

Saint Barnabas Wellness Institute at the JCC MetroWest March 2018 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 rwjbh.org/sbmcevents.

Blood Pressure Screenings

Thursday, March 1 and 15; 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 hand-outs. Registration is not required.

MonaLisa Touch for Breast Cancer Survivors

Thursday, March 1; 10:00 am

Join nurse practitioners from Thad Denehy, MD's office as they explain MonaLisa Touch, a new treatment option for breast cancer survivors. Millions of women experience changes to their vaginal health that affect their personal lives as a consequence. Now there's a solution! MonaLisa Touch is a simple, safe and clinically proven laser treatment for the painful symptoms of menopause, including intimacy. Find out if MonaLisa is right for you! To register, please call 973-322-8195.

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, March 2; 1:30 to 2:30 pm

Parkinson's Caregiver Support Group: Monday, March 5; 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)

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March is Colorectal Cancer Awareness Month

Colon Cancer Screening & You: When and Why?

March 21; 6:00 to 7:30 pm

**Barnabas Health Ambulatory Care Center
Conference Room A/B, First Floor
200 South Orange Avenue, Livingston, NJ**

Colon cancer is a preventable, treatable and a beatable disease. If found and treated early, the five year survival rate is 90%. The best step you can take to reduce your risk for colon cancer is to get screened.

In most individuals, screening should begin at the age of 50. However, other individuals may need to start earlier, such as those with risk factors-such as ethnic background, family or personal history of colon polyps/cancer, or personal history of Crohn's disease or ulcerative colitis.

Join Matthew Askin, MD, Chief of Gastroenterology, Saint Barnabas Medical Center, who will address the topics of colon cancer prevention, early detection and the importance of screening. A free fecal immunochemical test (FIT) will be distributed to those who meet screening criteria.

Presented in collaboration with Screen NJ, a cancer screening, education and awareness program.

Please register by calling 973-322-2671.

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Feeling Stronger - Feeling Better

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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. Under the direction of bachelors or mastered prepared exercise physiologists who are all certified Rock Steady Boxing coaches, the non-contact boxing based fitness curriculum addresses fitness levels at all stages of Parkinson's disease. It 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 or for more information, call the Health and Wellness staff at 973-322-7444, prompt 2. Hour-long classes are held on Tuesdays and Thursdays at 12:00, 1:00 and 2:00 pm. A fee applies.

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: rwjbh.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).