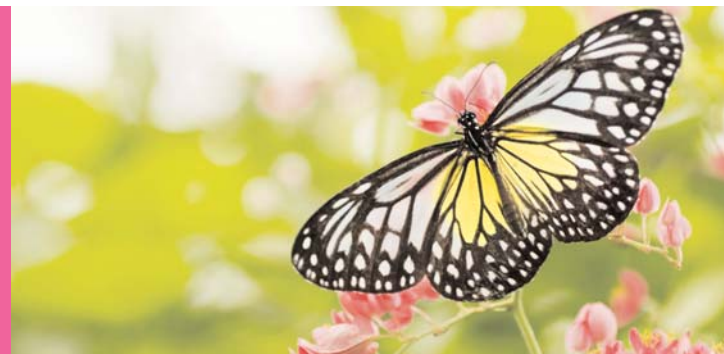


Saint Barnabas Wellness Institute at the JCC MetroWest

April 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.

Feeling Stronger - Feeling Better

This program is designed for individuals with Parkinson's Disease and other neuromuscular/movement disorders. The 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 by calling 973-322-8195.

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)

Feeling Off Balance

Monday, April 3; 12:30 pm

To address balance issues and help people avoid falls, the Balance Center at Saint Barnabas Medical Center is holding a free educational program designed for those who experience balance-related problems such as lightheadedness, dizziness, ongoing nausea, falling and stumbling.

Project H.O.P.E. Spring Cancer Survivorship Lecture Series

Tuesday, April 4; 6:30 to 8:00 pm

Holistic Therapies for the Cancer Survivor

Tuesday, April 18; 6:30 to 8:00 pm

Understanding Long-Term and Late Effects of Treatment

Tuesday, April 25; 6:30 to 8:00 pm

Identifying Your Nutritional Needs as Treatment Ends

The Saint Barnabas Cancer Program presents this series which addresses the unique support needs of cancer patients who have completed treatment. Free; registration required: 973-322-2671.

Blood Pressure Screenings

Thursday, April 6 and 20; 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.

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 (you only need to register once): barnabashealthcalendar.org/sbmc. 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.