

## **NOVEMBER COMMUNITY EDUCATION PROGRAMS**

### **Childbirth Education Classes**

***Thursdays, November 5, 12 and 19 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.

### **Drive Defensively**

***Monday, November 16 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. For further information, please call 732-929-2130. Free.

### **Look Good, Feel Better**

***Monday, November 23 from 1 - 3 pm***

The Jersey Shore Region of the American Cancer Society is sponsoring this free program for women who are undergoing chemotherapy and/or radiation therapy. The program offers education on make-up, skin care and wigs to help improve self-esteem and promote a positive outlook. The program will be 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 American Cancer Society at 1-800-ACS-2345. Free.

## **NOVEMBER COMMUNITY SUPPORT GROUPS & SCREENINGS**

### **NEW!! Grandparents Weekly Support Group**

***Every Monday from 11 am – 12:30 pm (November 2, 9, 16, 23 and 30)***

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 (November 2, 9, 16, 23 and 30)*

*Every Tuesday from 5:30 – 6:30 pm (November 3, 10, 17 and 24)*

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 goods 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 (November 3, 10, 17 and 24)*

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 (November 3, 10, 17 and 24)*

*Every Wednesday from 11:45 – 1:45 pm (November 4, 11, 18 and 25)*

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, November 5 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. Free.

### **Diabetes Support Group**

***Thursday, November 19 from 1:30 – 3:30 pm***

Happy Thanksgiving! Learn healthy holiday meal planning tips just in time for Thanksgiving. 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. Free.

## **NOVEMBER COMMUNITY EXERCISE PROGRAMS**

### **Classic Yoga**

***Fridays, November 6, 13, 20 and 27 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. Class size is limited.

### **Gentle Yoga**

***Fridays, November 6, 13, 20 and 27 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. Class size is limited.

### **Self-Defense Exercise**

***For Older adults – Thursday, November 12 from 12:15 – 1:15 pm***

***For Women and Girls – Monday, November 9 and 23 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. Class size is limited.