

Saint Barnabas Wellness Institute at the JCC MetroWest Summer 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.

Saint Barnabas Medical Center | **RWJBarnabas HEALTH**

Blood Pressure Screenings

Thursday, July 6, 20 and August 3, 17; 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.

Caregiver Overload

Monday, July 3; 12:30 pm at the Margulies Senior Center

Join Dawn Howard, RN, MSN, APN-C, from the Saint Barnabas Medical Center Transitions of Care Team as she discusses the common stressors associated with caregiving and what you can do to help alleviate them.

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 for all programs by calling 973-322-8195.

Parkinson's Support Group: Friday, July 7 and August 4; 1:30 to 2:30 pm

Parkinson's Caregiver Support Group: Monday, July 10 and August 7; 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; 1:30 to 2:15 pm (Pool)

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 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 (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

Saturday, July 1; 10:00 am to 12:00 pm

**Saturday, July 15, August 5, 19; 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).