Immunotherapy – A New Way to Knock Out Cancer

The Spice of Life: Add Some Fall to Your Food

The Power of Mindfulness
DEAR FRIENDS,

We’re proud to announce that Atlantic Health System continues to be recognized for providing excellence in health care to the communities we serve. *U.S. News & World Report* has named Morristown Medical Center as a top hospital in New Jersey and the New York metro area. Congratulations to all our physicians and medical staff for their deep commitment and their efforts to improve health outcomes.

We are dedicated to finding new ways to knock out cancer. A new cancer treatment explores the use of immunotherapy, using the body’s own immune system to fight certain types of cancer, without the side effects of traditional treatment regimens. In addition, the Centers for Medicare & Medicaid Services has chosen Atlantic Medical Group and Atlantic Health System’s Carol G. Simon Cancer Centers to participate in a new, enhanced cancer care delivery model for our chemotherapy patients covered by Medicare.

We’ve also launched a new campaign at Newton Medical Center to raise awareness of heart disease in women, which accounts for more deaths among females than all forms of cancer combined.

As always, you’ll find calendar listings for a wide range of events, classes, activities, and support groups held throughout the fall to help keep our communities healthy, safe, and strong. We’ve combined the calendars for Morristown, Newton and Hackettstown, with keys for each location so you are able to attend at any site. We hope you will find something to interest you.

Have a healthy, safe, and happy autumn.

Brian A. Gragnolati
President & CEO,
Atlantic Health System

**Talk to us**
Tell us what you want to read about in *Well Aware*. Email us at well.aware@atlantichealth.org. Or write us at Atlantic Health System, Attn: *Well Aware*, P.O. Box 1905, Morristown, NJ 07962.

---

**Managing Editor, Well Aware:**
Vicki Banner

**Interim Director of Marketing and Public Relations:** Anna Scalora

**Contact Information:**
Atlantic Health System
475 South St., Morristown, NJ 07960

**Email:**
well.aware@atlantichealth.org

*Well Aware* is published for Atlantic Health System by Wax Custom Communications.

For additional information, visit atlantichealth.org.

**Well Aware Kids**

Twice a year, Goryeb Children’s Hospital publishes *Well Aware Kids*. The publication has informative articles for those with kids ranging from newborns to teenagers. Want a copy? Please contact us at well.aware@atlantichealth.org.

---

Follow us on Facebook:
/MorristownMedicalCenterNJ
/OverlookMedicalCenterNJ

Follow us on Twitter:
@AtlanticHealth

Atlantic Health System, an integrated health care network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children’s Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,747 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children’s Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

**Disclaimer:** The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, on the website or on the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of *Well Aware* in whole or in part without written permission from the publisher is prohibited. Copyright ©2016. All rights reserved.
Raising the Bar for **Cancer Care**

In an effort to support better cancer care, The Centers for Medicare & Medicaid Services has selected Atlantic Medical Group and Atlantic Health System’s Carol G. Simon Cancer Centers to participate in a new, innovative care delivery model. Only about 200 physician group practices and 17 health insurance companies are part of this nationwide program.

With medical spending for cancer projected to reach at least $158 billion in 2020, the program’s goal is to advance treatment while holding down unnecessary costs.

**THE BENEFITS TO PATIENTS**

As part of the five-year Oncology Care Model, practices will provide treatment following nationally recognized clinical guidelines for chemotherapy patients, with an emphasis on person-centered care. This means enhanced services to Medicare patients, including the following:

- Improving coordination of appointments for diagnostic and treatment services
- Providing 24/7 access to care when needed
- Arranging for diagnostic scans and follow up with other members of the medical team such as surgeons, radiation oncologists, and other specialists who are part of the patient’s treatment
- Making sure that data from scans, blood test results and other tests are received before patient appointments
- Providing access to additional patient resources such as emotional support groups, pain management services and clinical trials.

For more information on Atlantic Medical Group, or the multispecialty and integrated cancer services offered, visit atlanticmedicalgroupnj.org and atlantichealth.org/cancer.

---

**TOP AWARDS for Morristown Medical Center**

Atlantic Health System continues its record of excellence in health care with recognition from *U.S. News & World Report*’s annual listing of top hospitals and specialties.

*U.S. News & World Report* ranked Morristown Medical Center as a top hospital in New Jersey and the New York metro area. The medical center was also recognized as one of the top 50 hospitals in the nation, and the highest-ranking hospital in New Jersey in cardiology, heart surgery and orthopedics.

“Atlantic Health System is committed to excellent patient outcomes, collaboration among the entire health care team and quality service. It’s these capabilities that make us different, and allow us to inspire trust from the communities we serve,” says Brian Gragnolati, CEO of Atlantic Health System.

Morristown Medical Center was recognized as regional high performing in the following two categories:

**Adult Specialties**

- Gastroenterology and GI Surgery
- Geriatrics
- Gynecology
- Nephrology
- Neurology and Neurosurgery
- Pulmonology
- Urology

**Common Adult Procedures and Conditions**

- Abdominal Aortic Aneurysm Repair
- Aortic Valve Surgery
- Colon Cancer Surgery
- COPD
- Heart Bypass Surgery
- Heart Failure
- Hip Replacement
- Knee Replacement
- Lung Cancer Surgery

This is the 27th Best Hospital ranking released by *U.S. News & World Report*, which compared nearly 5,000 hospitals around the country.
Morristown Medical Center Opens Two Cutting-Edge Operating Rooms

Responding to the need for more operating space, Morristown Medical Center has opened two new operating rooms. In addition, the medical center added multiple post-anesthesia care unit (PACU) bays, providing more space for patients recovering from surgery.

The 650-square-foot, state-of-the-art operating rooms are designed to allow maximum efficiency and patient safety.

Amenities include the following:
- Immediate access to vital information on multiple, strategically placed monitors
- Ability to manipulate medical images digitally
- Advanced surgical table technology and software for seamless table adjustments during robotic surgery
- Full integration of equipment to the medical software surgical teams use
- Powerful lights suspended from the ceiling to ensure accurate visibility

“The demand for the high-quality surgeries offered here put us at over 80 percent utilization for our operating rooms,” says Rolando Rolandelli, MD, chief of surgery for Morristown Medical Center. “With the increase in volume of surgeries requested, we needed the additional capacity, especially for inpatient and tertiary procedures.”

Morristown Medical Center has also expanded the waiting areas for families and loved ones of people having surgery. Surgical teams will use operating rooms for all surgical specialties, including robotic surgery and general surgery that includes advanced laparoscopic procedures; and orthopedic, spine, neuro and oncologic surgeries.

For more information, visit Atlantichealth.org/morristown.

FLU PREVENTION: 4 STEPS TO TAKE

It’s that time of the year again: flu season. As cooler temperatures start to keep people indoors, the risk of transmission starts to increase. Thankfully, there are several precautions you and your family can take to keep influenza away:

1. GET THE FLU SHOT. This vaccine is the most effective way to keep the flu at bay. Depending on your insurance, you can usually get it for free at your doctor’s office or local pharmacy.

2. WASH YOUR HANDS. Hand hygiene is the most effective way to prevent infections.

3. WASH SURFACES REGULARLY. Kitchen counters and other common areas in the home are a hot spot for germs. Clean them as often as possible to reduce your flu risk.

4. STEER CLEAR OF VISIBLY SICK PEOPLE. While this is easier said than done, staying out of close contact with people who are coughing and sneezing can go a long way in prevention.

For more information on flu prevention, visit cdc.gov/flu.

Hackettstown Medical Center News – Now Online

Hackettstown Medical Center now has its own version of Well Aware Health-eNews, which is packed with educational tips, timely news items and information on local events and services. Health information can be personalized to the topics of your interest.

For more information, visit hackettstown.privatehealthnews.com.
How a Simple Practice Can Benefit Your Health

Before reading this article, close your eyes and take 10 deep breaths, counting each inhalation and exhalation. Congratulations, you’ve just completed one of the main practices of mindfulness: focusing on your breath.

“When we think of a child playing outside, playing with toys, feeling the grass and really being in the moment, that’s a great example of mindfulness,” says Lanie Kessler David, a certified mindfulness facilitator for Atlantic Behavioral Health. “Mindfulness is a moment-by-moment process of actively observing your mental, physical and emotional experiences. Mindfulness is a practice and also a ‘way of being.’ We can be mindful in our daily tasks when we are eating, showering, driving, etc. We can also practice interpersonal mindfulness which includes ‘deep listening’ and mindful speech. We can learn to communicate with intention, attention and compassion. These little changes can have a profound change in your life.”

BEING IN THE MOMENT

Recently, mindfulness practices have been gaining ground in the workplace. According to Lori Ann Rizzuto, director of behavioral and integrative health services, mindfulness programs such as Mindfulness on the Go are offered to Atlantic Health System’s employees to provide “a toolbox of techniques on how to deal with life stressors that are simple, elegant and applicable to every aspect of our lives.”

Techniques for practicing mindfulness can be as simple as focusing on your breath or as complex as yoga or tai chi. “You don’t have to go out of your way to bring mindfulness into your day,” says Kessler David. “When you take a bite out of your sandwich, notice the texture, the flavor and how your mouth is moving.”

“Practicing mindfulness offers an opportunity not only for focus, but for calming down the entire nervous system for relaxation and stress management,” says CONCERN Behavioral and Management Solutions’ Sharon Kelly, LCSW and certified yoga instructor. In addition to improving focus, mindfulness has some hidden health benefits, including improved cardiovascular functioning, reduced digestive problems and pain management. Kessler David says mindfulness helps people with depression and anxiety by helping them to become less reactive, and by helping them better identify thoughts, emotions and body sensations.

A SUPPORT SYSTEM

CONCERN, a division of Atlantic Health System, provides services to corporations, educational institutions and municipalities, and can be reached at 1-800-242-7371. For individuals, the Chambers Center for Well Being offers an eight-week course on mindfulness-based stress reduction.

Kessler David offers six-week mindfulness skills groups for depression, pain and illness. Additionally, she offers individual short-term treatment using mindfulness-based interventions.

For more information, call Atlantic Health System’s Behavioral Health Access Department at 1-888-247-1400.

For classes, call the Chambers Center for Well Being at 973-971-6301.
Until just two years ago, the best option for beating most types of cancer was surgery, chemotherapy or radiation – or a combination of these. Today, due in part to researchers at Atlantic Health System, exciting new drugs are available nationwide. “Instead of using chemicals or radiation, these drugs fight cancer using the body’s own immune system while another newer method attacks the cancer directly using a unique approach different from chemotherapy,” says Michael Kane, MD, medical director of Community Oncology for Atlantic Health System. And they’re very effective.

“Traditional cancer treatments such as chemotherapy and radiation work by killing cancer cells directly,” says Eric Whitman, MD, medical director of Atlantic Health System’s Carol G. Simon Cancer Centers. “Immunotherapy helps the body to use its own natural defense system to kill cancer cells. We’ve been part of this research for a long time, and the results for our patients have been impressive.”

When the body finds “intruders” like bacteria or a virus, the immune system uses special cells to attack them. But cancer is tricky. It has, until now, been able to hide from these special attack cells. Immunotherapy uses drugs that help the body recognize cancer cells and then kill them. And because the drugs continue to help the immune system over time, patients might not need further treatment to fight any similar cells that return.

Another important benefit of immunotherapy is that it rarely causes anything like the side effects of traditional treatment, like nausea, hair loss and fatigue.

“Just a few years ago, most physicians had never heard of these drugs or how they work.” Dr. Whitman says. “Now, with multiple FDA approvals over just the past 18-24 months, they have become a key weapon to fight cancer.”

For more information about cancer services at Atlantic Health System, visit: atlantich health.org/cancer or call the Atlantic Melanoma Center at 973-971-7111 Atlantic Medical Oncology at 973-940-8780.

Because immunotherapy drugs continue to help the immune system over time, patients might not need further treatment to fight any similar cells that return.
To help raise awareness of heart disease, Newton Medical Center has launched a new campaign: “Heart of the Family – Year of Women’s Health.” The condition, which is the No. 1 cause of death in women, accounts for more deaths among females than all forms of cancer combined.

Through this new initiative, Newton Medical Center hopes to shine a light on heart disease and its profound impact on women and their families.

THE FACTS
• One in four American women will die of heart disease. Most do not understand the connection between risk factors, such as high blood pressure and high cholesterol, and their personal risk of developing this condition.
• Research shows that women can lower their heart disease risk by as much as 82 percent simply by leading a healthy lifestyle.
• Once a woman reaches menopause, her risk of heart disease and heart attack rises dramatically. One in eight women between the ages of 45 and 64 has some form of heart disease, increasing to one in four past age 65.

START THE CONVERSATION
The first step in heart disease assessment is talking to your doctor. He or she will discuss your lifestyle habits and other risk factors. Some of the common risk factors for heart disease include a family history of hypertension, diabetes, stroke and heart attack; smoking and alcohol consumption; and obesity.

Your physician may recommend a number of screenings, including blood pressure tests, lab work to check your cholesterol and blood sugar, and various body weight and body mass measurements.

SMALL CHANGES, BIG RESULTS
Even the slightest tweaks to your lifestyle can lower your risk of heart disease. Choosing water over sugary drinks, taking a walk during your lunch break and limiting your intake of red meat are all ways to incorporate healthy habits into your routine. Work with your doctor to develop a diet and fitness program that fits your lifestyle.

Download our guide on how to keep your heart healthy at atlantichealth.org/newton.

For a referral to an Atlantic Health System physician, call 1-800-247-9580 or visit atlantichealth.org.
back to life

Treating spinal deformities in pediatric and adult patients
hen 12-year-old Abigail Nixon went for her checkup, her pediatrician noticed a slight curve in her spine and advised that they review it at her next annual visit. At her next visit, her spine had a 45-degree curve and she was referred to an orthopedic surgeon.

"It was pretty clear she was still growing, and the curve was progressing rapidly," says Abigail’s mother, Karin. "At that point, there was nothing else to do but surgery."

Abigail’s condition, known as scoliosis, is a disease of the spine with no known origin that affects children and adolescents. Instead of a straight line down the middle of the back, a spine with scoliosis curves, resembling a letter “C” or “S.”

'I’m pretty much the same physically now that I’m healed as I was before. Dr. Lowenstein says I’m going to have a perfectly normal life. I can do anything anybody else can do, if not more.”

– Abigail Nixon

THE LATEST TECHNOLOGY
Morristown Medical Center’s orthopedic program has been nationally recognized by U.S. News & World Report as a best-in-nation program and is one of just 13 hospitals across the country accredited as a Spine Center of Excellence by the JCAHO. "Our advanced technology allows the surgical team to see CT images in real-time, ensuring we are guiding our hardware to the right location with pinpoint accuracy," said Jason E. Lowenstein, MD, director of scoliosis and spinal deformity for the department of orthopaedic surgery at Morristown Medical Center. "For patients dealing with scoliosis and complex spinal deformity, this technology is critical to allow the safe placement of our instrumentation, improving our patients’ deformities and clinical outcomes."

While spine problems are frequently seen in adults, the most common form of scoliosis occurs in children and teenagers. According to Dr. Lowenstein, doctors also treat conditions such as kyphosis, a spinal curve that results in an abnormally rounded back; and spondylolisthesis, which is caused when a stress fracture weakens bones thus allowing the vertebrae to shift out of place.

BRIGHT FUTURES AHEAD
Abigail underwent spinal surgery in 2013. According to Karin, Abigail’s mom, "We decided to have Dr. Lowenstein perform Abigail’s surgery, partly because of his high level of compassion and support. And his team even discussed with Abigail about being a physician’s assistant as a potential career!" Now a 16-year-old, she says, "I’m pretty much the same physically now that I’m healed as I was before. Dr. Lowenstein says I’m going to have a perfectly normal life. I can do anything anybody else can do, if not more.”

For more information, call Atlantic Orthopedic Institute at 973-971-6895.
a one-stop visit for Better Health

Demanding lifestyles make Executive Health the right prescription
At work, Marc Adee helps companies across the United States identify the best ways to protect their assets. As CEO of Crum & Forster, headquartered in Morristown, Adee has also taken steps to make sure his own employees have the information they need to protect one of their most important assets: their health.

“Everyone is so busy already,” Adee says. “And it’s time-consuming to go to doctors’ appointments, have medical tests and chase down results. Atlantic Health System’s Executive Health Program makes this extremely easy for us.”

**A CUSTOMIZED APPROACH**

As part of a focus on health, executives at Crum & Forster began using the Executive Health Program (EHP) earlier this year. EHP provides a comprehensive one-day exam where clients have access to a range of medical specialists, customized testing, and a written wellness plan outlining next steps—all in one day. About half of the program’s clients are executives and the balance are comprised of a variety of professions: teachers, realtors, construction workers and homemakers, who are all busy people that value the time savings and personal attention EHP offers.

About half of the program’s clients are executives and the balance are comprised of a variety of professions: teachers, realtors, construction workers and homemakers, who are all busy people that value the time savings and personal attention EHP offers.

“In what is called a smart physical, a member of the Executive Health clinical staff works with each person weeks before their appointment to identify their goals, concerns, collect lab work and review any specific health risks,” says Damion Martins, MD, director of Executive Health, Orthopedics & Sports Medicine for Atlantic Health System.

On the day of the appointment, and unlike executive programs elsewhere, the visit is private. “We appreciate that it’s not a group experience, with other co-workers or patients,” Adee says.

**CENTRALIZED CARE**

The convenience of EHP is significant: to have all the services this program delivers in one day would normally take up to 15 different appointments, spread over weeks or even months if done on your own. In addition, services and tests are much broader than a traditional physical. They might include advanced heart tests, extensive blood work and even genetic testing, for example.

“Many people we see are surprised by a finding that was pinpointed during that day,” Dr. Martins says. “They might not be aware they have a blood vessel that’s partly blocked, skin cancer or a vitamin deficiency. So instead of going to a doctor a decade from now to find they have a serious health condition, this information wakes people up. It gives them specific information that allows them to take steps to improve their health today.”

Companies benefit as well. Research shows that executives who have regular exams have twenty percent fewer health insurance claims and almost half the number of sick days than those who do not, according to one study. Further, a key executive who is ill can greatly disrupt the day-to-day and long-term operations of a business.

“I’ve worked at several companies that offered comprehensive medical exams to their executives, but Atlantic Health System’s program tops them all,” Adee says. “My team appreciates the customized exams and the convenience of seeing specialists in a single day. With EHP, Atlantic Health System takes customer service to a new level, and that makes it easy for us to focus on our business.”

For more information on the Executive Health Program, please call 973-971-7400 or visit atlantichealth.org/executivehealth.
The Spice of Life: Add Some Fall to Your Food

Fall marks the start of the holiday season. And you know what that means: lots and lots of food. The best parts of autumn are the scents and flavors associated with the season, which are partially due to spices.

“The most common spices for the fall season are ones that are associated with comfort foods that make us feel warm and cozy as it starts to get chilly outside,” says Christina Lavner, registered dietitian for Chilton Medical Center. “These are spices like cinnamon, nutmeg, ginger and cloves.”

MORE THAN GREAT TASTE

We have known such spices to give dishes some extra flavor, but their benefits go beyond just taste. Studies have shown that spices may help reduce inflammation, manage hunger, promote weight loss and fight off infections.

“Many health benefits of spices come from a type of plant compound called polyphenols,” says Lavner. “Polyphenols are a type of phytochemical, which are plant compounds that work as antioxidants in the body to fight free radical changes.”

But just because spices may be good for you, it does not mean that the foods containing them are good for you, cautions Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center.

“Around this time of year, you’re going to find spices in a lot of baked goods like pies and cakes,” says Lombardi. “You need to be extra mindful about sugar and fat content during the holidays.”

CREATIVITY IN THE KITCHEN

For those individuals looking to cut salt from their diet, spices can be a great way to add new flavors and keep foods from tasting bland. “Spices are an easy way to make meals stand out without adding excess calories,” Lombardi says.

While cinnamon, nutmeg and other common spices get much of the spotlight, Mary Finckenor, registered dietitian for Morristown Medical Center, touts the benefits of other not-so-common spices like turmeric, cardamom and rosemary.

“Spices really give you a chance to get creative in the kitchen. With turmeric, for example, you can experiment with curry dishes and other Indian dishes. Variety really is the spice of life.” Do not be afraid to try new spices. A whole world of new flavors awaits you in the spice aisle of your local supermarket.

Chai Tea

Ingredients
1-inch piece of fresh ginger, cut into rounds
8 green cardamom pods
12 cloves
2 cinnamon sticks
2 teaspoons black peppercorns
1 tablespoon fennel or anise seed (optional)
6 cups water
6 tea bags (preferably Darjeeling)
2-6 tablespoons honey or brown sugar
2 cups milk (any type)

Directions
1. Combine first five to six ingredients (ginger through peppercorns or fennel/anise seed) in a medium saucepan. Lightly crush with a mallet or the back of a large spoon. Add water and bring to a boil. Boil for five minutes; then take off heat and let steep for 10 minutes.
2. Add tea bags, bring back to a boil; then reduce heat and simmer for five minutes.
3. Strain out spices and remove tea bags.
4. Remove from heat, add honey or brown sugar and milk, and enjoy.
Researchers at Gagnon Cardiovascular Institute are testing a new procedure for patients with aortic stenosis, a calcification of the aortic valve that stiffens the valve and prevents it from opening fully.

“The problem has a higher prevalence as you get older,” says John Brown, MD, chief of cardiac surgery and vice chair of cardiovascular medicine. “Many people in their late 80s and 90s were felt to be too high risk to perform open-heart surgery. Before the advent of transcatheter valves, open-heart surgery was the only treatment.”

Dr. Brown and Robert Kipperman, MD, medical director, Valve Center, worked as a team on three completed research studies, including extreme-, high- and moderate-risk patients. “The original study included patients who were too sick for any kind of surgery,” says Dr. Kipperman. “This was followed by a study for high-risk patients who could have surgery compared to patients with the transcatheter valve, and they did just as well as those who had surgery.”

The transcatheter aortic valve replacement (TAVR) procedure differs from open-heart surgery in that it does not surgically separate the chest, but is performed through small openings in the femoral artery. Additionally, TAVR repairs the valve without removing the old damaged valve as is done in open-heart surgery. “The valve is released or balloon-inflated within the patient’s aortic valve,” says Dr. Brown. “This landscape is going to move very quickly. We are up to doing about 250 a year now. With the advent of the low-risk trial and the moderate-risk results soon to be released, it will go higher than that.”

For more information about transcatheter aortic valve replacement, contact the Valve Center at 973-971-7001.
BEHAVIORAL HEALTH

Adolescent DBT Group
TIME AND DATE: Thursdays, 6:30-8:00pm
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8581.

Assess Your Stress
TIME AND DATE: Wednesdays, 3:30-5:00pm
PLACE: Milford Health and Wellness, 111 E. Catharine St., Milford, PA 18337

Co-Occurring Disorders and Substance Abuse Group (16-week program)
TIME AND DATE: Tuesdays, 1:00-2:00pm; Wednesdays, 1:00-2:00pm; Thursdays, 8:00-9:00pm

Coping With Anxiety
TIME AND DATE: Thursdays, 1:00-2:00pm

DBT Group
TIME AND DATE: Mondays, 12:30-2:30pm; Tuesdays, 6:00-8:00pm

DBT Skills Group for Adults
TIME AND DATE: Tuesdays, 11:30am-12:30pm

Depression and Anxiety Recovery Group
TIME AND DATE: Wednesdays, 7:00-8:00pm
Depression Group
TIME AND DATE: Thursdays, 10:30am-Noon; Fridays, 12:30-1:30pm
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8581.

Family Education Series on Addiction
TIME AND DATE: Mondays, 6:00-7:30pm
PLACE: Hackettstown Medical Center, Counseling Center, 112 East Ave., Hackettstown, NJ 07840
For more information, call 908-850-6810.

Living With Chronic Illness
TIME AND DATE: Fridays, 11:00am-Noon
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8581.

CANCER CARE

Child Life Services
Children’s Groups or Teen Groups
Summer Teen Bereavement Group
For more information, call 973-971-4974.

Educational Programs
Bereavement Program: 973-971-5585
Caregivers Presentation and Luncheon: 973-971-4063
Look Good Feel Better: 1-800-ACS-2345
Post Breast Surgery Program: 973-971-6175
Preparing for Breast Cancer Surgery: 973-971-6175
Prostatectomy Preoperative Class: 973-971-6800
Sexuality and Cancer: 973-971-4063
Smoking Cessation Support: 973-971-7971
For more information, call 973-971-5919.

Integrative Medicine
Healing Touch Experience*
I Can-cer Vive* [eight-week mind-body-spirit program]
Individual Spiritual Counseling*
Imagery for Chemo/Radiation
Jin Shin Jyutsu Self-Help/Individual Sessions*
Meditation/Learn to Meditate*
Qigong/Tai Chi
Reiki Sessions*
Therapeutic Touch: 973-971-4063*

Writing to Heal
Yoga – Gentle/Restorative
Programs with an asterisk are available to Carol G. Simon Cancer Center patients only. For more information, call 973-971-6514.

Look Good Feel Better
TIME AND DATE: Monday, November 14, 2:00-4:00pm
PLACE: Sparta Health and Wellness, Conference Room, 89 Sparta Ave., Sparta, NJ 07871
For more information, call 1-800-227-2345.

Mammograms Save Lives
For those women who do not have insurance or are not eligible through other screening programs.
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
OR
Milford Health and Wellness, 111 E. Catharine St., Milford, PA 18337
For more information, call 973-579-8622.

Music Therapy
Healing Through Drumming
Somatron Session*
Sound Meditation
Programs with an asterisk are available to Carol G. Simon Cancer Center patients only. For more information, call 973-971-5919.

Ongoing Support Groups
Breast Cancer Support Group
GI Cancer Support Group
Gynecological Cancer Support Group
Head and Neck Cancer Support Group
Lung Cancer Support Group
Ostomy Support Group
Post-Treatment Support Group
Prostate Cancer Support Group
For information about Counseling and Social Work Services, call 973-971-6299.
For more information on our post-treatment programs, call 973-971-6299.
For general information on cancer center programs and services, call 973-682-2146.
CHAMBERS CENTER FOR
WELL BEING

Atlantic Health Integrative
Medical Associates
TIME AND DATE: Daily appointments; Monday-Friday
PLACE: Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4686 or visit www.chamberscenterforwellbeing.org or calendar.atlantichealth.org.

Cook Your Way to Good Health
TIME AND DATE: Ongoing programs
FEE: $80 for the four-week program
Gentle Yoga
TIME AND DATE: Ongoing
FEE: $15
PLACE: Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890 or visit chamberscenterforwellbeing.org or calendar.atlantichealth.org.

Dean Ornish Program
TIME AND DATE: Ongoing programs
Interactive Metronome
This is a series of 17 appointments over 8 weeks. For more information, call 973-971-6301 and then press #1.
Lifestyle Change Program
TIME AND DATE: Daily and evening programs
FEE: $600 for the 12-week program
For more information, call 973-971-4890.
Spa Services
PLACE: Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-6301 or visit chamberscenterforwellbeing.org or calendar.atlantichealth.org.

Mindfulness-Based Stress Reduction
TIME AND DATE: Day and evening programs
FEE: $400 for the eight-week program
Mindful Teens
TIME AND DATE: Ongoing programs
FEE: $200 for the six-week program
Stress Reduction Group
TIME AND DATE: Ongoing
FEE: $15
Tai Chi
TIME AND DATE: Ongoing
FEE: $20
Vibrational Singing Bowls
TIME AND DATE: Ongoing
FEE: $15

Alzheimer’s Disease: Approaches to Care
TIME AND DATE: Saturday, November 12, 8:30am-12:30pm
PLACE: Newton Medical Center, Romano Conference Center, 175 High St., Newton, NJ 07860
For more information, call 973-586-4300.

Babysitting Basics
TIME AND DATE: Mondays, November 7 and 14, 5:30-7:30pm
FEE: $35
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

Blood Pressure and Glucose Screening
TIME AND DATE: First Friday of every month, Noon-3:00pm
PLACE: Parsippany ShopRite, 808 Route 46, Parsippany, NJ 07054
OR
TIME AND DATE: Third Friday of every month, Noon-3:00pm
PLACE: Wharton ShopRite, 314 State Route 15 S, Wharton, NJ 07885
OR
TIME AND DATE: Fourth Friday of every month, Noon-3:00pm
PLACE: Greater Morristown ShopRite, 178 E. Hanover Ave., Cedar Knolls, NJ 07927
For more information, call 973-971-7215.

Blood Pressure Screening
TIME AND DATE: First Wednesday of every month, 9:00-11:00am.
PLACE: Hackettstown Medical Center, 651 Willow Grove St., 1st Floor Lobby
Hackettstown, NJ 07840
OR
TIME AND DATE: Tuesdays, October 18, November 15 and December 20, 5:00pm
PLACE: Hackettstown Medical Center, Sleep Lab, 3rd Floor, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-850-6935.

Diablo & Lecture Series:
Cancer Screenings and Seniors: What Is Recommended?

COMMUNITY HEALTH
& SCREENINGS

HIV Counseling, Testing (Rapid) and Referral
TIME AND DATE: Monday–Friday, 8:00am-4:00pm; appointments recommended
PLACE: 200 South St., Suite 342, Morristown, NJ 07960
For more information, call 973-889-6810.

Hyponosis for Smoking Cessation
TIME AND DATE: Thursday, November 17, 7:00–9:00pm
FEE: $70
PLACE: Chambers Center for Well Being, 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960

Lipid and Diabetes Screening
TIME AND DATE: Wednesday, November 16, 7:00–9:00am
FEE: $10
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

Medication Review With Pharmacist
TIME AND DATE: First Wednesday of every month, 10:00–11:00am
PLACE: Hackettstown Medical Center, 651 Willow Grove St., 1st Floor Lobby, Hackettstown, NJ 07840

Safe Sitter Babysitting Classes
TIME AND DATE: Saturdays, October 29 and November 26, 8:30am-3:30pm; Wednesday, December 28, 8:30am-3:30pm
FEE: $60
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8340.

Snoring Clinic
TIME AND DATE: Monday, October 24,
5:30pm; Lecture – 6:00pm
Talk-a-Betic: A Fun, Interactive Discussion
About Diabetes and Management
TIME AND DATE: Monday, November 28,
5:30pm; Lecture – 6:00pm
FEE: $8
PLACE: Newton Medical Center,
Romano Conference Center, 175 High St., Newton, NJ 07860

WHAT IS RECOMMENDED?

Finding Your Way to Good Health
TIME AND DATE: Daily appointments; Monday–Friday
PLACE: Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890 or visit chamberscenterforwellbeing.org or calendar.atlantichealth.org.
**DIABETES WELLNESS**

**Diabetes Education Classes**  
**TIME AND DATE:** Individual and group classes available  
**PLACE:** Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960  
For more information, call 973-971-5524.

**Diabetes Management Series**  
For more information, call 908-850-6937.

**Diabetes Support Group**  
**TIME AND DATE:** Mondays, October 24 and November 28, 7:00pm  
**PLACE:** Hackettstown Medical Center, Gene C. Milton Conference Room, 651 Willow Grove St., Hackettstown, NJ 07840  
For more information, call 908-850-6937.

**Gestational Diabetes Education Classes**  
**TIME AND DATE:** Tuesdays ongoing, 8:00-11:00am

**Medical Nutrition Counseling**  
**TIME AND DATE:** Individual sessions available Monday-Friday

**Ongoing Education for Spanish-Speaking People With Diabetes**  
**TIME AND DATE:** Thursdays, October 27, 5:30-6:30pm  
**Type 1 and Insulin Pumpers Group**  
**TIME AND DATE:** Thursdays, October 7 and December 1, 7:00-8:00pm

**Type 2 Diabetes Support Group**  
**TIME AND DATE:** Thursday, October 20, 7:00-8:00pm  
**PLACE:** Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960  
For more information, call 973-971-5524.

**Prediabetes Workshop**  
**TIME AND DATE:** Tuesday, October 18, 3:00-4:30pm  
**FEE:** $10  
**PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840  
For more information, call 908-850-6935.

**HEART HEALTH**

**ACLS**  
**TIME AND DATE:** Friday, November 4, 9:00am-5:00pm  
**FEE:** $150  
Register online at atlanticambulance.org/hackettstown.

**FREE NUTRITION LECTURES AT SUSSEX YMCA:**  
**Am I at Risk for Diabetes?**  
**TIME AND DATE:** Wednesday, November 2, Noon; Wednesday, November 9, 7:00pm

**Basic Healthy Cooking Concepts**  
**TIME AND DATE:** Wednesday, October 5, Noon; Wednesday, October 12, 7:00pm

**Healthy Holiday Celebration**  
**TIME AND DATE:** Wednesday, December 7, Noon; Wednesday, December 14, 7:00pm  
For more information, call 973-209-9622.

**FITNESS**

**Get Fit Exercise Program**  
**TIME AND DATE:** Monday-Saturday  
**PLACE:** Hackettstown Medical Center, Therapy Department, Suite 1700, 653 Willow Grove St., Hackettstown, NJ 07840  
For more information, call 908-441-1348.

**AHA e-Learning Option**  
For more information, call 908-850-6935

**HEART HEALTH**

**AHA e-Learning Option**  
For more information, call 908-850-6935

**BLS for Healthcare Provider**  
**FEE:** $85

**CPR for Family and Friends**  
**FEE:** $35

**Heartsaver CPR AED**  
**FEE:** $50

**Heartsaver First Aid**  
**FEE:** $50

**Pediatric First Aid CPR AED**  
**FEE:** $75

**PALS**  
**TIME AND DATE:** Friday, October 7, 9:00am-5:00pm  
**FEE:** $150  
**PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840  
For more information, call 908-850-6935.

**Prediabetes Workshop**  
**TIME AND DATE:** Tuesday, October 18, 3:00-4:30pm  
**FEE:** $10  
**PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840  
For more information, call 908-850-6935.

**Yoga for EveryBody**  
**TIME AND DATE:** Mondays, September 12-October 31  
**FEE:** $90 for eight weeks or $12/class AND/OR  
**TIME AND DATE:** Mondays, November 7-December 19, 6:30-7:50pm  
**FEE:** $80 for seven weeks or $12/class  
**PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860  
For more information, call 973-579-8340.

**FITNESS**

**NUTRITION**

**FREE NUTRITION LECTURES AT SUSSEX YMCA:**  
**Am I at Risk for Diabetes?**  
**TIME AND DATE:** Wednesday, November 2, Noon; Wednesday, November 9, 7:00pm

**Basic Healthy Cooking Concepts**  
**TIME AND DATE:** Wednesday, October 5, Noon; Wednesday, October 12, 7:00pm

**Healthy Holiday Celebration**  
**TIME AND DATE:** Wednesday, December 7, Noon; Wednesday, December 14, 7:00pm  
For more information, call 973-209-9622.

**PARENTING & CHILDBIRTH**

**Aqua Aerobics**  
**TIME AND DATE:** Wednesdays ongoing, 6:45-7:45pm  
**FEE:** $100  
Atlantic Rehabilitation Institute, 95 Mount Kemble Ave., Morristown, NJ 07960  
For more information, call 973-971-5027.

**Breastfeeding**  
**TIME AND DATE:** Wednesday, November 16, 6:30-9:00pm  
**FEE:** $40

**Newborn Parenting**  
**TIME AND DATE:** Sunday, November 13, 9:30am-2:00pm  
**FEE:** $40
Prepared Childbirth Classes
TIME AND DATE: Saturday, November 12, 8:30am-3:30pm
FEE: $130
For registration details, call 908-850-6935.

Sibling Prep
TIME AND DATE: Sunday, November 13, 2:30-4:00pm
FEE: $15/child
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8340.

Breastfeeding Education
TIME AND DATE: Tuesday, November 8, 6:30-9:00pm
FEE: $40

Childbirth Education Classes
TIME AND DATE: Thursdays, November 10-December 8, 6:30-8:30pm
AND/OR
TIME AND DATE: Saturdays, October 8 and December 3, 8:30am-3:30pm
FEE: $130

Moms Support Group
TIME AND DATE: First and third Wednesday of every month, 9:30-11:00am

Newborn Baby Care
TIME AND DATE: Tuesday, November 15, 6:30-8:30pm
FEE: $30
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

Breastfeeding Your Baby, Part II
TIME AND DATE: Wednesdays ongoing, 6:00-8:30pm
FEE: $35

Especially for Siblings
TIME AND DATE: Saturdays ongoing, 9:30-11:00am
FEE: $50
PLACE: Morristown Medical Center, 108 Madison Ave., Morristown, NJ 07960
For more information, call 973-971-5027.

Maternity Center Tours
TIME AND DATE: Wednesdays, October 19, November 16 and December 14, 8:00-9:00pm
TIME AND DATE: Saturdays, October 22, November 19 and December 17, 10:00-11:00am
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860

Your Baby’s Birth at Morristown
TIME AND DATE: Thursdays ongoing, 6:00-8:30pm
FEE: $75
PLACE: Morristown Medical Center, Auditorium A, 100 Madison Ave., Morristown, NJ 07960
For more information, call 973-971-5027.

Senior Health
AARP Defensive Driving
TIME AND DATE: Tuesday, October 18; Wednesday, October 19; Wednesday, December 7; Thursday, December 8, 9:00am-12:30pm
FEE: $15 for AARP members; $20 for all others
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

AARP Safe Driver Course
TIME AND DATE: Tuesday, October 18, 9:00am-4:00pm
FEE: $15 for AARP members; $20 for all others
PLACE: Newton Medical Center, Romano Conference Center, 175 High St., Newton, NJ 07860

Alzheimer’s NJ Early Stage Alzheimer’s Disease: An Intensive for Caregivers
TIME AND DATE: Wednesdays, September 21 and 28, 6:00-8:00pm
PLACE: Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960
For more information, call 908-850-6935.

Alzheimer’s NJ Middle-Stage Alzheimer’s Disease: An Intensive for Caregivers
TIME AND DATE: Thursdays, October 20 and 27, 6:00-8:00pm
PLACE: Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960
For more information, call 908-850-6935.

Alzheimer’s NJ Late-Stage Alzheimer’s Disease: An Intensive for Caregivers
TIME AND DATE: Thursdays, December 8 and 15, 6:00-8:00pm
PLACE: 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960
For more information, call 1-888-280-6055.

Back in Time: The Berlin Airlift
TIME AND DATE: Tuesday, October 11, or Thursday, October 20, 10:30am
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

Caregiver Education Series
TIME AND DATE: Second Tuesday of every month, 6:00-8:00pm
PLACE: 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960
For more information, call 973-971-5839.

Chair Exercise for Older Adults
TIME AND DATE: Wednesday, November 9, 10:00-11:30am
PLACE: Atlantic Rehabilitation, 95 Mount Kemble Ave., Morristown, NJ 07960

Creative Open Studio
TIME AND DATE: Wednesday, November 9, 1:00-3:30pm
PLACE: Atlantic Rehabilitation, 95 Mount Kemble Ave., Morristown, NJ 07960

Fall Risk Screening
TIME AND DATE: Second Wednesday of every month, Noon-1:00pm
PLACE: Hackettstown Medical Center, Therapy Department, Suite 1700, 653 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-850-6935.

Gentle Yoga
TIME AND DATE: Wednesdays, beginning October 5, 10:30-11:30am
FEE: $30 for residents of Morris Mews; $50 for community members
PLACE: Morris Mews Senior Housing, 99 Ketch Road, Morris Township, NJ 07960

Healing Harp
TIME AND DATE: Wednesdays, October 12, November 9 and December 14, 11:00am-12:30pm
PLACE: 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960
For more information, call 1-888-280-6055.
**FALL 2016**

**Healthy Aging Seminar**
**TIME AND DATE:** Thursday, October 13, 1:00-4:00pm
**PLACE:** Frelinghuysen Arboretum, Haggerty Education Center, 353 E. Hanover Ave., Morris Township, NJ 07962

**Joint Replacement Education Session**
**TIME AND DATE:** Wednesdays, October 5, November 2 and December 7, Noon-2:00pm
**PLACE:** Newton Medical Center, Romano Conference Center, 175 High St., Newton, NJ 07860 (video conference available at Milford Health and Wellness)

**Music Expressions: Healing Melodies**
**TIME AND DATE:** Wednesdays, November 2 and December 7, 4:15-5:45pm
**PLACE:** Morristown Medical Center, Simon Lobby, 100 Madison Ave., Morristown, NJ 07960

**Just Your Pace Exercise**
**TIME AND DATE:** Wednesday, October 19, 2:00pm
**FEE:** $4 per session (1st session is free)
**PLACE:** Bentley Commons at Paragon Village, 425 US Highway 46 East, Hackettstown, NJ 07860
For more information, call 908-850-6935.

**Line Dancing**
**TIME AND DATE:** Fridays, beginning October 7, 4:30-5:30pm
**FEE:** $50 for 10 weeks; drop-in fee is $6
**PLACE:** Rockaway Health Pavilion, 3rd Floor Conference Room, 333 Mount Hope Ave., Rockaway, NJ 07866

**Tea and Talk**
**TIME AND DATE:** Thursdays, October 13, November 10 and December 8, 10:30am-12:30pm
**PLACE:** Randolph YMCA, The Program House, 14 Dover Chester Road, Randolph, NJ 07869
For more information, call 973-366-1120.

**Total Hip and Knee Replacement: What to Expect**
**TIME AND DATE:** Tuesday, November 15, 11:00am
**PLACE:** Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

**SUPPORT GROUPS**

**After Stroke – Sharing With Families**
**PLACE:** Atlantic Rehabilitation, Msgr. John F. Corr Stroke Center, 95 Mount Kemble Ave., Ground Floor, Morristown, NJ 07960
For more information, call 973-971-4412.

**Alzheimer’s/Dementia Caregivers Support Group**
**TIME AND DATE:** Saturdays, October 15, November 19 and December 17, 10:00-Noon
**PLACE:** Newton Medical Center, Romano Conference Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8600.

**Bariatric Support Group**
**TIME AND DATE:** Tuesdays, October 4, November 1 and December 6, 6:00-7:00pm
**PLACE:** Newton Medical Center, Romano Conference Center, 175 High St., Newton, NJ 07860

**Better Breathers Club**
**TIME AND DATE:** Thursdays, October 13, November 10 and December 8, 1:30-2:30pm
**PLACE:** Hackettstown Medical Center, Conference Dining Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-441-1192.

**Better Breathers Club**
**TIME AND DATE:** Tuesdays, October 25, November 22 and December 27, Noon-1:00pm
**PLACE:** Newton Medical Center, Romano Conference Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8473.

**Breast Cancer Support Group**
**TIME AND DATE:** First and third Monday of every month, 7:00-8:30pm
**PLACE:** Hackettstown Medical Center, Joan Knechel Cancer Center, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-441-1500.

**Breast Cancer Support Group**
**TIME AND DATE:** Tuesdays, October 11, November 8 and December 13, 6:00-8:00pm
**PLACE:** Sparta Health and Wellness, Conference Room, 89 Sparta Ave., Sparta, NJ 07871
For more information, call 1-800-227-2345.

**Cancer Support Group**
**TIME AND DATE:** Thursdays, October 27, November 17 and December 22, 3:00-4:00pm
**PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8620.

**DIABETES SUPPORT GROUP: Preparing for the Holiday Feast**
**TIME AND DATE:** Wednesday, October 5, 10:00-11:30am
**Holiday Party: Celebrating Us – Another Year Well Done**
**TIME AND DATE:** Wednesday, December 7, 10:00-11:30am
Healthy Hearts
TIME AND DATE: Wednesdays, October 5, November 2 and December 7, 12:30-1:30pm
PLACE: Hackettstown Medical Center, Conference Dining Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-850-6819.

HIV Support Group: Beyond the Diagnosis
TIME AND DATE: Second and fourth Thursday of every month, 7:00-10:00pm
PLACE: Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07902
For more information, call 973-971-8936.

Look Good Feel Better
PLACE: Hackettstown Medical Center, Joan Knechel Cancer Center, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 1-800-227-2345.

Male Caregiver Support Group
TIME AND DATE: First Thursday of every month, 7:00-9:00pm
PLACE: 435 South Street, 3rd Floor, Conference Room, Morristown, NJ 07960
For more information, call 973-214-1572.

Mended Hearts Chapter 56
TIME AND DATE: Fourth Sunday of every month, 1:30-3:00pm
PLACE: Gagnon Cardiovascular Institute, Wilf Conference Room, 100 Madison Ave., Morristown, NJ 07960

Overeaters Anonymous
TIME AND DATE: Mondays, 7:00-8:00pm
PLACE: 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960
For more information, call 973-960-1564.

Patient and Family Support Group
TIME AND DATE: First and third Monday of every month, 6:00-7:00pm
PLACE: Hackettstown Medical Center, Joan Knechel Cancer Center, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-441-1500.

Perinatal Loss Support Group
TIME AND DATE: Tuesdays, October 11, November 8 and December 13, 7:30-9:00pm
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-940-8140.

Stroke Caregivers Meeting
TIME AND DATE: Third Thursday of every month, 2:00-3:00pm
STROKE SUPPORT GROUP FOR SURVIVORS AND CAREGIVERS
TIME AND DATE: Third Thursday of every month, 1:00-3:00pm
PLACE: Atlantic Rehabilitation, Msgr. John F. Corr Stroke Center, 95 Mount Kemble Ave., Ground Floor, Morristown, NJ 07960
For more information, call 973-971-4412.

Stroke Support Group
TIME AND DATE: Tuesdays, October 25, November 22 and December 27, 6:00-7:00pm
PLACE: Newton Medical Center, ED Conference Room, 175 High St., Newton, NJ 07860
For more information, call 973-971-8620.

Tobacco Cessation
PLACE: Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 908-441-1192.

Quit Smoking Program
TIME AND DATE: Tuesdays, November 1-December 6, 6:00-7:30pm
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8473.
Atlantic Health System
475 South St.
Morristown, NJ
07960-6459

For a referral to an Atlantic Health System doctor, call 1-800-247-9580 or visit atlantichealth.org/doctors

Atlantic Health System Main Locations

<table>
<thead>
<tr>
<th></th>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Morristown Medical Center (includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)</td>
<td>100 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-5000</td>
</tr>
<tr>
<td>2</td>
<td>Outpatient Medicine</td>
<td>435 South St., Morristown, NJ 07960</td>
<td>973-660-3105</td>
</tr>
<tr>
<td>3</td>
<td>Atlantic Sports Health</td>
<td>111 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-6898</td>
</tr>
<tr>
<td>4</td>
<td>Atlantic Rehabilitation</td>
<td>95 Mount Kemble Ave., Morristown, NJ 07960</td>
<td>973-971-4481</td>
</tr>
<tr>
<td>5</td>
<td>Goryeb Children’s Hospital</td>
<td>100 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-5000</td>
</tr>
<tr>
<td>6</td>
<td>Overlook Medical Center</td>
<td>(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children’s Center)</td>
<td>99 Beaupre Ave., Summit, NJ 07901</td>
</tr>
<tr>
<td>7</td>
<td>Overlook, Union Campus</td>
<td>(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)</td>
<td>1000 Galloping Hill Road, Union, NJ 07083</td>
</tr>
<tr>
<td>8</td>
<td>Overlook Downtown</td>
<td>(includes Center for Well Being – Atlantic Integrative Medicine and Overlook Medical Center Community Health)</td>
<td>357 Springfield Ave., Summit, NJ 07901</td>
</tr>
<tr>
<td>9</td>
<td>Newton Medical Center</td>
<td>175 High St., Newton, NJ 07860</td>
<td>973-383-2121</td>
</tr>
<tr>
<td>10</td>
<td>Hackettstown Medical Center</td>
<td>651 Willow Grove St., Hackettstown, NJ 07840</td>
<td>908-852-5100</td>
</tr>
<tr>
<td>11</td>
<td>Milford Health &amp; Wellness Urgent Care</td>
<td>111 E. Catharine St., Milford, PA 18337</td>
<td>570-409-8484</td>
</tr>
<tr>
<td>12</td>
<td>Sparta Health &amp; Wellness</td>
<td>89 Sparta Ave., Sparta, NJ 07871</td>
<td>973-726-4232</td>
</tr>
<tr>
<td>13</td>
<td>Urgent Care at Hackettstown</td>
<td>57 Route 46, Suite 100, Hackettstown, NJ 07840</td>
<td>908-598-7980</td>
</tr>
<tr>
<td>14</td>
<td>Chambers Center for Well Being</td>
<td>435 South St., Morristown, NJ 07960</td>
<td>973-971-6301</td>
</tr>
<tr>
<td>15</td>
<td>Chilton Medical Center</td>
<td>99 W. Parkway, Pompton Plains, NJ 07444</td>
<td>973-831-5000</td>
</tr>
<tr>
<td>16</td>
<td>Medical Institute of New Jersey</td>
<td>11 Saddle Road, Cedar Knolls, NJ 07927</td>
<td>973-267-2122</td>
</tr>
<tr>
<td>17</td>
<td>Chilton Ambulatory Care Center</td>
<td>(includes Chilton Imaging and Outpatient Laboratory Services)</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Morristown Medical Center Health Pavilion</td>
<td>533 Mount Hope Ave., Rockaway, NJ 07866</td>
<td>973-895-6604</td>
</tr>
</tbody>
</table>

Find us on Facebook
Follow us on Twitter