

NOVEMBER COMMUNITY HEALTH PROGRAMS



Unless otherwise indicated, all events are free and registration is required. To register or for more information, call **908-685-2814** or visit www.rwjbh.org/somersetevents. Cancellations within two weeks of the program are nonrefundable under any circumstance.

Aquacize

Seven-week courses begin:

**Monday, November 4 and Wednesday, November 6
10:30 - 11:15 a.m. | Somerville YMCA, \$44 per course**

Practice this water exercise program that soothes arthritis pain, strengthens joints and improves range of motion and lung capacity. A medical release form is required to participate.

Jean Johnson, certified water fitness instructor

To register, call 908-685-2814

Chair Yoga for Seniors

An eight-week course begins:

Tuesday, November 5 | 10:30 - 11:30 a.m.

Congregational Church of Bound Brook, \$48

Learn this ancient fitness routine that builds flexibility and strength and relieves pain associated with arthritis, carpal tunnel syndrome, migraines and back and neck strain. A medical release form is required to participate.

Chanchal Arora, certified yoga instructor

To register, call 908-685-2814

HealthHike: A “Walk and Talk” on the Secrets to Healthy Skin

**Wednesday, November 6 | 10 - 11 a.m. (9:30 a.m. group walk)
Bridgewater Commons Mall Community Hub**

Join an RWJUH Somerset health care professional for a discussion on skin care secrets to healthier-looking skin. HealthHike walkers will take a walk around the mall as a group, log their miles, receive information and samples of skin care products.

Smita Agarwal, MD, dermatologist

To register, visit <https://bit.ly/4dnarXT>

Online Narcan Training and Kit

Thursday, November 7 | 11 a.m. - 12 p.m. | Virtual

Learn the risk factors of an overdose, how to identify someone overdosing, a proper rescue response and tips to prevent an overdose.

In collaboration with Community In Crisis as part of the Far Hills Race Meeting Association/RWJUH Somerset Community Partnership.

To register, visit <https://bit.ly/46KcC5f>

Walk with the Doc

Saturday, November 9 | 8:30 - 9:30 a.m.

Food Court at Bridgewater Commons Mall

Walk about 2 miles with RWJUH Somerset cardiologist Steven Georgeson, MD and health-minded community members. At the end of the walk, there is a 10 to 15 minute presentation on a topic relevant to heart health and disease. Participants are encouraged to ask questions.

Leaky Pipes? Care for Pelvic Floor Disorders

Thursday, November 14 | 11:00 am - 1:00 p.m. | Somerville Elks

According to the National Institutes of Health, one quarter of women in the United States are affected by pelvic floor disorders (PFD)s. Discover the common types of PFDs and gynecological cancers, risk factors, causes, symptoms, stages of dysfunction, their link to gynecologic cancers, diagnosis and treatments. A demonstration of pelvic floor exercises will be provided as well as a light lunch.

Ruth Stephenson, DO, gynecologic oncologist

Ashwini Korgaonkar, PT, physical therapist

To register, visit: <https://bit.ly/3MaScsB>

I Spy a Diabetic Eye: Diabetes Impact on Eye Health

Wednesday, November 20 | 5 - 6 p.m.

RWJUH Somerset's Fuld Auditorium

Understand diabetes, risk factors, causes, signs that diabetes is affecting your eyes, conditions you can develop if unmanaged (i.e. diabetic retinopathy, diabetic macular edema, etc.), diagnostic tests, treatment options and strategies to improve or maintain eyesight with diabetes. A light dinner will be served and blood glucose screening will be offered; fasting not necessary.

Vivek Bansal, MD, endocrinologist

Amy Walsh, RD, CDE, manager of the Diabetes Center

To register, visit <https://bit.ly/3AKmNS1>

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Breathe Easier? The Effects & Implications of Recreational and Second-Hand Inhalation

Thursday, November 21 | 12 - 1 p.m.

During this webinar, understand the effects of smoking on your overall health, the types of smoking/tobacco use including vaping and chewing tobacco, the differences between legal and recreation use, the effects and implications of legalized marijuana, the various diseases smoking causes, the impact of second-hand inhalation, signs and symptoms, diagnostic tools including the lung cancer screening program and cessation strategies.

Kaidlan Ricardo, manager, lung cancer screening program

Eshan Patel, MD, medical oncologist

Cindy Kinsella, NCTTP, tobacco liaison, Nicotine and Tobacco Recovery Program

Offered in collaboration with Institute for Prevention and Recovery and Rutgers Cancer Institute.

To register, visit <https://bit.ly/3WHO9cd>

Aerobics for the Mind: Getting Clarity on Brain Fog

Tuesday, November 26 | 10 a.m. - 12:30 p.m.

Somerville Elks, Cost \$10

Understand brain fog, the signs and symptoms, causes, risk factors, its correlation with COVID-19, the difference between brain fog and dementia, diagnostic tools and treatments. This program includes a light breakfast, screening and memory-strengthening activities.

Caitlin Rusak, MS, CC-SLP, supervisor of Speech and Hearing

To register, visit <https://bit.ly/3WN7tVs>

COMMUNITY HEALTH SCREENINGS

Glucose and Blood Pressure Screenings

Thursday, November 7 | 9 - 11 a.m.

Tarantino Promenade, free

A Registered Nurse and Dietitian will be available to answer questions about diabetes management and meal planning.

To schedule an appointment, call 908-685-2814.

Fasting is not required.

SUPPORT GROUPS

Eating Disorders-Family Support

Every Tuesday | 6 - 7 p.m.

Emergency Room Conference Room

This is a staff facilitated discussion.

Eating Disorders-Patient Support

Every Tuesday | 6 - 7 p.m.

Hamilton Conference Room

This is a staff facilitated discussion open to anyone suffering with an Eating Disorder.

All Recovery Meetings

Hosted by RWJBarnabas Health's Institute for Prevention and Recovery, All Recovery Meetings are for everyone who supports recovery. Join us and connect with others who are initiating and maintaining a recovery lifestyle. Please view the full calendar of virtual All Recovery Meetings that you can join online or by phone here: <https://www.rwjbh.org/treatment-care/institute-for-prevention-and-recovery/all-recovery-meeting/>

Tobacco Recovery Group

Every Monday | 7 - 7:45 p.m. | Virtual

Open to anyone with a nicotine and tobacco addiction who is in recovery or just starting their journey.

To register, visit <https://bit.ly/46ORzie>

Stroke Support Group

Thursdays: November 7 and December 5 | 2 - 3 p.m.

Steeplechase Cancer Center 1st Floor Conference Room

All stroke survivors, their families and caregivers are invited to join our Stroke Support Group. Our multidisciplinary Stroke Center team will provide educational information and answer your questions.

To register, visit: <https://bit.ly/3X0dglO>

Better Breathers' Club

Thursdays: November 14 and December 12

10:30 - 11:30 a.m. | Virtual

Promotes the management of COPD and other chronic lung disease (i.e. asthma, pulmonary fibrosis or lung cancer), offers a sense of belonging and hope and aims to improve quality of life.

To register, visit: <https://bit.ly/4cotgIP>