



Community Health Programs — September 2023

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.

Chair Yoga for Seniors

Eight-week course begins:
Tuesday, September 5
10:30 to 11:30 a.m.

Congregational Church, Bound Brook, \$48

To register, call 908-685-2814

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

Aquacize

Eight-week courses begin:

Wednesday, September 6 and Monday, September 11
10:30 to 11:15 a.m.

Somerville YMCA, \$50

To register, call 908-685-2814

Practice this water exercise program that soothes arthritis pain, strengthens joints and improves range of motion and lung capacity.

Ellen Helman, certified water fitness instructor

Stroke Support Group

Thursday, September 7 • 2:00 to 3:00 p.m.

Steeplechase Cancer Center, 1st Floor Conference Room

To register, visit <https://bit.ly/3ySge5d>

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.

Walk with the Doc

Saturday, September 9 • 8:30 to 9:30 a.m.

Food Court at Bridgewater Commons Mall

Walk about 2 miles with a RWJUH Somerset cardiologist, Steven Georgeson, MD, and health-minded community members.

At the end of the walk, there will be a 10 to 15-minute presentation on a topic relevant to heart health and heart disease.

Participants are encouraged to ask questions.

Registration is not required.

Concussion Education and Care Town Hall

Tuesday, September 12 • 7:00 to 8:00 p.m.

To register, visit bit.ly/41nX6YJ

Learn what a concussion is, the chemical changes the brain undergoes, how it can affect mood, and concentration. Better understand the steps that should be followed after a concussion or suspected concussion is sustained. Our clinicians will discuss anticipated recovery times and elaborate on expectations during each phase of recovery.

*Geoffrey Stankus, PT, DPT, SFMA, CCCE
Ryan Gray, PT, DPT, ATC*

Virtual Bariatric Support Group

Tuesday, September 12 • 6:00 to 7:00pm

To register, call 908-704-3765

Anyone who is considering bariatric surgery as well as post-surgical patients are welcome to attend. The group will discuss topics such as healthy meal ideas; mindful eating; emotional eating; the importance of exercise; surviving the holidays; smart shopping and how to eat healthy while dining out.

Tia Hagins, RD, community nutritionist



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Blood Pressure, Blood Glucose & Cholesterol Screening

Wednesday, September 13

9:00 am to 12:00 pm

Tarantino Promenade at RWJ Somerset

Blood Pressure: Free • Cholesterol and Glucose: \$15

Call 908-685-2814 for an appointment

Better Breathers' Club

Thursday, September 14 • 10:30 to 11:30 a.m.

To register, visit bit.ly/44WUxPh

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.

RWJUH Somerset respiratory therapists

Advancements in Prostate Health

Tuesday, September 19 • 11:00 a.m. to 12:30 p.m.

Somerville Elks, Bridgewater

To register, visit bit.ly/43Gs3sj

Discover the latest advancements in prostate care, including new FDA approved treatments for benign prostatic hyperplasia (BPH) and prostate cancer, a device for enlarged prostates and PET/CT imaging for advanced stages; understand the role of clinical trials in the fight against cancer; conditions that affect the prostate, symptoms, causes and prevention strategies.

Participants will enjoy a light lunch.

Dhiren Dave, MD, urologist and robotic surgeon

Prostate Cancer Screening

Thursday, September 21 • 5:00 to 7:00 p.m. or

Saturday, September 23 • 9:00 to 11:00 a.m.

Steeplechase Cancer Center, Suite 2500

Call 908-685-2814 to schedule an appointment

This **free** PSA screening and exam by an urologist is for high risk men 35 and over and all men 40 and over with no personal history of prostate cancer.

As a part of a research study, participants must complete a questionnaire.

Registration is required.

Aerobics for the Mind

Thursday, September 28 • 10:00 a.m. to 12:30 p.m.

Somerville Elks, Bridgewater • \$10

To register, visit: bit.ly/44YDOeE

Understand the relationship of hearing, acquisition of information and memory, the difference between hearing loss and acquisition of information, risk factors for hearing loss, causes, signs & symptoms, diagnosis, treatments and preventive strategies.

Hearing screenings will be offered afterwards.

Staff will lead memory-strengthening activities.

Jackie Churchill AuD CCC-A, audiologist

Tobacco Recovery Group

Every Monday • 7:00—7:45 p.m.

To join, log on <https://us06web.zoom.us/j/98597186060>

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

