

Join us for our virtual sessions.

We offer re-occurring workshops and one time programs.

Join us for one, some, or all of the sessions. You decide! All programs are free.

Pre-register for each program by emailing kathleen.johnson@rwjbh.org

Once registered, you will receive an email reminder/connection link the day before each session.

Our programs are presented through "GoToMeeting, it's easy to sign in and easy to navigate.

One Time Programs:

Thurs, Feb 11, 1pm – Staying Heart Healthy with Michelle Spezio, RN and Erica Suarez, Exercise Physiologist

Join us for an informative session presented by two of RWJ's out-patient cardiac rehabilitation specialists who will share tips and reminders to get you heart healthy, keep you heart healthy, help you to recognize when warning signs occur, and learn how to know what to do if & when you may need help.

Thurs, Feb 25, 1:30pm – Is it Vertigo? with Anita Bhandarkar, Doctor of Audiology

Do you experience dizzy spells that make you feel as though you are spinning? Or that the world around you is spinning? This sensation of spinning may be vertigo. Join our discussion to learn how to identify the signs and symptoms of vertigo, what your risk factors are, and the diagnosis and treatment for vertigo.

Mon, Mar 8, 11 am – Covid-19 Testing and Vaccines Update with Dr. Karen Lin Family Medicine & Community Health

Join us for an update on Covid-19 testing and the current vaccine status and availability in our area, with an opportunity to voice your concerns and ask your questions directly to Dr. Lin.

NEW Wed, Mar 24, 1 pm – Safe Sex for Seniors with Dr. Jeffrey Levine and Dr. Stephanie Mischell

This highly interactive presentation will address your questions about having a safe, healthy sex life. We will discuss how aging affects your body, and how these changes can impact your sexual desire and function. We will review the most common problems senior adults encounter and suggest potential solutions.

Dr. Levine is Professor and Director of Reproductive & Gender Health Programs, Co-Director of Reproductive Healthcare & Advocacy Fellowship, Department of Family Medicine and Community Health, Professor, Department of Obstetrics, Gynecology and Reproductive Sciences Rutgers Robert Wood Johnson Medical School.

Dr. Mischell is a Reproductive Healthcare and Advocacy Fellow Reproductive Healthcare and Advocacy Fellow, With the Department of Family Medicine and Community Health Rutgers Robert Wood Johnson Medical School.

Tues, Apr 6, 1pm – Getting A Good Night's Sleep with Dr. Emmanuel Martinez

Everyone needs a good night's sleep. A lack of a good night's sleep can cause you many immediate and long term health issues. Join our discussion on the possible causes of sleeplessness and poor sleep and what you can do to achieve the good rest you deserve and need.

Thursday, Apr 22, 1pm - Non-Prescription Medicine with Mary Bridgeman, PharmD

Join our conversation about what you need to know about non-prescription medicines if you have prescription medications and also take over the counter medicines, vitamins and supplements.

Tues, May 4, 1pm – Never Ignore Your Feet! with Kenya Cabrera, MD

Our fee health helps to keep us physically active. Yet our feet are easily compromised. It is important that we keep our feet fit, healthy, and ready to get us up and ready to go. Join our discussion on how to identify treat and prevent foot problems.

Tues, May 18, 1pm – Keys to Reducing Chronic Inflammation with Dr. Kenya Cabrera

Inflammation is an immune response designed to remove damaged tissue and foreign substances. However, chronic inflammation will affect our health. Join our discussion to learn to identify chronic inflammation and how to reduce it before it is a risk to your good health.

Reoccurring Series - Workshops:

2nd & 4th Tuesday of each month, 1 pm - Stress Reduction thru Guided Imagery, Nadine Roberts

Relax and distress! You may have enjoyed Nadine's talents in-person and we are pleased to offer her sessions to you **virtually**. We recommend you find a quiet area, without distraction, sit or lay in a comfortable position. Many enjoy a soothing, soft background music during the session and aromatherapy. It's all up to you, join us to relax and refresh!

Thursday, 1 pm, Feb 18, then every Thursday: Mar 4, 11, 18, 25, Apr 1, 8, 15, 29, May 6, 13, 20, 27, Jun 3, 10, 17, 24
Stretch It! Chair Stretch Exercise, with John Lancaster, RWJ Outpatient Physical Therapy

Improving your mobility makes your daily activities easier. *It's about the daily things: bending down to tie a shoe, walking upstairs, getting up off the sofa.* When you stay flexible you will move better in a wider range of motion; reduce tightness; improve your posture and improve circulation; decrease your risk of injury. ***Simply, it is important that you stretch.*** Let's stretch and flex together! Have a firm, straight back chair to use for the exercises.

Hope to “see” you at one, some or all of our sessions. Stay safe, be well, take care!