 15 | 11 a.m. - 1 p.m.

Somerville Elks

Discover the risk factors of various GI cancers, the link between GERD and esophageal cancer, the difference in symptoms between IBS and colon cancer, the types of stomach cancer, risk factors for each, signs & symptoms, causes, diagnostic tools such as colonoscopy and treatment options. Learn how diet can reduce your cancer risks. Includes a light lunch and healthy recipes.

Shreyas Saligram, MD, gastroenterologist,

Karen Connelly, RD, oncologic dietician

To register, visit: bit.ly/462Q92e

Aerobics for the Mind: Mediterranean-DASH

Intervention for Neurodegenerative Delay (MIND) Diets

Thursday, November 30 | 10 a.m. - 12:30 p.m.

Somerville Elks, Cost \$10

Understand the MIND diet, how it reduces dementia and the decline in the brain health that occurs in older adults, recommended foods to optimize cognitive health, foods to avoid, the health benefits, daily allowances and sample meal plans. Staff will lead memory-strengthening activities.

Talia Cohen, RD, registered dietician and certified diabetes educator

To register, visit: bit.ly/3PU4Dfd

Screenings

Glucose and Blood Pressure Screenings

Thursday, November 2 | 9 - 11 a.m.

Tarantino Promenade, free

A Registered Nurse and Dietitian will be available to answer questions about diabetes management and meal planning.

To schedule an appointment, call 908-685-2814. Fasting is not required.

Maternity

Maternity Pavilion Tours

Thursdays | 6 p.m. and 7:15 p.m. by appointment

Expectant parents may tour the pavilion.

To schedule an appointment call: 908-704-3766.

Prenatal Breastfeeding

Tuesday, November 21 | 7 to 9 p.m.

One South Conference Room, \$50

Expectant parents will learn about all things breastfeeding, including proper positioning and latch, maternal nutrition, utilizing a breast pump and avoiding common breastfeeding issues. This course is taught by a Certified Lactation Counselor.

Registration required, please call: 908-704-3766

Birthing Basics

November 28 December 19 | 6 - 9 p.m.

One South Conference Room, \$75

This program for expectant parents provides in-depth information on all stages of childbirth. Parents will learn about preparing for labor, signs of labor, comfort measures as well as what to expect immediately after the birth of your child. The knowledge gained during this course will help in promoting a positive birth experience.

Since the participants are here we can also incorporate a tour during the class.

Registration required, please call: 908-704-3766

Support Groups

Eating Disorders - Family Support

Tuesdays | 6 - 7 p.m.

Emergency Department Conference Room

This is a staff facilitated discussion.

Eating Disorders - Patient Support

Tuesdays | 6 - 7 p.m.

Hamilton Conference Room

This is a staff facilitated discussion.

Stroke Support Group

November 2, and December 7 | 2 - 3 p.m.

Steeplechase Cancer Center 1st Floor Conf 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, visit: bit.ly/3Z93e7n

Better Breather's Club

November 9, and December 14 | 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.

To register, visit: bit.ly/44WUxPh

Virtual Bariatric Support Group

November 14 and December 12 | 6 - 7 p.m.

Anyone who is considering bariatric surgery as well as postsurgical 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 for the bariatric support group, call Tia Hagins at 908-704-3765.

Diabetes Support Group

Thursday, November 16 | 6:30 - 8 p.m.

Steeplechase Cancer Center 3rd Floor Conf Room

"Diabetes Management Update" & "Navigating the Holiday Eating Season"

Leon Shulman, M.D., Endocrinologist and Diabetes Center Medical Director and Amy Walsh, MS RD CDCES

To register, visit: bit.ly/3F04UH4