

Community Health Events



Newton Medical Center
ATLANTIC HEALTH SYSTEM

April, May and June 2012

Newton Medical Center Programs

Cancer Support Group

For those living with or affected by cancer, meets the **Fourth Thursday** of every month at Newton Medical Center. Call 973-579-8620 for meeting location.

April 26, May 24 and June 28

3:00 to 4:00pm

Pre-registration is required: 973-579-8620

Stroke Support Group

Offers support and encouragement for persons recovering from a stroke, meets the **Fourth Tuesday** of the month. Caregivers are welcome. Call 973-579-8620 for meeting location.

April 24, May 22 and June 25

6:00pm

Pre-registration is required: 973-579-8620

Diabetes Support Group

This support group offers mutual support and education for adults with diabetes. They include discussion of issues and guest speakers presenting a variety of topics.

The Daytime group meets the **First Wednesday** of each month, 10:00am at Newton Medical Center.

Pre-registration is required: 1-800-247-9580

April 4

"Whose Diabetes is it Anyway?"

May 2

"Guidelines for Sick Days"

June 6

"Traveling and Visiting with Diabetes"

Diabetes Dinner Lecture Series

"Continuous Glucose Monitoring"

Monday, April 16

5:30pm to 8:00pm

\$6.00 includes dinner

Pre-registration is required: 973-579-8341

Smoking Cessation through Hypnosis

Overcome the psychological cravings and the desire to smoke using group hypnosis and behavior modification techniques.

Wednesdays, April 18, May 16 or June 13

6:30 to 8:00pm

Fee: \$65.00

Pre-registration is required: 973-579-8340

Weight Loss through Hypnosis

Through hypnotic suggestions and behavior modification techniques, you will make subtle changes to permanently reduce your weight. No diets, restrictions or feelings of denial.

Thursdays, April 19, May 17 or June 14

6:30 to 8:00pm

Fee: \$65.00

Pre-registration is required: 973-579-8340

Yoga: Continuing Level

Fee is \$90.00 for this eight-week series

Monday, May 7 through July 2 (skip May 28)

5:00 to 6:15pm

Drop in fee: \$15.00/class

Current series goes through April 30.

Pre-registration is required: 973-579-8340

Yoga: Mixed Level

Fee is \$90.00 for this eight-week series

Monday, May 7 through July 2 (skip May 28)

6:30 to 7:50pm

Drop in fee: \$15.00/class

Current series goes through April 30.

Pre-registration is required: 973-579-8340

Stress Management

Radiant Heart, Clear Mind: Gentle Yoga, Breathwork and Meditation

During this six-week program, you will learn techniques from an ancient tradition that will help you enjoy a compassionate and calm state of being. Benefits can include: reduction of anxiety and stress, greater mental clarity, reduce overeating, decrease pain and increase self-acceptance.

Wednesday, May 2 through June 13 (skip May 16)

6:30 to 8:00pm

Fee: \$90.00

Pre-registration is required: 973-579-8340

Babysitting Classes

Safe Sitter® Babysitting Class

Medically based program for sitters ages 11 – 14 years

Thursday, April 12 or Saturday, June 2

8:30am to 3:30pm

Fee: \$60.00

Pre-registration is required: 973-579-8340

Maternal & Child Health Programs

Registration is required for all classes: 973-579-8340

Prepared Childbirth Classes

Fee: \$120.00

Monday, April 9 to April 30

(4 sessions)

7:00 to 9:30pm

Sparta Health & Wellness Center

Saturday, May 5 and May 12

(2 sessions)

8:00am to 1:00pm

Wednesday, May 23 to June 13

(4 sessions)

7:00 to 9:30pm

Sunday, June 3

(1 session)

9:00am to 5:00pm

Breastfeeding

Sunday, May 20

9:30am to Noon

Fee: \$40.00

Newborn Parenting

Babies don't come with instructions. Get ahead of the game by learning how to care for your newborn before he/she is born.

Sunday, April 22

9:30am to 2:00pm

Fee: \$40.00

Saturday, June 30

9:30am to 2:00pm

Sibling Preparation Class

Sunday, April 22

2:30pm to 4:00pm

Saturday, June 3

2:30pm to 4:00pm

Grandparent's Class

Sunday, May 20

1:00 to 2:30pm

Fee: \$25.00

Pediatric Preoperative Preparation

Classes are held on an as needed basis. Registration is required: 973-579-8340

Maternity Center Tours

Register for tours at NMC by calling 1-800-247-9580

Wednesdays, April 18, May 16, June 20

8:00 to 9:00pm

Saturdays, April 21, May 19, June 23

10:00 to 11:00am

Sparta Health & Wellness Center Programs

New Support Group for Parents of Special Needs Children

(emphasis on children with Autism Spectrum Disorder)

First meeting, Wednesday, May 2

7:00 to 9:00pm

Will then meet the **first Wednesday** of every month

June 6

7:00 to 9:00pm

For more information call 973-579-8340.

Breast Cancer Support Group

Meets the **second Tuesday** of the month. The group is co-sponsored by Newton Medical Center, the American Cancer Society and the Sparta Cancer Center .

April 10, May 8 and June 12

6:30 to 9:00pm

Sparta Health & Wellness Center

For more information call

1-800-227-2345

Look Good, Feel Better

This FREE American Cancer Society program teaches women how to maintain their appearance during cancer treatments.

Monday, May 14

2:00 to 4:00pm

Sparta Health & Wellness Center

Pre-registration is required: 1-800-227-2345

Milford Health & Wellness Center Programs

Smoking Cessation through Hypnosis

Overcome the psychological cravings and the desire to smoke using group hypnosis and behavior modification techniques.

Wednesdays, April 25, May 23 and June 20

6:30 to 8:00pm

Fee: \$65.00

Pre-registration is required: 973-579-8340

Weight Loss through Hypnosis

Through hypnotic suggestions and behavior modification techniques, you will make subtle changes to permanently reduce your weight. No diets, restrictions or feelings of denial.

Thursdays, April 26, May 24, and June 21

6:30 to 8:00pm

Fee: \$65.00

Pre-registration is required: 973-579-8340

Basic Life Support and First Aid

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

Healthcare Provider CPR - New Provider - \$65.00

Tuesday, April 10 and April 17	7:00 to 10:00pm	NMC
Saturday, April 14	9:00am to 3:00pm	NMC
Saturday, April 21	9:00am to 3:00pm	SHWC
Saturday, April 28	9:00am to 3:00pm	MHWC
Saturday, May 5	9:00am to 3:00pm	NMC
Monday, May 7 and May 14	7:00 to 10:00pm	MHWC
Wednesday, May 9 and May 16	7:00 to 10:00pm	NMC
Saturday, May 19	9:00am to 3:00pm	SHWC
Monday, June 4 and June 11	7:00 to 10:00pm	NMC
Thursday June 14 and June 21	7:00 to 10:00pm	NMC
Saturday, June 30	9:00am to 3:00pm	SHWC

Healthcare Provider - Renewal - \$55.00

Wednesday, April 4	6:30 to 10:30pm	NMC
Wednesday, April 18	6:30 to 10:30pm	SHWC
Monday, April 23	6:30 to 10:30pm	MHWC
Friday, April 27	6:30 to 10:30pm	NMC
Tuesday, May 8	6:30 to 10:30pm	MHWC
Monday, May 21	6:30 to 10:30pm	NMC
Saturday, May 26	9:00am to 1:00pm	NMC
Tuesday, May 29	6:30 to 10:30pm	SHWC
Thursday, June 7	6:30 to 10:30pm	NMC
Saturday, June 9	9:00am to 1:00pm	MHWC
Saturday, June 23	9:00am to 1:00pm	SHWC
Wednesday, June 27	6:30 to 10:30pm	NMC

Heartsaver CPR for Adults, Children & Infants with AED \$45.00

Thursday, April 5	7:00 to 10:00pm	SHWC
Thursday, April 12	7:00 to 10:00pm	SHWC
Saturday, April 14	9:00am to Noon	MHWC
Monday, April 16	7:00 to 10:00pm	NMC
Wednesday, April 25	7:00 to 10:00pm	NMC
Thursday, May 10	7:00 to 10:00pm	MHWC
Tuesday, May 15	7:00 to 10:00pm	NMC
Thursday, May 17	7:00 to 10:00pm	MHWC
Wednesday, May 23	7:00 to 10:00pm	NMC
Thursday, May 31	7:00 to 10:00pm	SHWC
Saturday, June 2	9:00am to Noon	SHWC
Tuesday, June 5	7:00 to 10:00pm	MHWC
Wednesday, June 6	7:00 to 10:00pm	SHWC
Wednesday, June 13	7:00 to 10:00pm	NMC
Tuesday, June 19	7:00 to 10:00pm	NMC
Thursday, June 28	7:00 to 10:00pm	MHWC

Heartsaver First Aid w/Adult, Child & Infant CPR & AED \$65.00

Saturday, April 28	9:00am to 3:00pm	NMC
Saturday, May 12	9:00am to 3:00pm	NMC
Saturday, June 16	9:00am to 3:00pm	NMC

NMC = Newton Medical Center
MHWC = Milford Health & Wellness Center
SHWC = Sparta Health & Wellness Center

Registration & payment are required before confirmation in class

CPR Registration Form

Please Print

Name _____

Mailing Address _____

Day phone _____ Evening phone _____

Healthcare Provider: _____ New \$65.00 _____ Renewal \$55.00

If Renewal, date Current card expires: _____

___ Heartsaver CPR for Adults, Children & Infants w/ AED \$45.00 ___ Heartsaver First Aid w/Adult, Child & Infant CPR \$60.00

Date(s) _____ Location: _____ NMC _____ MHWC _____ SHWC

Important Information

- Please note that you are **NOT** registered until full payment has been received.
- Refunds will not be issued for classes that are not attended; you may reschedule within 6 months.
- Dress comfortably!
- In inclement weather, listen to WSUS 102.3 FM or WNNJ 103.7 FM for cancellation information.

- All refunds will carry a \$10.00 administrative fee.

Use of American Heart Association materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.

Free Health Screenings at MHWC

Pre-registration is required for all programs by calling 1-800-247-9580

Blood Pressure Screening

Learn what your numbers are, what they mean and strategies to control or prevent High Blood Pressure.

Tuesday, June 5

9:00 to 11:00am

Memory Screening

This simple screening will provide you with information to discuss with your Health Care Provider.

Wednesday, April 18

9:00 to 11:00am

FREE Mammograms

Mammograms, breast exam and education will be offered without charge to women who do not have health insurance. Please call to confirm your eligibility at 973-579-8340.

Tuesday, May 8

8:00am to 11:00am

Stroke Screening

This program is designed to help you identify your risk for stroke and changes that you can make to decrease your chance of having a stroke.

Friday, May 18

9:00 to 11:00am

Osteoporosis Risk Assessment

Questionnaire will be completed and reviewed with a health care professional. Knowing your risk factors is the first step in taking an active role in the prevention, early diagnosis and treatment of osteoporosis.

Monday, June 18

9:00 to 11:00am