

# Saint Barnabas Wellness Institute at the JCC MetroWest

## December 2017 Programs



The following programs are presented free of charge, compliments of Saint Barnabas Medical Center. Unless noted, to register, please call 1-888-724-7123 or visit [barnabashealth.org/sbmcevents](http://barnabashealth.org/sbmcevents).

### Blood Pressure Screenings

**Thursday, December 7 and 21; 10:00 to 11:30 am**

High blood pressure often has no symptoms and, when left untreated, it can cause health conditions, such as heart disease and stroke. A nurse will provide free blood pressure screening and informational handouts. Registration is not required.

### Feeling Stronger - Feeling Better

This program is designed for individuals with Parkinson's Disease and other neuromuscular/movement disorders. Exercise classes are free for JCC members and cost \$5.00 for non-members. Support groups are free of charge and located at the Wellness Institute. Registration is required; call 973-322-8195.

#### **Parkinson's Support Group -- Topic: Medication**

Friday, December 8; 1:30 to 2:30 pm

#### **Parkinson's Caregiver Support Group -- Topic: Caregiver Overload**

Monday, December 4; 1:30 to 2:30 pm

#### **Exercise Classes**

Tai Chi Chih - Mondays; 1:30 to 2:30 pm

Strength Training - Wednesdays; 1:30 to 2:15 pm

Water Warriors - Thursdays; 2:00 to 2:45 pm (pool)

**Rock Steady Boxing at the Ambulatory Care Center:** The Center for Health and Wellness, now a Rock Steady affiliate, offers boxing classes to Parkinson's patients. Rock Steady Boxing, a nonprofit organization, gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum. The program addresses fitness levels at all stages of Parkinson's disease and can enhance the quality of life and even build strength, flexibility and speed. A personal evaluation with a trainer must be completed before joining the class. To sign-up for your evaluation or for more information, call the Health and Wellness staff at 973-322-7014. Weekly classes are held on Tuesdays and Thursdays from 12:00 to 1:00 pm, 1:00 to 2:00 pm and 2:00 to 3:00 pm.

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## Women's Health & Education Department Classes

### **Newbornmom Breastfeeding Solutions with**

**Dawn Cedrone, RN, MSN, IBCLC**

#### **Daily by appointment**

NewBornMom Breastfeeding Solutions has provided help to moms and babies for over 20 years. Through private, one-to-one consultation, an IBCLC-certified lactation consultant can help prevent problems and provide new moms with the breastfeeding experience they envision. To learn more or schedule an appointment, visit [newbornmomsolutions.com](http://newbornmomsolutions.com) or call 973-740-0400 (fee).

### **New Moms' Circle and Breastfeeding Support**

#### **Mondays; 10:00 am to 12:30 pm**

Women's Health/Parent Education offers this free, weekly support group that is led by a licensed clinical psychologist specializing in post partum adjustment. New moms along with their babies are welcome to attend occasionally or each week. A Breastfeeding Support Group follows. Please register online in the event of a cancellation: [barnabashealth.org/sbmcevents](http://barnabashealth.org/sbmcevents) (you only need to register once). To learn more, call 973-322-5360.

### **Mommies Moods**

#### **Fridays; 11:00 am to 12:30 pm**

This professionally led support group for new moms, focuses on mother care rather than child care. Discussions address issues of anxiety, sadness, irritability, and feeling scared and overwhelmed by the transition to motherhood. For further information and registration, please call Lauren Meisels, PhD, at 973-762-4147.

### **Friends and Family CPR**

#### **First and third Saturday of every month;**

#### **10:00 am to 12:00 pm and 12:30 to 2:30 pm**

When performed correctly, CPR can save a child's life by restoring breathing and circulation until advanced life support can be given by health care providers. This two-hour, entry-level course offers instruction by The CPR Training Center in child and infant CPR as well as foreign body airway obstruction (choking) training. Registration is required by calling The CPR Training Center: 973-926-7407 (fee).