

JANUARY COMMUNITY EDUCATION PROGRAMS

Diabetes Self-Management Classes

Tuesdays, January 5, 12, 19 and 26 from 9:30 – 11:30 am OR

Wednesdays, January 6, 13, 20 and 27 from 5:30 – 7:30 pm

Learn how to manage your diabetes by attending this 4-session series. All classes are held once a week for 4 weeks. The classes will be held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is requested by calling the Saint Barnabas Health Care LINK at 1-888-724-7123, prompt 4. Program attendees will need a doctor's prescription and will be billed to Medicare or your insurance carrier.

Childbirth Education Classes

Thursdays, January 7, 14 and 21 from 6:30 to 9:30 pm

Learn about the process of labor, birth and delivery, and postpartum. You'll learn to master relaxation techniques and breathing methods to help you progress through each stage of labor and birth. Fee is \$75 for three-session program. Free tours of the maternity unit are available also. The program will be held at Kimball Medical Center. Pre-registration is requested by calling the Saint Barnabas Health Care LINK at 1-888-724-7123, prompt 4.

Drive Defensively

Monday, January 11 from 8:30 am from 5 pm

Join Roden Lightbody, Safety Engineer for Ocean County for a National Safety Council refresher course. This seminar is ideal for drivers of all ages who need to sharpen their driving skills. By completing this course, you can eliminate two points from your New Jersey State Driver's record. The charge for this course is \$8.00 payable to the County of Ocean. For point reduction, bring an additional \$10.00 payable by money order only, to the NJ State Safety Council. The program will be held at Kimball Medical Center's Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is requested by calling the Saint Barnabas Health Care LINK at 1-888-724-7123, prompt 4. For further information, please call 732-929-2130. Free.

The Sneaky Chef & Sneaky Fitness: Foolproof Ways to Sneak Healthy Foods and Healthy Lifestyles into Your Home

Wednesday, January 20 at 6 pm

Missy Chase Lapine, Best Selling Author of the Sneaky Chef book series, and Larysa DiDio, celebrity fitness trainer, are thrilling audiences everywhere with their highly interactive presentation focusing on foolproof ways to sneak healthy foods and fitness into your everyday life. During this presentation, they will share their best Sneaky Chef & Sneaky Fitness secrets in a lively 30-minute discussion followed by interactive demonstrations of actual Sneaky Fitness activities and famous Sneaky Chef foods. The audience will be able to experience fun activities and sneakily enhanced treats. Health education displays, exciting door prizes and dinner will be provided for all guests. The program will be held at Crystal Point Yacht Club located at 3900 River Road in Point Pleasant Beach, NJ. Pre-registration is required and seating is limited. For further

information or to register, please call the Saint Barnabas Health Care Link at 1-888-724-7123, prompt #3. This program is for adults only; no children, please.

Diabetes Self-Management Class Review Course

Thursday, January 28 from 10 am to 12 Noon

This is diabetes management refresher course for all those who have graduated from the 4-session self-management series. The class will be held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is required by calling the Saint Barnabas Health Care LINK at 1-888-724-7123, prompt 4. Program attendees will need a doctor's prescription and will be billed to Medicare or your insurance carrier.

JANUARY COMMUNITY SUPPORT GROUPS & SCREENINGS

Grandparents Weekly Support Group

Every Monday from 10:30 am – 12 pm (January 4, 11, 18 and 25)

The grandparents support group is a free ongoing weekly support group open to any person caring for a grandchild or other relative. The group will offer support and education for grandparents and their grandchildren. Monthly family social gatherings will offer a chance for socialization for the children as well as for the grandparents. Meetings will be held at the Center for Healthy Living at Kimball Medical Center, 198 Prospect Street in Lakewood. Pre-registration is not required. Please call Kathleen Holahan at (732) 730-9112 for information. Free.

Smoking Cessation Support Group Program

Every Monday from 1 – 2 pm (January 4, 11, 18 and 25)

Every Tuesday from 5:30 – 6:30 pm (January 5, 12, 19 and 26)

It's your choice. Quitting Smoking is difficult to do alone. Did you know that you can double your chances of quitting successfully by joining a support program? Call the Quit Center today to schedule your free, individualized assessment. Then attend either one of these weekly support meetings to help you quit for good this time! Free nicotine patches will be provided for the first two weeks to individuals who sign-up and attend the quit program. These support group sessions are held at Kimball Medical Center's Center for Healthy Living located at 198 Prospect Street, Lakewood. If you are interested in registering or would like more information, please call the Quit Center at 732-886-4149.

Bereavement Weekly Support Group

Every Tuesday from 4:30 – 5:30 pm (January 5, 12, 19 and 26)

This support group is for individuals who are confronted with long-term grief and helps them through the stages of coping with loss. The Bereavement Support Group will be held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is not required. Please call Kathleen Holahan at 732-730-9112 for information. Free.

Caregivers Weekly Support Group

Every Tuesday from 12:30 – 2:30 pm (January 5, 12, 19 and 26)

Every Wednesday from 11:45 – 1:45 pm (January 6, 13, 20 and 27)

This support group meeting is for individuals who are feeling isolated, alone and overwhelmed as they care for an elderly loved one or friend. Sponsored by Kimball Medical Center and Ocean County Office of Senior Services, this group is facilitated by a licensed clinical social worker who offers support and education for caregivers to enhance their coping skills and maintain balance in their lives. The Caregivers Support Group will be held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is not required. Please call Kathleen Holahan at (732) 730-9112 for information. Free.

Glucose Screening

Thursday, January 7 from 9:15 – 10:15 am

Are you at risk for diabetes? According to the American Diabetes Association, more than 24 million people in this country have diabetes, and 57 million have pre-diabetes – a condition where blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Left unchecked, these conditions can lead to long-term organ damage, especially to the heart and circulatory system. Kimball Medical Center is offering a glucose screening at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is requested by calling the Saint Barnabas Health Care Link at 1-888-724-7123, prompt 4. Free.

Diabetes Support Group

Thursday, January 21 from 1:30 – 3 pm

Ring in the New Year right! A Registered Nurse and a Registered Dietitian-Certified Diabetes Educator provide diabetes management strategies through diet, exercise, reducing complications, new treatments and the latest research information. The Diabetes Support Group will be held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is required by calling the Saint Barnabas Health Care LINK at 1-888-724-7123, prompt 4. Free.

JANUARY COMMUNITY EXERCISE PROGRAMS

Classic Yoga

Fridays, January 8, 15, 22 and 29 from 9 - 10:15 am

Yoga, a comprehensive system of techniques including mind-body therapies and exercise, enhances flexibility, strength and concentration. It involves a series of poses that can also help reduce stress. Classic yoga includes the sun salutation, the warrior pose and shoulder stand. Classes cost \$5.00 per session and are held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is required by calling the Saint Barnabas Health Care LINK at 1-888-724-7123, prompt 4. Class size is limited.

Gentle Yoga

Fridays, January 8, 15, 22 and 29 from 10:30 – 11:45 am

Yoga, a comprehensive system of techniques including mind-body therapies and exercise, enhances flexibility, strength and concentration. It involves a series of poses that can also help reduce stress. Gentle yoga includes the full range of basic yoga stretches and positions. Classes cost \$5.00 per session and are held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is required by calling the Saint Barnabas Health Care LINK at 1-888-724-7123, prompt 4. Class size is limited.

Self-Defense Exercise

For Older adults – Thursday, January 14 and 28 from 12:15 – 1:15 pm

For Men and Women of All Ages – Monday, January 11 and 25 from 7 to 8 pm

Learn critical techniques from a black-belt instructor to help protect you from personal harm, build strength and enhance core balance. Classes cost \$3.00 per session and are held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is required by calling the Saint Barnabas Health Care LINK at 1-888-724-7123, prompt 4. Class size is limited.