

Saint Barnabas Wellness Institute at the JCC MetroWest October 2019

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 rwjbh.org/sbmcevents.

Blood Pressure Screenings

Thursday, October 3, 17, November 7, 21, December 5, 19; 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: Friday, October 4, November 1, December 6; 1:30 to 2:30 pm

Parkinson's Caregiver Support Group: Monday, October 7, November 4 and December 2; 1:30 to 2:30 pm

Early Onset Parkinson's Disease Support Group: Tuesday, October 8 6:30 pm

(meeting location: Barnabas Health Ambulatory Care Center, Conference Room A, 200 South Orange Ave., Livingston)

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

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

Sing for Your Health: Saturday, October 5, November 2, December 7; 2:30 to 4:30 pm

Music is fun and healing. FREE for all participants, this workshop focuses on vocal training and tips, Sound healing and meditation and singing for joy! To register: sfyhealth@gmail.com or 917-880-8058.

Rock Steady Boxing: The Center for Health and Wellness at the Ambulatory Care Center, now a Rock Steady affiliate, offers non-contact boxing classes to Parkinson's patients. For more information, call 973-322-7014 (fee).

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BREAST
CANCER
AWARENESS
MONTH



Saint Barnabas Medical Center Reminds You It's #TimeToMammo

This October, as part of Breast Cancer Awareness Month, Saint Barnabas Medical Center (SBMC) and the Barnabas Health Ambulatory Care Center are once again partnering with The Mall at Short Hills, 1200 Morris Turnpike, Short Hills, NJ, to raise awareness for breast health. The Faces of Breast Cancer is a striking display that will be located in Grand Court through October 30, 2019.

It showcases the powerful stories of women who received their care at SBMC and reinforces the partnership with Rutgers Cancer Institute of New Jersey - the state's only NCI-designated Comprehensive Cancer Center. SBMC is also partnering with more than 50 stores throughout the mall to display valuable breast health tips.

In Honor of Breast Cancer Awareness Month, Take the "Pink Lips Challenge"

Send a kiss to someone you love and remind them it's #TimeToMammo! SBMC's "Pink Lips Challenge" is a fun way to remind your loved ones to get their mammogram.

Simply follow these steps:

1. Take a pic with your pink lips
2. Blow a kiss to someone you love by sharing your post, tagging them, and remind them it's #TimeToMammo

And, most importantly, schedule
your mammogram at rwjbh.org/mammo

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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 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 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: rwjbh.org/sbmcevents (you only need to register once). To learn more, 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).

Heartsaver First Aid/CPR/AED

Second Saturday of every month; 9:00 am to 3:00 pm

Heartsaver First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use. Registration is required by calling The CPR Training Center: 973-926-7407 (fee).

What's New in Breast Cancer Treatment

October 10; 6:00 to 9:00 pm

Saint Barnabas Medical Center

94 Old Short Hills Road, Livingston

In Recognition of Breast Cancer Awareness Month, The Cancer Center at Saint Barnabas Medical Center invites you to hear from a multi-disciplinary team of physicians and staff regarding the most up-to-date and late-breaking breast cancer information.

Free, registration required: 973-322-2671.

6th Annual Fashion for The Pink Crusade

October 17; 6:30 pm

The Park Savoy Estate

236 Ridgedale Ave, Florham Park

The Fashion for the Pink Crusade proceeds benefit the breast program at Saint Barnabas Medical Center and the Barnabas Health Ambulatory Care Center. This event features an elaborate cocktail reception, prizes and raffles, and runway style fashion show presented by Bloomingdale's, The Mall at Short Hills.

For sponsorship opportunities and tickets:
www.rwjbh.org/fashion4thepinkcrusade.