

Walk for C.A.R.E.

Our First Annual Walk
to Help Fund Cancer
Screenings

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EVENTS



WALK FOR C.A.R.E.

DATE: Sunday, October 6 • **TIME:** 1 – 3 pm

LOCATION: HNMC campus and perimeter streets – 1 mile

Ready, Set, Go!

Holy Name's first annual Walk for C.A.R.E. will help fund cancer screenings and out-of-pocket costs for Patricia Lynch Cancer Center patients in need. Stay tuned for more details.

For more information or to register, please visit WalkForCare.org



Genetics Symposium

In conjunction with FORCE and Sharsheret

DATE: Sunday, October 27 • **TIME:** 1 – 3:30 pm • **FREE**

LOCATION: Holy Name Medical Center Marian Hall

Do you have a family history of breast, ovarian, or related cancer? Are you considering genetic testing, or have already tested positive for a BRCA mutation? Join us for a panel discussion with our oncologist, genetic counselors, FORCE members and Sharsheret representatives. Light refreshments will be served.

Register online at www.holyname.org/Events or call 201-833-3336 to register.



FAMILIAYSALUD
HOLY NAME MEDICAL CENTER HISPANIC OUTREACH PROGRAM

Third Annual Health Fair Hispanic Heritage Festival

DATE: Sunday, September 22

TIME: 10 am – 2 pm

FEE: NO COST

LOCATION: Holy Name Medical Center
Marian Hall

The Hispanic Outreach Program, FamiliaYSalud, will be hosting a day of screenings and opportunities to meet with our physicians. Screenings will include blood work, blood pressure, BMI, bone density, vein screening, pharmacy consultation, no cost flu shots to the first 100 participants, and much more.

Register online at famialiaysalud.org or call 201-227-6076 for more information and to register.

EVENTS

JAZZ BRUNCH



Featuring the Jazz for Prostate Cancer Awareness Band: Ralph Stowe/Reggie Pittman and others

DATE: Saturday, September 21

TIME: 11:30 am – 2 pm

FEE: FREE

LOCATION: Holy Name Medical Center Marian Hall

Join us for an afternoon of food, music, and health screenings. HNMC experts will discuss prostate health, the importance of early detection, and what can be done to improve your health and outcome after diagnosis.

Register online at www.holyname.org/Events or call 201-833-3336 to register.

Especially for Seniors

This series will address the health concerns and the impact of illness on the over-55 community.

Celebrating the Holidays When Your Loved One Has Alzheimer's

Provided in cooperation with Alzheimer's NJ

DATE: Monday, November 18 • **TIME:** 12 noon • **FREE**

LOCATION: Richard Rodda Community Center
250 Colonial Court, Teaneck, NJ

Changes brought on by Alzheimer's disease can impact how families celebrate the holidays. This program will highlight ways to modify meaningful traditions, celebrate away from home, and cope with caregiver stress.



Register online at www.holyname.org/Events or call 201-833-3336 to register.

Blood Drive

In conjunction with
New Jersey Blood Services:
A division of New York Blood Center

DATE: Thursday, October 31

TIME: 1:30 – 7:30 pm

LOCATION: Marian Hall Conference Rooms

Please bring your ID and eat before donating blood. All donors will receive a \$10 discount coupon courtesy of Houlihan's, 20% discount on vitamins courtesy of Aylward's II Health Foods, and a 10% discount courtesy of Elsa Restaurant.

For information or eligibility call: 1-800-933-2566 or visit: nybloodcenter.org

EVENTS

Life Skill Series

LOCATION: Teaneck Creek Conservancy
20 Puffin Way, Teaneck NJ 07666

Wellness Wednesdays: Meditation Series Recharge your body, mind, and spirit

DATES: October 2, 23, and 30
November 6 and 13

TIME: 7 – 8 pm

FEE: FREE

Individuals who meditate feel better, do better, and find a deep sense of balance and stability of both body and mind. Join us for a meditation series conducted by trained instructor, Jeri Kadison. All levels welcome.

Register online at www.holyname.org/Events or call 201-833-3336 to register.

Find Holy Name in the Community

The Center for Healthy Living will partner with community groups at the following events:

Senior Picnic

DATE: Thursday, September 5

TIME: 10 am – 3 pm

LOCATION:

Van Saun County Park
216 Forest Avenue
Paramus, NJ 07652

Save Latin America's Family Festival: Cultural, Health and Wellness 2019

DATE: Sunday, September 8

TIME: 10 am – 4 pm

LOCATION:

Union City High School
2500 Kennedy Boulevard
Union City, NJ

Cancer Awareness Seminar

DATE: Friday, October 4

TIME: 11:30 am – 12:30 pm

LOCATION:

Bethany Community Center
605 Pascack Road
Township of Washington, NJ 07676

Ridgefield Park Health Fair

DATE: Saturday, October 12

TIME: 9 am – 1 pm

LOCATION:

Knights of Columbus Hall
106 Bergen Avenue
Ridgefield Park, NJ 07660

Shoprite of Hackensack Health Fair

DATE: Saturday, November 2

TIME: 9 am – 12 pm

LOCATION:

Shoprite of Hackensack
500 S. River Street
Hackensack, NJ 07601

ASIAN HEALTH SERVICES PROGRAMS

11th ANNUAL ASIAN HEALTH FESTIVAL

LOCATION: Holy Name Medical Center Marian Hall

FEE: FREE, \$5 parking fee applies

STEP 1 Initial Comprehensive Blood Test

DATE: Saturday, September 14 and Sunday, September 15

TIME: 7 – 10 am

- Blood test includes lipid panel, hemoglobin A1C, and much more
- Please **FAST 12 HOURS** prior to the test

STEP 2 Screening Event and Provider Consultation

DATE: Saturday, September 28

TIME: 9 am – 1 pm

At the second part of the event, take advantage of our free screenings, take the opportunity to meet with physicians, and review lab results from Step 1. Screenings will include BMI, BP, bone density, and much more.

** All services are subject to change without advance notice

Call 201-833-3399 for more information and to register.



EVENTS

DIABETES CONTROL 2019

ADA Basic Course for Diabetes Self-Management

These two-part courses are recommended for patients newly diagnosed with diabetes or those interested in a “refresher” course. The following topics will be explored:

- Diabetes as a chronic disease
- Self-management strategies for nutrition and meal planning
- Exercise
- Blood glucose monitoring
- Medications
- Stress management
- Preventive care and risk reduction

Takes place on Wednesdays on the days listed. Location: Given at registration.

September Core day 1	Sept 18	4 – 7 pm
September Core day 2	Sept 25	4 – 7 pm
October Core day 1	Oct 16	4 – 7 pm
October Core day 2	Oct 23	4 – 7 pm
November Core day 1	Nov 13	4 – 7 pm
November Core day 2	Nov 20	4 – 7 pm
December Core day 1	Dec 11	4 – 7 pm
December Core day 2	Dec 18	4 – 7 pm

You must have a prescription for diabetes education from your physician, as well as recent laboratory test results for hemoglobin A1C, lipid panel, serum creatinine and microalbumin. Medicare covers diabetes education and supplies, and the State of New Jersey requires most private insurance companies to pay for diabetes education and supplies.

Please check your insurance coverage.

Pre-registration is required. Call the Diabetes Center at 201-833-3371 to register.

For information about classes in Korean call 201-833-3399.

Diabetes Support Forum

DATE: 2nd Wednesday of every month

TIME: 1 – 2 pm

LOCATION: 222 Cedar Lane
Teaneck, NJ

FEE: FREE

People with diabetes and their families are invited to share common concerns, learn from each other’s experiences and skills, and discuss topics chosen by the group.

Call 201-833-3371 to register.



3rd Annual Diabetes Health Fair

DATE: Sunday, November 10

TIME: 10 am – 1 pm

LOCATION: Holy Name Medical Center Marian Hall

November is National Diabetes Awareness Month. Come join Holy Name’s Diabetes Center team to learn more about diabetes and the services we offer. There will be free screenings, healthy recipes, educational speakers, door prizes, and the opportunity to speak with a Certified Diabetes Educator and other healthcare providers. Refreshments will be served.

Register online at www.holyname.org/Events or call 201-833-3336 to register.

PROGRAMS and SUPPORT GROUPS

Bariatric Surgery Seminar

Obesity is not a failure of willpower; it's a disease that can place you at risk for a number of serious illnesses and medical conditions. The best place to start when contemplating bariatric surgery is at one of our **FREE** patient seminars, held several times a month at Holy Name Medical Center.

For dates and information, please call 201-833-3390.

Book Club

DATES:

Meets monthly, Sept 3, Oct 1, Nov 5, Dec 3

TIME: 7 – 8:30 pm

LOCATION: Holy Name Medical Center Marian Hall

FEE: FREE

Share your thoughts on the month's great read, hear others' opinions, open your mind and offer suggestions for further reading. Call to discover the current month's reading selection.

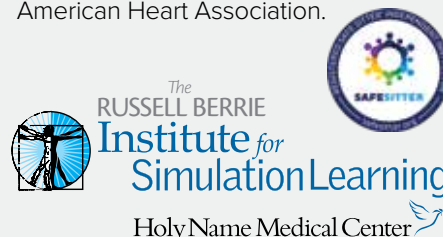
Register online at

www.holyname.org/Events or call 201-833-3336 to register.

SAFESITTER

A Curriculum for Young Teens

The Safe Sitter® courses offer the only national standard training curriculum exclusively devoted to preparing young teens to be safe in unsupervised settings, whether home alone, sibling sitting or babysitting. It is a competency-based, medically accurate course with first aid and life support content that follows current guidelines from the American Academy of Pediatrics and the American Heart Association.



For more information and class dates, visit holynamectc.enrollware.com/schedule

For the Love of Baby

All parenting, birthing and child care classes are **FREE** to everyone, even if you're not delivering at Holy Name.

Parent Education classes are offered once a month. Please visit holyname.org/Birthplace for dates of upcoming classes and to register online.

For more information, call the **Parent Education Department at 201-833-3153** or email parenteducation@holyname.org.



A Journey Through Pregnancy

Learn what to expect as your body changes to accommodate your developing baby during all the phases of pregnancy.

The Delivery Experience

Take a journey through the changes leading up to, during, and after delivery.

Care of Your New Family

Familiarize yourself with knowledge that will create a smooth transition to life with a newborn.

Breastfeeding Preparation Class

Before you deliver, learn why and how to breastfeed your baby. This class, which

includes a multimedia program, will increase your knowledge so you can have a successful breastfeeding experience.

Tours of the BirthPlace

Tours are offered every Sunday 3 – 4 pm and 4 – 5 pm

New Moms Group

Get important information about caring for yourself and your new baby and socializing with other new moms. Babies are welcome. Meets 1st and 3rd Thursday of every month from 1:30 – 4:30 pm in Marian Hall.

AARP Smart Driver Course

DATE: Saturday, November 16

TIME: 9 am – 3 pm

FEE: \$15 for AARP members

\$20 for non-AARP members

(Additional \$5 parking fee will apply)

LOCATION: Marian Hall

Conference Room 4

The AARP Smart Driver Course teaches valuable defensive driving skills and provides a refresher on the rules of the road. The course teaches proven safety strategies and tips on adapting driving practices to compensate for physical and cognitive changes that may come with aging. Plus, an automobile insurance discount may be available (check with your auto insurance agent for details).

Register online at

www.holyname.org/Events

or call 201-833-3336 for more information and to register.

PROGRAMS and SUPPORT GROUPS

Free Support Groups

Bariatric Support Group

Meets monthly in Marian Hall.
Call **201-833-3390** for details, dates, and times.

Caregiver Support Group

Meets monthly at DayAway
725 Teaneck Rd., Teaneck
First Wednesday 2:45 – 3:30 pm
Advance registration required.
Call **201-833-3757** for more information.

Diabetes Support

Call **201-833-3371** for more information, dates, and times.

New Moms Group

Call **201-833-3153** for more information.

Stroke Survivors Group

Call **201-833-7053** for more information.

Sharing the Journey Bereavement Group

Holy Name Hospice and Palliative Services will be offering bereavement groups for anyone who has experienced a loss in the past year. Each series runs for 8 weeks. There is no charge but registration is required. The groups meet in two locations: Villa Marie Claire and Holy Name Medical Center.

Call **201-833-3000, ext. 7580, for more information.**

at Holy Name Medical Center

Marian Hall
Meets for 8 weeks, starting September 9, 2019; every Monday from 5 – 6:30 pm.

Also meets for 8 weeks, starting September 10, 2019; every Tuesday from 6:30 – 8 pm.

at Villa Marie Claire

12 West Saddle River Road
Saddle River, NJ
Meets for 8 weeks, starting September 10, 2019; every Tuesday afternoon from 1 – 2:30 pm.
(general bereavement)

Loss of an Adult Child Support Group

Meets at Holy Name Medical Center Marian Hall the 2nd and 4th Wednesday of each month, 1 – 2:30 pm.

Call **201-833-3000, ext. 7580, for more information.**

The Cancer Support Community at Patricia Lynch Cancer Center



Cancer Center Programs

Cancer Support Community, a nationally recognized organization formerly known as Gilda's Club, is partnered with Holy Name Medical Center to offer **FREE** cancer support programs to the entire community. These programs are available for anyone impacted by cancer including patients, survivors, caregivers and family members. **Programs include:**

- Support Groups
- Yoga
- Knitting
- Drum Circle
- Cancer Recovery Fitness
- Healthy Cooking and Nutrition Classes
- Tai Chi
- Meditation
- Zumba
- iPhone Photography
- Quilting Club

Cancer Support Groups

For more information about the following **FREE** cancer support groups call **201-833-3392**.

- Living Beyond Cancer
- Coping through Cancer
- Gynecological Cancer

Fee: FREE! Registration required for all events. For more information about our calendar of events or to donate or register for any program call: **201-833-3392** or email: cancersupport@HolyName.org

Uniting Gilda's Club and The Wellness Community

**Patricia Lynch
Cancer Center
at Holy Name**

**CANCER SUPPORT
COMMUNITY.**

This Place is Different.



Enroll in Our Prescription for Wellness Program

A 12-Week Jumpstart to a Lifetime of Better Health

At HNH Fitness, we know that wellness is a continuous journey to the destination of better health. As a medically-based fitness center, we understand that true wellness isn't just about cutting calories or dropping pounds — it's about making real lifestyle changes.

Our 12-week Prescription for Wellness plan is physician supervised, backed by our team of experienced medical staff, personal trainers, and nutritionists. We design a wellness and fitness plan tailored to your individual health goals and work with your physicians to help co-manage medical conditions such as hypertension, diabetes, and obesity.

Our **cutting edge technology** will help you set goals and track your progress. We now offer **Styku**, state-of-the-art 3D fitness imaging that uses your body measurements and composition to create a personal full-body avatar, allowing you to see your body's changes over time.



Our medically-based lifestyle focuses on the following areas:

- Personalized, Medically-Based Wellness Assessment
- Customized Health Plan
- Regular Fitness Sessions with Top Personal Trainers
- Lifestyle Wellness Coaching
- Full Access to HNH Fitness
- State-of-the-art Tools to Track Your Progress

For more information on **Prescription for Wellness**, or to speak to one of our friendly and knowledgeable staff members, call **201-262-4626** or email HNHfitness@holyname.org.