

# Saint Barnabas Wellness Institute at the JCC MetroWest

## May 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).

### 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 by calling 973-322-8195.

**Parkinson's Support Group:** May 5; 1:30 to 2:30 pm

**Parkinson's Caregiver Support Group:** May 1; 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)

### Good Hydration

**Monday, May 1; 12:30 pm**

Join Bridget Jones, BA, RN, Diabetes Educator at Saint Barnabas, for this informative program on diabetes management and hydration.

### Blood Pressure Screenings

**Thursday, May 4 and 18; 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](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 (you only need to register once): [barnabashealthcalendar.org/sbmc](http://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.