

Caring for YOU... All Life Long

Health Education Calendar

For registration or more information call (973) 579-8340 or e-mail us at education@nmhnj.org.



175 High Street • Newton, NJ 07860 • (973) 383-2121

Yoga

Continuing Level

Fee is \$90.00 for this five-week series.

- Monday, January 10 through March 7 (skip February 21), 5:00pm – 6:15pm

Mixed Level

Fee is \$90.00 for this five-week series.

- Monday, January 10 through March 7 (skip February 21), 6:30pm – 7:50pm

Hypnosis at Newton

(Hypnotic suggestions do not override your free will.)

Smoking Cessation Through Hypnosis — \$65.00

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

Please call (973) 579-8340 to register. Pre-registration required.

- Wednesday, January 12, 6:30pm – 8:00pm
- Wednesday, February 9, 6:30pm – 8:00pm

Weight Loss Through Hypnosis — \$65.00

Through hypnotic suggestions and behavior modification, you will make subtle changes to permanently reduce your weight. No diets, restrictions or feelings of denial. Please call (973) 579-8340 to register. Pre-registration required.

- Thursday, January 13, 6:30pm – 8:00pm
- Thursday, February 10, 6:30pm – 8:00pm

Lectures & Workshops

Evening Diabetes Lecture Series at Newton Memorial Hospital

Keeping Your Kidneys Healthy: What You Need to Know

Pre-registration is required at (973) 579-8340

- Monday, January 17

Safe Sitter® Baby Sitting Classes — \$60.00

11 to 14 years.

Pre-registration is required at (973) 579-8340

- Saturday, January 22 (snow date January 29). 8:30am – 3:30pm



Prepared Childbirth Classes

Two sessions:

Saturdays, January 22 & 29 10:00am – 3:00pm NMH (snow date, February 5)

Four sessions:

Thursdays, February 3 to 24 7:00pm – 9:30pm NMH (snow date, March 3)

Breastfeeding

Tuesday, February 15 7:00pm – 9:30pm NMH (snow date, February 22)

Pediatric Pre-operative Preparation

Classes are held on an as-needed basis. Registration is required.

Newborn Parenting

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

Saturday, February 12 10:00am – 2:30pm NMH (snow date, February 13)

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.

Heartsaver Adult & Pediatric CPR — \$35.00

Tuesday, January 11	7:00pm – 10:00pm	NMH
Wednesday, January 19	7:00pm – 10:00pm	MHWC
Wednesday, January 26	7:00pm – 10:00pm	SHWC
Monday, February 7	7:00pm – 10:00pm	SHWC
Tuesday, February 8	7:00pm – 10:00pm	NMH

Healthcare Provider CPR — New Provider — \$60.00

Monday, January 10 & 17	7:00pm – 10:00pm	SHWC
Saturday, January 15	9:00am – 3:00pm	NMH
Saturday, January 29	9:00am – 3:00pm	MHWC
Wednesday, February 9 & 16	7:00pm – 10:00pm	NMH
Wednesday, February 16 & 23	7:00pm – 10:00pm	MHWC
Saturday, February 19	9:00am – 3:00pm	SHWC

Healthcare Provider — Renewal — \$50.00

Wednesday, January 12	6:30pm – 10:30pm	MHWC
Saturday, January 22	9:00am – 1:00pm	SHWC
Thursday, February 3	6:30pm – 10:30pm	NMH
Saturday, February 12	9:00pm – 1:00pm	MHWC
Thursday, February 24	6:30pm – 10:30pm	SHWC

Family & Friends Adult & Pediatric CPR — \$20.00

Tuesday, January 4	7:00pm – 10:00pm	MHWC
Wednesday, January 5	7:00pm – 10:00pm	NMH
Tuesday, February 1	7:00pm – 10:00pm	SHWC

Heartsaver Adult & Child, AED CPR — \$40.00

Saturday, January 8	9:00am – 1:00pm	NMH
Saturday, February 5	9:00am – 1:00pm	SHWC

Heartsaver Adult First Aid with Adult, Child, Infant CPR — \$60.00

Thursday, January 20 & 27	7:00pm – 10:00pm	NMH
Saturday, February 5	9:00am – 3:00pm	NMH
Saturday, February 26	9:00am – 3:00pm	NMH

Additional Support Groups

Stroke Support Group

Offers support and encouragement for people recovering from a stroke. Caregivers are welcome. Call Social Services at (973) 579-8620 for more information about the next meeting.

Cancer Support Group

For those living with or affected by cancer. Meets the **Fourth Thursday** of every month at Newton Memorial Hospital. Call (973) 579-8620 to pre-register and for meeting location.

- January 27 & February 24, 3:00pm – 4:00pm

Diabetes Support Groups

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, at 10:00am at Newton Memorial Hospital.
 - January 5: "What's all the Fuss about Vitamin D"
 - February 2: "Exercise and Physical Activity"



89 Sparta Avenue • Sparta, NJ 07871

To register for all classes call (973) 579-8340.

Look Good, Feel Better

This FREE American Cancer Society program will teach women how to maintain their appearance during cancer treatments. Pre-registration is required at (800) 227-2345.

- Monday, February 7, 2:00pm – 4:00pm

Support Groups

Breast Cancer Support Group

Meets the **second Tuesday** of the month, January 11 & February 8, 6:30pm – 9:00pm at Sparta Health & Wellness Center. The group is co-sponsored by Newton Memorial Hospital, the American Cancer Society and the Sparta Cancer Center. For more information call (800) 227-2345.

Man-to-Man Prostate Cancer Support Group

This American Cancer Society group meets the **third Tuesday** of the month, January 18 & February 15, 6:30pm – 8:00pm at the Sparta Health & Wellness Center. For more information call (800) 227-2345.

Bariatric Surgery Support Group

Call Morristown Memorial Hospital at (973) 971-7053 for more information.



111 E. Catharine St. • Milford, PA 18337

PIKE COUNTY HEALTH FUND

Health Screenings at Milford are provided free of charge through the Pike County Health Fund. Pre-registration is required for all programs by calling (973) 579-8340.

January 2011

Diabetes Support Group

"Keeping Heart Healthy"

- Wednesday, January 12, 10:00am – 11:30am

Seasonal Flu Shots

Free with Medicare Part B or pay \$38. BY APPOINTMENT ONLY.

- Thursday, January 13, 1:00pm – 3:00pm

Colorectal Cancer (Occult Blood) Screening

Colorectal cancer is the second leading cancer killer in the United States. In most cases, it is curable when detected at an early stage. You will receive instructions and a packet to conduct this test in the privacy of your home.

- Wednesday, January 19, 9:00am – 11:00am

Memory Screening

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

- Thursday, January 27, 9:00am – 11:00am

February 2011

Blood Pressure Screening

Wear red to support women's heart health awareness

Check your blood pressure and receive information on Heart Disease in Women.

- Friday, February 4, 9:00am – 11:00pm

Lipid Profile

It is necessary to fast at least 12 hours before this test. Please call to register for an appointment.

- Saturday, February 5, 8:00am – 11:00pm

Lunch and Learn

"Heart Healthy Tips for Women"

Join Robert Masci, MD, Cardiologist, for lunch and learn important information to reduce your risk of heart disease.

- Wednesday, February 10, 12:00pm – 1:30pm

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.

- Thursday, February 17, 9:00am – 11:00am

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