Community Calendar

MARCH 2020

For more detailed information on any of these programs, visit us at www.hunterdonhealthcare.org

HUNTERDON HEALTH & WELLNESS CENTERS

Hunterdon Health & Wellness Center at Clinton (CL) 1738 Route 31 North, Clinton, NJ 08809
Call 908-735-6844 for fees & registration

Hunterdon Health & Wellness Center at Whitehouse Station (WH) 537 US Hwy 22 East, Whitehouse Station, NJ 08889
Call 908-534-7600 for fees & registration

Arthritis Aquatic Program

WH: Mondays, 1:15pm – Noon, Wednesdays 10:30 – 11:15am and Fridays, 9:45 – 10:30am

Functional Movement Improvement Pool
CL: Tuesdays or Thursdays, 9:00 am – 10:00am or 10:15am – 11:15am

Beginner Tai Chi
WH: Tuesdays, 11:15am – Noon

Intermediate Tai Chi
WH: Tuesdays, 9:45 – 10:45am

 Qi Gong for Health
CL: Tuesday, 10:30 – 11:30am

Tai Chi Qi Gong
CL: Tuesday, 6:00 – 7:30pm

Shaolin Gong Fu
CL: Tuesday, 7:35 – 8:35pm

Isshinryu Karate
WH: Mondays, 7:00 – 9:00pm

TRX
CL: Wednesdays, 5:45 – 6:45pm

Tai Chi (all levels)
WH: Wednesdays, 8:45 – 9:45am or 7:00 – 8:00am, Thursdays, 9:00 am – 10:00am, or Fridays, 8:30 – 9:30am

Multi-Level Yoga
CL: Mondays, 10:00 – 11:30am

Reproductive Stress Management
CL: Wednesday, 2:15 – 4:15pm

CENTER FOR NUTRITION & DIABETES MANAGEMENT

Wescott Medical Arts Center, 9100 Wescott Drive, Suite 101, Flemington, NJ 08822
Call 908-237-4920 for fees & registration

Pre-Diabetes Group Class

Thursday, March 5, 9:00 – 10:15am

Our pre-diabetes class will teach you what steps to take to delay or prevent the onset of type 2 diabetes. Registration required.

Diabetes Education Class

Tuesdays, March 10, 12, 24 and 31, 9:30 – 11:30am, or Wednesdays, March 4, 11, 18, 25, and 30, 7:30pm

Diabetes education classes are offered monthly consisting of 4 consecutive weekly classes. Please call to register.

PARENTING & CHILDREN’S EDUCATION

Hunterdon Medical Center Education Center 215 Route 31 South, Flemington, NJ 08822
Call 908-788-MOMS (6667) for fees & registration

Hunterdon Medical Center

Family & Friends Child and/or Infant CPR

Wednesday, March 18, 6:00 – 8:00pm

Call for fees and to register.

Family & Friends Child and/or Infant CPR

Wednesday, March 25, 6:00 – 8:00pm

Call for fees and to register.

Supportive Psychotherapy Groups Monday – Saturday, times vary

Hunterson Behavioral Health offers a variety of Supportive Psychotherapy Groups for all ages specializing in everything from “Managing Depression,” “Finding Wellbeing,” “Recovery and Wellness.” “Intro to Pain Management”, and more.

Call to Hunterdon Behavioral Health at 908-788-6401 option 4 to find a therapy group for you. There are covered by most insurance companies.

Beyond the Baby Blues Peer Support Group

Tuesdays and March 10, March 24, and March 31, 9:00am – 10:30am

Hunterdon Medical Center Education Center 215 Route 31 South, Flemington NJ

This peer-led support group is for postpartum women (birth – 12 months) experiencing symptoms of the baby blues, postpartum depression, or other perinatal mood and anxiety disorders. Babies birth to 12 months are welcome. For more information, email beyondbabyblues@hmcnj.com.

CANCER SUPPORT EDUCATION & WELLNESS

Hunterdon Regional Cancer Center (HRCC)

2100 Wescott Drive, Flemington, NJ 08822
Family Risk Assessment Program (FRAP)

Friday, March 27, 9:00am – 11:00am

We are interested in your cancer in childhood! If you have a family member with childhood cancer and have any questions or would like to take part in this project, please contact our study staff member at 908-788-6401.

OSTOMY IFSO Info

3rd Tuesday of every month, 7:00 – 9:00pm

Staff Development Conference Room, 4th Floor, MVC

For more information, call 908-237-5427 or email ncalvete@hmcnj.org.

ADHD - Outpatient Group for Children (ages 11-13) and their Parents

March 6th, 15th, 19th, 26th, 30th

 MVC, 5th Floor IFSO Group Room

The goal of this group is to help children struggling with ADHD succeed in their social and academic environments. To sign up, please contact the Hunterdon Behavioral Health Intake Office to verify insurance coverage and enrollee by calling 908-788-6401 option 4.

Seniors Finding Happiness

Tuesday, 9:30 – 10:30am

Hunterdon Behavioral Health, 6 Clubhouse Drive, Washington


Family & Friends Child and/or Infant CPR

Wednesday, March 18, 6:00 – 8:00pm

Call for fees and to register.

Learn to be a Babysitter for Boys & Girls Ages 4-15

Sunday, March 1, 3:00am – 2:00pm

Hunterson Behavioral Health offers a variety of Supportive Psychotherapy Groups for all ages specializing in everything from “Managing Depression,” “Finding Wellbeing,” “Recovery and Wellness.” “Intro to Pain Management”, and more.

Call to Hunterdon Behavioral Health at 908-788-6401 option 4 to find a therapy group for you. There are covered by most insurance companies.

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March Health Event Celebrates WOMEN

The event will take place on Saturday, March 28th at Hunterdon Medical Center in Flemington from 9:00 a.m. – 11:30 a.m. To register, call 908-237-2328.

Women’s History Month in March is an ideal time to celebrate and recognize women for the important role they play in shaping the future. Women often spend time helping others and this upcoming program provides an opportunity to take some time for themselves. Women are invited to engage in conversation on issues unique to women at a free health program on Saturday, March 28th.

Experts in breast care, gynecological health, nutrition and emotional wellness will discuss how to manage health with prevention strategies that can last a lifetime. “The program will feature providers who are critical partners in improving the health and well-being of women,” notes Bonnie Petrauskas, Regional Coordinator of the Hunterdon-Mercer Chronic Disease Coalition, the program organizer. Speakers include Jennifer Montes, MD, MPH, Hunterdon Breast Surgery Center; Manisha Abeysinghe, MD, Advanced OB/GYN, LLC; Ellen Gantner, PsyD, Hunterdon Behavioral Health; and Jeanne Gee, RDN, CSO, CDE, Hunterdon Regional Cancer Center.

While both men and women have many of the same health challenges, some issues affect women differently and more commonly according to the National Institutes of Health:

- Women bear exclusive health concerns such as breast and cervical cancers, menopause and pregnancy; (Cancer kills more than 250,000 women in the US annually)
- Heart disease is the leading cause of death for women;
- Women are more likely to exhibit signs of depression and anxiety; and
- Osteoarthritis affects more women than men.

“We are delighted to offer an engaging experience for women in the community to get the latest information to help them live a healthier life,” stated Barbara Tofani, Assistant Vice President, Outpatient & Ambulatory Services at Hunterdon Medical Center.

Postpartum Support Group Offered at Hunterdon Medical Center

Beyond the Baby Blues (BBB) is a peer-led support group for postpartum women (birth – 12 months) that is held at the Education Center at Hunterdon Medical Center. Led by moms for moms, BBB supports women who are experiencing symptoms of the baby blues, postpartum depression, or other perinatal mood and anxiety disorders.

Every year in New Jersey, between 11,000 and 16,000 women may suffer from postpartum depression (PPD). PPD is a mood disorder that affects as many as 1 in 8 women usually within the first year after childbirth, miscarriage, or stillbirth. PPD can be severely debilitating, and can prevent new mothers from functioning as they normally would. Also, it can have consequences for their infants, older children, and significant others, as well. PPD often goes undiagnosed and untreated.

Beyond the Baby Blues will start meeting Tuesdays, March 10 and 31 then hold subsequent gatherings every first and third Tuesdays beginning April 7 from 10:00 a.m. to 11:00 a.m. You are welcome to bring your children aged birth through 12 months.

The Education Center at Hunterdon Medical Center is located at 215 Route 31 South, Flemington, NJ 08822. For further information or questions, email Katie or Lisa at beyondthebabyblues3@gmail.com.