Wound Care Specialists
Close to Home

Weight Loss Surgery:
Patient Gets New Lease on Life

Medical Volunteers Offer International Support
DEAR FRIENDS,

We’ve had a lot of exciting news at Atlantic Health System over the past several months. Hackettstown Regional Medical Center, now called Hackettstown Medical Center, joined our family in April. For the first time, we have included their calendar of activities in this issue of Well Aware and I hope you will take advantage of the health events in that community.

This spring, four of our hospitals have been recognized as Leaders in LGBT Healthcare Equality, including Goryeb Children’s Hospital. We are so proud to be a leader, but most importantly, we are fully committed to ensuring equal treatment to all our patients throughout our medical centers, physician practices and outpatient centers.

You will find some fascinating patient accounts in this issue – Bob Almberg, a bariatric procedure patient and Angelina Zuzuro, a college student who became a CyberKnife patient. Their stories are heartwarming and show the care, compassion and expertise of our medical staff.

We’re proud of our physicians who also volunteer their time overseas to provide services to under-resourced populations. Read about two of our physicians in this issue whose goals are to develop long-term relationships within those communities so they can eventually provide their own care.

Please relax, be safe and enjoy the summer.

Brian A. Gragnolati
President & CEO,
Atlantic Health System

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HACKETTSTOWN REGIONAL MEDICAL CENTER JOINS ATLANTIC HEALTH SYSTEM

In April, Hackettstown Regional Medical Center officially became part of Atlantic Health System, completing the 111-bed acute care hospital's transfer of ownership. As a result, the hospital's name changed to Hackettstown Medical Center, in line with other Atlantic Health System facilities.

"It is with great honor that we welcome Hackettstown Medical Center into our organization," says Brian Gragnolati, president and CEO, Atlantic Health System. "This collaboration strengthens our ability to deliver a Trusted Network of Caring™, providing the full breadth of our services to promote the health and well-being of Hackettstown and its surrounding communities." Atlantic Health System’s expansive regional network of physicians, services and providers includes Morristown, Overlook, Newton and Chilton medical centers and Goryeb Children’s Hospital.

"In Atlantic Health System, we have found a local organization that shares many of the values we hold important," says Jason Coe, president, Hackettstown Medical Center. "Becoming part of Atlantic Health System ensures that Hackettstown Medical Center will continue to be an intrinsic provider of health care for patients in this region."

Visit atlantichealth.org/hackettstown for more information.

Atlantic Health System Hospitals Recognized as Leaders in LGBT Healthcare Equality

This past March, the Human Rights Campaign’s Healthcare Equality Index recognized Morristown Medical Center, Newton Medical Center, Overlook Medical Center and Goryeb Children’s Hospital as Leaders in LGBT (lesbian, gay, bisexual, transgender) Healthcare Equality. This is Morristown Medical Center’s third year, and Overlook and Newton medical centers’ second year achieving this recognition.

The Healthcare Equality Index (HEI) is a national benchmarking tool that evaluates health care facilities’ policies and practices related to the equality and inclusion of their LGBT patients, visitors and employees.

The HEI rated 2,061 of the nation’s health care facilities on their commitment to LGBT equality and inclusion based on four foundational elements of LGBT patient-centered care: an LGBT-inclusive nondiscrimination policy, an LGBT-inclusive visitation policy, an LGBT-inclusive employment nondiscrimination policy and staff training in LGBT patient-centered care. Of the health care facilities rated, 496 were designated a 2016 Leader in LGBT Healthcare Equality.

For more information about the Healthcare Equality Index, visit hrc.org.
New Rockaway Facility
Offers Wide Range of Care

Atlantic Health System now offers a range of health care and diagnostic services at its newest location – Morristown Medical Center Health Pavilion in Rockaway.

Located next to the Rockaway Townsquare Mall at 333 Mount Hope Avenue in Rockaway, Atlantic Health System’s newest facility offers the same caliber medical care as at Morristown Medical Center in a location more convenient for people from Mount Arlington, Denville, Dover, Boonton, Morris Plains, Wharton, Roxbury and Randolph. The location is also convenient for people commuting through the area, as it offers early/late hours and an easily accessible location.

A range of services are available, including:

**DIAGNOSTIC SERVICES AND SCREENING**
- Breast screening, 3D mammography/tomosynthesis
- Cardiac imaging
- Laboratory services
- Maternal fetal medicine
- Radiology/imaging services with MRI, CT, ultrasound and X-Ray
- Pulmonary function tests
- Vascular screening
- Bone density (DEXA scan)

**HEALTH CARE**
- Family medicine
- Internal medicine
- Physical therapy
- Pediatric orthopedics
- Interventional pain management
- General surgery
- Cardiology
- Pulmonary and allergy
- Rheumatology
- Sports medicine
- Urology practice
- Vascular services
- Walk-in services (no appointment needed)

Future facility plans include the opening of a community room, which will be used for health education, wellness information and hosting community events. We will continue to add services on a regular basis.

For a list of our current offerings or to make an appointment, visit atlantichealth.org/rockaway or call 973-895-6604.

Atlantic Health System Hospitals Recognized by Consumer HealthCare Ratings Group, Healthgrades®

Morristown Medical Center is the only New Jersey hospital to be recognized among “America’s 50 Best Hospitals” by Healthgrades® and Overlook Medical Center is the only hospital in New Jersey recognized as one of America’s Best Hospitals for Stroke Care™ and for Critical Care™ in 2016. Healthgrades has also recognized Newton Medical Center for cardiac, critical care and pulmonary services in 2016.

For a complete list of recognition for Atlantic Health System’s hospitals, visit http://www.healthgrades.com/quality/hospital-ratings-awards.

**Being Mortal:**
Free Film Screening and Discussion

Join us at Morristown Medical Center on Thursday, July 28 from 6:00-7:30pm for a screening of the PBS documentary film Being Mortal. The film explores the hopes of patients and families facing terminal illness and their relationships with the doctors, nurses and family members who care for them.

Prior to the film, you are invited to attend Atlantic Health System’s annual public meeting from 5:00-5:45 pm to learn more about Atlantic Health System, our activities and programs across the communities and ask questions.

Both events will be held in the Malcolm Forbes Amphitheater, 100 Madison Ave, Morristown.

Kindly register online at atlantichealth.org/classes&events or by calling 1-800-247-9580. Walk-ins are also welcome.
Every day, the promises of medical cures flood the media. "There's a lot of confusion about what will really work and make sense," says Hendrieka Fitzpatrick, MD, physician for the Chambers Center for Well Being. "I see people come in who have a bag full of medication bottles – some very expensive and some complicated – all looking for a way to feel better."

At the Chambers Center for Well Being, doctors take a holistic approach, using both traditional and Eastern medicine philosophies, to guide patients to the most appropriate treatment recommendation. Dr. Fitzpatrick, who is board-certified in integrative medicine and in functional medicine, sees patients with hormonal symptoms, fatigue or chronic pain, as well as those with cardiac disease or metabolic syndrome. She looks at the body's physiology, or the way the body functions, to create a map that makes sense of symptoms that seem unrelated. After lab work or specialty testing and a thorough health history, Dr. Fitzpatrick then creates a personalized approach.

"You end up making sense out of symptoms that seem unrelated and start a rebuilding program that includes supplements and vitamins, but also looks at what you eat, if you exercise, and if you are under stress," she says.

A WEALTH OF CARE OPTIONS
Through the Center, a team of health care providers offers a wide range of services for both adults and children, such as lifestyle coaching, restorative yoga, stress management, cooking classes, massage and acupuncture.

According to Dr. Fitzpatrick, "You have this wonderful physiology and if you can understand what it's telling you, then you can learn how to take care of it and feel better."

Visit chamberscenterforwellbeing.org for more information on integrative medicine.
Growing up, 52-year-old Bob Almberg says he was athletic. However, after college and serving in the U.S. Army Reserves, he slowly began putting on weight. "I found as I got older not only did I put on weight faster, I became less active. I got high cholesterol, high blood pressure and type 2 diabetes. Dieting alone and trying to do more exercise just weren't working for me."

Almberg is not alone in his battle with weight. More than one-third of U.S. adults are obese. According to Michael Nusbaum, MD, surgical director for Morristown Medical Center, conditions associated with obesity include type 2 diabetes, sleep apnea, high blood pressure, gastroesophageal reflux disease (GERD), chronic migraine headaches, stress incontinence and infertility.

Atlantic Health Weight & Wellness Centers, located at Morristown Medical Center and Overlook Medical Center, provide a multidisciplinary approach to weight loss, offering nonsurgical options as well as surgical procedures for individuals who are more than 100 pounds overweight.

According to Kelly Iorillo, MS, RD, metabolic center manager at Morristown Medical Center, the same practitioners support both surgical and nonsurgical patients. This includes "nutritional and dietary counseling by registered dietitians, stress management and behavior support from our licensed psychologist, and exercise guidance from an exercise physiologist."

Iorillo says those patients who opt for a nonsurgical approach focus on lifestyle, behavioral, diet and exercise methods. "If we don’t see
“The hardest thing for me to control in my life was my weight, and it's not an issue anymore.”

– Bob Almberg

the weight loss that we’re looking for or they’re looking for, we would discuss surgery options,” says Iorillo. In most cases, surgery is not a first-line option, says Dr. Nusbaum. “Many of our patients have been successful at losing weight, only to gain that weight back and more. The reason for that weight gain is, in most cases, not their fault. A lot of these patients overproduce the hormone ghrelin, the hormone that goes from your stomach to your brain to tell you that you’re hungry.”

The center offers several surgical procedures, including gastric bypass, gastric band and sleeve gastrectomy. Dr. Nusbaum says in the sleeve gastrectomy, the most popular procedure, the part of the stomach that overproduces hormones is removed; what’s left is a small banana-shaped tube that makes patients feel full after eating less.

Metabolic specialists support patients before and after surgery by monitoring their progress. “We see the patients about a month after surgery to check a full panel of micronutrient levels, including major vitamins and minerals,” says Michael Rothkopf, MD, director of metabolic medicine at Morristown Medical Center.

When considering surgery, Ajay Goyal, MD, director of bariatric surgery at Overlook Medical Center, recommends that patients research procedures and surgeons. “Patients should look for a surgeon who is board-certified, fellowship-trained, and is a member of the American Society of Metabolic and Bariatric Surgery. You should look at how many surgeries the surgeon has done, as well as complications.”

Bob Almberg underwent the gastric sleeve procedure in 2014, which has led to him losing 150 pounds and getting off all his medications. “I don’t have cravings or hunger anymore,” he says. “The hardest thing for me to control in my life was my weight, and it’s not an issue anymore.”

Visit atlantichealth.org/bariatricsurgery for more information.
PRECISION and FOCUS

CyberKnife technology allows college student to concentrate on her future.
Angelina Zuzuro of Denville spent her last year in high school recovering from surgery for a brain tumor. Despite that, she was accepted to and earned academic scholarships to several universities. Due to the complications and recovery of her brain tumor, she could not go away to college, which was a longtime dream. So, with a full academic scholarship in hand and having to remain local, she attends Fairleigh Dickinson University in Madison.

Because of the location of the tumor, she still battles everyday side effects like debilitating headaches, issues with balance and mobility, short-term memory loss and significant blindness in both eyes. Despite these obstacles, she’s had great success as a college freshman and has even rekindled her love of drawing and painting. “No matter what my situation, I want to make the best of it,” says the rising sophomore, now 19. “Whenever something happens, I rise up to meet the challenge.”

When Zuzuro started her senior year in high school, she never realized how her life would change forever in the next 24 hours when diagnosed with a brain tumor. After a 10-hour surgery to remove the tumor, which was wrapped around her optic nerves like a vine, and had also destroyed her pituitary gland, a small part of it still remained, which was blocking the flow of spinal fluid. While Zuzuro was on the road to recovery, she was tutored at home. She not only did what she set out to do, but graduated with honors. The next day, Zuzuro found out that she had another tumor, but this one was in a part of the brain that was not so accessible. “Operating there was too risky, and too dangerous,” Zuzuro says. “But then they told us about the CyberKnife.”

Late last year, Overlook Medical Center invested in the latest version of CyberKnife technology, which enabled Zuzuro and her medical team to rise up together to meet the next challenge she faced. After traditional surgery to remove the first brain tumor, a small part of it remained wrapped around the delicate nerves in the eye and a new tumor was found deeper in the brain, blocking the normal flow of spinal fluid.

“We now have the newest version of this powerful tool,” says Louis Schwartz, MD, chair of radiation oncology and director of the hospital’s CyberKnife Center. “It allows us to precisely shape a high-dose beam of radiation to shrink tissue in hard-to-reach areas, and avoid healthy tissue around it.”

This was a very welcome option, Zuzuro reports. “After the first surgery, I was stuck at home and out of school for eight months,” she says. “With CyberKnife, I was only out for about three to four weeks, and I was able to go about my daily life.”

Zuzuro’s physicians, surgeon Dr. Yaron Moshel, pediatric endocrinologist Dr. Lawrence Silverman with Goryeb Children’s Hospital and oncologist Dr. Joana Emmolo at Overlook Medical Center, continue to focus on the tumor’s side effects, while Zuzuro focuses on college. In fact, she rocked her first semester by landing a 4.0 GPA. Despite partial blindness, an art course was a highlight of her year. So if you see a young lady in school colors of blue and red, painting along the boardwalks this summer, go on and ask, “Are you Angelina?”... And ask her to share more of her inspiring story.
Some wounds take a long time to heal – months, in fact. When they do not heal properly or quickly enough, that can lead to infections, loss of tissue – and even amputation.

“A variety of medical conditions affect healing, so having a variety of specialists in a central location can be important to getting patients on the right path to health,” says Robert Skerker, MD, medical director of the Wound Healing Center at Morristown Medical Center.

Health conditions like diabetes or poor circulation can slow healing, for example, or even make a wound impossible to heal without special therapies. Specialists at Atlantic Health System’s six wound treatment centers have the training and experience to help patients heal.

“We understand the process behind healing, why healing might have stalled, and what treatments can jump-start it,” says Loretta Ritter, manager for Newton Medical Center. Several of Atlantic Health System’s wound care locations also offer hyperbaric oxygen (HBO) therapy to treat some of the most difficult wounds.

Common wounds treated at Atlantic Health System’s wound care centers are diabetic foot wounds, venous leg ulcers and sores caused by pressure on the skin and tissue, especially prevalent on the heel and buttocks. They also treat surgical site wounds that show delayed healing and ostomy wounds (a procedure to create an opening in the body to allow waste such as stool or urine to drain).

Physicians appreciate being able to refer their patients to Atlantic Health System facilities because of the wide array of services offered. “At Hackettstown Medical Center, in addition to the various wound care modalities, such as hyperbaric oxygen therapy, wound vac, total contact casting, and other state-of-the-art therapies, we offer nutritional counseling, diabetic counseling, and vascular testing,” says Eric L. Gross, MD, medical director of the Wound Healing Center. “The patient’s entire health profile is considered in order to promote the best potential for healing,” he says.

“For wounds that aren’t healing, find a center that specializes in this type of care,” Dr. Skerker says.
Global Medicine: Medical Volunteers Provide Services to Impoverished Nations

Dr. Kaye examining patients in Honduras.

Susan Kaye, MD, chair of the Department of Family Medicine for Overlook Medical Center, has volunteered her time to deliver medical services in Honduras with the NGO Shoulder to Shoulder Inc. for over a decade. For her, one particular incident during her experience really stood out: a young man she heard was living in a cage. “The story sounded horrific and when we got there, it was,” says Dr. Kaye. “The young man, probably 22 years old, was living in a cage the family had built from logs that were in their backyard near a pigsty and other outdoor animals.”

Dr. Kaye says she and the medical team learned that he had an acute psychiatric event during his experiences as a member of the Honduran army and was displaying symptoms of psychosis. As a result of his odd behavior, the community where he lived felt threatened; the cage was the family’s way of protecting him from harm. Doctors administered antipsychotic medication to the man, and within six months he was integrated back into the community.

Although this episode is dramatic, the real work of providing care to under-resourced populations is developing long term relationships with communities that help them develop their own capacity to provide services. Dr. Kaye notes that Shoulder to Shoulder, a private, non-profit, non-governmental entity, works collaboratively with the Honduran Ministry of Health; multiple US medical, dental and nursing school partners; and local Honduras community boards to provide ongoing medical, dental and nutritional support services.

MAKING A DIFFERENCE

In addition to serving as a global health volunteer herself, Dr. Kaye oversees the Benjamin H. Josephson, MD Fund, established at Overlook Medical Center, part of Atlantic Health System, to continue the humanitarian work of pediatrician Dr. Benjamin Josephson. The fund, created in 1998, has distributed over $800,000 in support of more than 100 medical professionals from across the system who have donated their time and medical expertise to impoverished nations.

Dr. Rolando Rolanelli, chair of the department of surgery at Morristown Medical Center, has also participated in trips to perform surgery in underserved countries. Although they were rewarding and successful, he felt there was something missing – providing continuity of care and teaching to accomplish the goals they set. Drs. Rolanelli, McLean and Diehl, all surgeons at Morristown Medical Center, formed Unidad Hospitalaria Móvil Latino America (UHMLA) and established partnerships with other organizations to keep them linked with communities of patients and their health care workers. The relationships allowed them to reach patients in remote areas with medical problems that made their lives miserable but were reversible with surgery. Two trips later, to Guatemala and Honduras, they so far have helped over 100 people. And in less than one year, they received contributions from over 140 individuals, 10 local businesses, three professional organizations and the Benjamin Josephson foundation.

The Josephson fund is but one initiative providing global health support, and Dr. Kaye is hoping to bring more Atlantic Health System medical professionals together to collaborate. “You see all kinds of things when you go to communities where there is limited access to health care,” says Dr. Kaye. “Working with these underserved communities, where many live in extreme poverty, is a pretty transformative experience. You learn that improving the health status of communities is not just about delivering health care – it’s about clean water, improved nutrition, access to education and many other social determinants of health. These experiences change the way you see yourself as a professional, and impact the way you care for patients back home.”

Find more information about the Josephson fund at bhjfund.org.
When you think of summer, what comes to mind? Odds are that barbecues and grilling are somewhere at the top of the list. The backyard tradition is synonymous with the season and provides a great backdrop for friends, family and fun. But sometimes, it’s possible to have too much of a good thing. Burgers, beers and other calorie-dense items are common at these events – and it’s easy to overindulge with so much temptation around.

HEALTHIER BBQs
Fortunately, there are plenty of ways to make your barbecue healthier without skimping on flavor and fun, notes Matthew Schoenholtz, registered dietitian for Hackettstown Medical Center. “At a barbecue, there’s the culinary aspect and the nutrition aspect,” Schoenholtz says. “You might opt for leaner meats for better nutrition, but the taste might not be as satisfying. Opting for homemade marinades over store bought ones can still help to keep calories low.”

GET CREATIVE
Mary Finckenor, registered dietitian for Morristown Medical Center, suggests adding variety to the grill as another way to make your barbecue more nutritious.

“Don’t limit yourself on the grill,” says Finckenor. “You can get creative. Throw shrimp and fish on there or try seasonal vegetables. Introducing all these flavors to your barbecue can be just as satisfying as a juicy burger.”

TAKE PRECAUTIONS
Whatever you decide to grill, do not forget about food safety. Food poisoning can ruin an otherwise fun outing if you’re not careful, acknowledges Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center.

“For a healthy marinade, Christina Lavner, registered dietitian for Chilton Medical Center, recommends the following for all types of meat, fish and poultry — and even tofu:

- ¼ cup olive oil
- ¼ cup vinegar
- ¼ teaspoon lemon juice
- ½ teaspoon salt
- ½ teaspoon dried thyme (or a favorite herb)
- ½ teaspoon pepper

Lavner recommends marinating for at least a ½ hour, in the refrigerator, or you can marinate overnight.
A clinical trial being conducted at Atlantic Health System is looking at a new screening technique designed to detect ovarian cancer at earlier stages. Daniel Tobias, MD, chief of gynecologic oncology for Morristown Medical Center and Overlook Medical Center, says that while the incidence of ovarian cancer has remained fairly stable, "our ability to detect it early has not improved over time. We think we could lower the incidence, if even half the women with ovarian cancer were detected at Stage I or II, as opposed to only twenty percent."

The trial started in 2001 and is led by MD Anderson Cancer Center at the University of Texas. Atlantic Health System, one of three participating centers, has screened 600 women since its initial involvement in 2011, according to clinical research coordinator Maria Bell. "The scientific side is about a statistical calculation, but we are also following a person’s blood work."

Because symptoms do not occur until later stages of the disease, the test looks at a protein in the bloodstream to determine if it elevates over time – a marker for early stage ovarian cancer.

"We’re trying to learn if screening all postmenopausal women as part of their normal well-woman evaluations would make a difference," says Dr. Tobias. "The goal is to find these cancers earlier."

For more information on Atlantic Health System’s research trials, visit research.atlantichealth.org.
## CHAMBERS CENTER FOR WELL BEING/INTEGRATIVE MEDICINE

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<th>Event</th>
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<tbody>
<tr>
<td>Mindfulness-Based Stress Reduction (MBSR), FEE: $400 for the nine-week program</td>
<td>Ongoing programs throughout the year; call for dates and times</td>
<td>Chambers Center for Well Being, 435 South Street, Morristown, NJ 07960 chamberscenterforwellbeing.org or calendar.atlantichealth.org</td>
<td>973-971-4890</td>
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<tr>
<td>Lifestyle Change Program, FEE: $600 for the 12-week program</td>
<td>Free information sessions available; call for dates and times</td>
<td>973-971-5027</td>
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<tr>
<td>Cook Your Way to Good Health, FEE: $80 for the four-week program</td>
<td>Ongoing programs throughout the year; call for dates and times</td>
<td>973-971-6301</td>
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<td>Phone Ornish Program Please call for fees.</td>
<td>Ongoing programs throughout the year; call for dates and times</td>
<td>973-971-5027</td>
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<td>Spa Services Please call for fees.</td>
<td>Call for more information or to make an appointment</td>
<td>973-971-6301</td>
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<td>Interactive Metronome Please call for fees.</td>
<td>Call for more information</td>
<td>973-971-6301</td>
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<tr>
<td>Mindful Teens, FEE: $200 for the six-week program</td>
<td>Ongoing programs throughout the year; call for dates and times</td>
<td>973-971-6301</td>
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## CHILDREN & PARENTING

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<tbody>
<tr>
<td>Aqua Aerobics, FEE: $100</td>
<td>Wednesdays, 6:45-7:45pm</td>
<td>Atlantic Rehabilitation, 95 Mount Kemble Avenue, Morristown, NJ 07960</td>
<td>973-971-5027</td>
</tr>
<tr>
<td>Especially for Siblings, FEE: $50</td>
<td>Saturdays, 9:30-11:00am</td>
<td>Morristown Medical Center, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-5027</td>
</tr>
<tr>
<td>Breastfeeding Your Baby Part II, FEE: $35</td>
<td>Wednesdays, 6:00-8:30pm</td>
<td>Morristown Medical Center, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-5027</td>
</tr>
<tr>
<td>Your Baby’s Birth at Morristown, FEE: $75</td>
<td>Thursdays, 6:00-8:30pm</td>
<td>Morristown Medical Center, Auditorium A, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-5027</td>
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## DIABETES WELLNESS

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<tr>
<td>Diabetes Education Classes (three sessions)</td>
<td>Thursdays, 1:00-3:30pm or 5:00-7:30pm; individual and group classes available; call for more information</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
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<tr>
<td>Medical Nutrition Counseling</td>
<td>Daily appointments: Monday-Friday; call to schedule</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
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<tr>
<td>Gestational Diabetes Education Classes</td>
<td>Tuesdays, 8:30-11:00am</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
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<tr>
<td>Type 2 Diabetes Support Group</td>
<td>Thursday, August 25, 7:00-8:00pm</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
<tr>
<td>Type 1 and Insulin Pumpers Group</td>
<td>Thursday, August 4, 7:00-8:00pm</td>
<td>Morristown Medical Center, Motown Cafe, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-5524</td>
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## 21st Annual Community Health Day

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<th>Date and Time</th>
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<th>Telephone #</th>
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<tr>
<td>Saturday, September 10, 9:00am-1:00pm</td>
<td>Headquarters Plaza, 3 Speedwell Avenue, Morristown, NJ 07960</td>
<td>973-971-5524</td>
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## CANCER CARE Support for Cancer Patients and Their Families

### Ongoing Support Groups

For information about counseling and social work services, please call 973-971-6299.
- Bereavement Support Group
- Breast Cancer Support Group
- Gynecological Cancer Support Group
- Head and Neck Cancer Support Group
- Lung Cancer Support Group
- Ostomy Support Group
- Pancreatic Cancer Support Group
- Parenting With Cancer
- Post-Treatment Support Group
- Prostate Cancer Support Group

### Educational Programs

For information/registration, please call the numbers listed below.
- Caregivers Presentation and Luncheon: 973-971-4063
- Look Good Feel Better Program: 1-800-ACS-2345
- Post Breast Surgery: 973-971-5169
- 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

### Child Life Services

For information/registration, please call 973-971-4974.
- Children’s Groups or Teen Groups
- Summer Teen Bereavement Group

### Cancer Care Through Integrative Medicine

Programs with an asterisk are available to Carol G. Simon Cancer Center patients and their families.
Ongoing programs throughout the year; call for dates and times

Reduction (MBSR), support for cancer patients

Free information sessions available; call for dates and times

Fee: $600 for the 12-week program

Fee: $80 for the four-week program

Call for more information or to make an appointment

Spa Services Please call for fees.

Interactive Metronome

Call for more information 973-971-6301

Please call for fees.

For information about counseling and social work services, please call 973-971-6299.

Mindful Teens, Well being/iNtegrative

ChambeRs

• Lung Cancer Support Group
• Ostomy Support Group
• Parenting With Cancer
• Post-Treatment Support Group

973-971-5027

EducatiOnal Programs

Wednesdays, 6:45-7:45pm Atlantic Rehabilitation, 95 Mount Kemble Avenue, Morristown, NJ 07960

Aqua Aerobics,

Saturdays, 9:30-11:00am Morristown Medical Center, 100 Madison Avenue, Morristown, NJ 07960

For information/registration, please call the numbers listed below.

• Caregivers Presentation and Luncheon: 973-971-4063

Breastfeeding Your Baby Part II,

Your Baby's Birth at Morristown,

• Look Good Feel Better Program: 1-800-ACS-2345

• Prostatectomy Preoperative Class:

Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960

Thursdays, 1:00-3:30pm or 5:00-7:30pm; individual and group classes available; call for more information 973-971-5524

973-971-7971

• Sexuality and Cancer: 973-971-4063

Diabetes Education Classes (three sessions)

Tuesdays, 8:30-11:00am Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960

973-971-5524

Type 2 Diabetes Support Group Thursday, August 25, 7:00-8:00pm Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960

Child Life Services

Diabetes

For information/registration, please call

Wellness

• Children’s Groups or Teen Groups

Cancer Care Through Integrative Medicine

• Jin Shin Jyutsu Self-Help/

Headquarters Plaza, 3 Speedwell Avenue, Morristown, NJ 07960

Metabolic Medicine Center, 435 South Street, Suite 330, Morrisville, NJ 07960

Morris Mews Senior Housing, 99 Ketch Road, Morristown, NJ 07960

Parsippany ShopRite, 808 Route 46, Allendale, NJ 07401

Wharton ShopRite, 314 State Route 15, Wharton, NJ 07885

Morristown Medical Center, 100 Madison Avenue, Morristown, NJ 07960

Wharton Conference Room, 3 Speedwell Avenue, Morristown, NJ 07960

Gagnon Cardiovascular Institute, Wilf Conference Room, 95 Mount Kemble Avenue, Morristown, NJ 07960

Atlantic Rehabilitation, Main Lobby, Morristown, NJ 07960

Atlantic Rehabilitation, Conference Room 563, 95 Mount Kemble Avenue, Morristown, NJ 07960

Atlantic Rehabilitation, 435 South Street, Suite 330, Morrisville, NJ 07960

973-971-5919.

Ten O’clock Tea and Talk Friday, September 9, 10:00am-noon Randolph YMCA, Program House, 14 Dover Road, Randolph, NJ 07869

Creative Open Studio Mondays, 10:00am-1:00pm; call for dates

Atlantic Rehabilitation, 95 Mount Kemble Avenue, Morristown, NJ 07960

1-888-247-1400

taming Your temper

6:00-7:00pm; call for dates

Managing Anxiety to Twists

6:00-7:00pm; call for dates

GuGi Group

6:00-7:30pm; call for dates

Behavioral Health

59 Morris Avenue, Morristown, NJ 07960

973-971-6493

Now What? Post-Treatment Programs

For information/registration, please call

973-971-5919.

For general information on cancer center programs and services, please call 973-882-2146.
Unless otherwise noted, registration is required for all events and programs. To register for an event, program or screening, visit calendar.atlantichealth.org or call 1-800-247-9580, unless an alternative phone number is listed. Find us on Facebook for updates on selected events and calendar listings.

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>EVENT</th>
<th>DATE</th>
<th>TIME</th>
<th>TELEPHONE #</th>
</tr>
</thead>
<tbody>
<tr>
<td>175 High St., Newton, NJ 07860</td>
<td>DINNERS &amp; LECTURE SERIES, FEE: $8</td>
<td>Monday, September 19: The Benefits of Cardiac Rehab: Are You Eligible?</td>
<td>Dinner: 5:30pm; Lecture: 6:00pm</td>
<td>1-800-247-9580</td>
</tr>
<tr>
<td>Cancer Support Group</td>
<td>Thursdays, July 28, August 25 and September 22</td>
<td>3:00-4:00pm</td>
<td>973-579-8620</td>
<td></td>
</tr>
<tr>
<td>Stroke Support Group</td>
<td>Tuesdays, July 26, August 23 and September 27</td>
<td>6:00-7:00pm</td>
<td>973-579-8620</td>
<td></td>
</tr>
<tr>
<td>Alzheimer's/Dementia Caregivers Support Group</td>
<td>Saturdays, July 23, August 27 and September 24</td>
<td>10:00am-Noon</td>
<td>973-579-8620</td>
<td></td>
</tr>
<tr>
<td>Diabetes Support Group</td>
<td>Wednesday, August 3: Eye Care: I Can See Clearly Now</td>
<td>10:00-11:30am</td>
<td>973-579-8620</td>
<td></td>
</tr>
<tr>
<td>Bariatric Support Group</td>
<td>Tuesdays, July 5, August 2 and September 6</td>
<td>6:00-7:00pm</td>
<td>973-579-8620</td>
<td></td>
</tr>
<tr>
<td>Better Breathers Club</td>
<td>Tuesdays, July 26, August 23 and September 27</td>
<td>Noon-1:00pm</td>
<td>973-579-8473</td>
<td></td>
</tr>
<tr>
<td>Perinatal Loss Support Group</td>
<td>Tuesdays, July 12, August 9 and September 13</td>
<td>7:30-9:00pm</td>
<td>973-940-8140</td>
<td></td>
</tr>
<tr>
<td>Safe Sitter Babysitting Classes (for kids 11-14 years), FEE: $60</td>
<td>Wednesdays, July 13 and August 24; Saturday, September 17</td>
<td>8:30am-3:30pm</td>
<td>973-579-8340</td>
<td></td>
</tr>
<tr>
<td>Middle-Stage Alzheimer’s Disease: An Intensive for Caregivers</td>
<td>Wednesdays, August 17 and 24</td>
<td>6:30-8:30pm</td>
<td>1-888-280-6055</td>
<td></td>
</tr>
<tr>
<td>Late-Stage Alzheimer’s Disease: An Intensive for Caregivers</td>
<td>Thursdays, September 15 and 22</td>
<td>6:30-8:30pm</td>
<td>1-888-280-6055</td>
<td></td>
</tr>
<tr>
<td>Mammograms Save Lives: For those women who do not have insurance or not eligible through other screening programs; call 973-579-8622 to see if you qualify</td>
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<tr>
<td>Joint Replacement Education Session</td>
<td>Wednesdays, July 6, August 3 and September 7</td>
<td>Noon-2:00pm</td>
<td>973-579-8449</td>
<td></td>
</tr>
<tr>
<td>Yoga for EveryBody, FEE: $70 per six-week session; $12 per class</td>
<td>Mondays, July 18-August 29</td>
<td>6:30-7:30pm</td>
<td>973-579-8473</td>
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<tr>
<td>Quit Smoking Program (six-week session)</td>
<td>Tuesdays, September 13-Ocotber 18</td>
<td>6:00-7:30pm</td>
<td>973-579-8473</td>
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</tr>
<tr>
<td>Vascular Screening, FEE $50</td>
<td>Saturday, September 10</td>
<td>8:00am-3:00pm</td>
<td>973-579-8473</td>
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<tr>
<td>Co-Occurring Substance Abuse Group (16-week program)</td>
<td>Tuesdays</td>
<td>1:00-2:00pm</td>
<td>973-579-8473</td>
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<tr>
<td></td>
<td>Wednesdays</td>
<td>1:00-2:00pm</td>
<td>973-579-8473</td>
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<tr>
<td></td>
<td>Thursdays</td>
<td>8:00-9:00pm</td>
<td>973-579-8473</td>
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<tr>
<td>Coping With Anxiety</td>
<td>Thursdays</td>
<td>1:00-2:00pm</td>
<td>973-579-8473</td>
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<tr>
<td>DBT Group: A social skills program to help clients learn cognitive and behavioral skills through dialectical behavior therapy</td>
<td>Mondays</td>
<td>12:30-2:30pm</td>
<td>973-579-8473</td>
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</tr>
<tr>
<td>Garnet Valley Health &amp; Wellness, 89 Sparta Ave., Sparta, NJ 07871</td>
<td>Basic Life Support &amp; First Aid</td>
<td>Visit atlanticambulance.org for classes and locations.</td>
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</tbody>
</table>
BEHAVIORAL HEALTH
PSYCHOTHERAPY
GROUPS
Registration is required: 1-888-247-1400
For information: 973-579-8581

MATERNAL & CHILD
HEALTH PROGRAMS
Registration is required
for all classes: 973-579-8340

SPARTA HEALTH &
WELLNESS
All events are held at Sparta
Health & Wellness,
89 Sparta Ave., Sparta, NJ 07871

FREE NUTRITION
LECTURES AT
SUSSEX COUNTY YMCA
Call 973-209-9422 for
information and to register

Diabetes Support Group
Monday, July 11: Senior Services:
What Are Your Resources?
10:00-11:30am

Joint Replacement Education Session
(video conference)
Wednesdays, July 6, August 3 and September 7,
Noon-2:00pm

Assess Your Stress
Wednesdays, July 20, August 17 and September 21,
3:00-5:00pm

Parent LifeSkills Training (five sessions)
Mondays, July 11-August 8; August 22-September 19,
5:00-6:15pm
570-409-8484, ext. 501

Middle School (7th-9th grades) LifeSkills Training
[13 sessions]
Tuesdays, July 5-September 27, 4:15-5:30pm
570-409-8484, ext. 501

Savvy Caregiver (four sessions)
Wednesdays, July 6-27; August 17-September 7,
10:30am-Noon
570-409-8484, ext. 501

High School LifeSkills Training (10 sessions)
Thursdays, July 7-September 8, 3:30-4:45pm
570-409-8484, ext. 501

More Than Sad: For teens to understand depression
Wednesdays, July 13, August 17 and September 14,
4:00-5:00pm
570-409-8484, ext. 501

Parents for Prevention: Parents’ group
Thursdays, July 13, August 24 and September 21,
5:15-6:30pm
570-409-8484, ext. 501

Memory Screening
Thursday, September 22, 9:30-11:30am
### Hackettstown Medical Center Programs

**Summer 2016**

<table>
<thead>
<tr>
<th>Category</th>
<th>Event</th>
<th>Date and Time</th>
<th>Location</th>
<th>Telephone #</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Prenatal Education</strong></td>
<td>Moms Support Group</td>
<td>First and third Wednesday of every month, 9:30-11:00am</td>
<td>Hackettstown Medical Center, 651 Willow Grove Street, NJ 07840</td>
<td>908-850-6935</td>
</tr>
<tr>
<td></td>
<td>Childbirth Education Classes (five-week Thursday series or one-day Saturday session), <strong>Fee:</strong> $130</td>
<td>Thursdays, 6:30-8:30pm; call for dates Saturdays, 8:30am-3:30pm; call for dates</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
</tr>
<tr>
<td></td>
<td>Breastfeeding Education, <strong>Fee:</strong> $40</td>
<td>Tuesdays, June 14 or September 6, 6:30-9:00pm</td>
<td></td>
<td>908-850-6935</td>
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<tr>
<td></td>
<td>Newborn Baby Care, <strong>Fee:</strong> $30</td>
<td>Tuesdays, July 19 or September 13, 6:30-8:30pm</td>
<td></td>
<td>908-850-6935</td>
</tr>
<tr>
<td><strong>Screenings</strong></td>
<td>Blood Pressure Screening</td>
<td>First Wednesday of every month, 9:00-11:00am</td>
<td>Hackettstown Medical Center, 651 Willow Grove Street, NJ 07840</td>
<td>908-850-6935</td>
</tr>
<tr>
<td></td>
<td>Medication Review With Pharmacist</td>
<td>First Wednesday of every month, 10:00-11:00am</td>
<td>Hackettstown Medical Center, 651 Willow Grove Street, NJ 07840</td>
<td>908-850-6935</td>
</tr>
<tr>
<td></td>
<td>Blood Pressure Screening</td>
<td>Tuesdays, July 19, August 9 and September 13, 10:00am-Noon</td>
<td>ShopRite of Mansfield, Route 57 West, Mansfield, NJ 07840</td>
<td>908-850-6935</td>
</tr>
<tr>
<td></td>
<td>Prostate Cancer Screening</td>
<td>Monday, September 19, 5:00-6:30pm; appointment required</td>
<td>Willow Grove Medical Plaza, HMC Infusion Center, 653 Willow Grove Street, 3rd Floor, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
</tr>
<tr>
<td></td>
<td>Snoring Clinic</td>
<td>Tuesdays, July 19, August 16 or September 20, 5:00pm</td>
<td>Hackettstown Medical Center, Sleep Lab, 3rd Floor, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
</tr>
<tr>
<td><strong>Diabetes</strong></td>
<td>Diabetes Support Group</td>
<td>Mondays, July 25, August 22 and September 26, 7:00pm</td>
<td>Hackettstown Medical Center, Gene C. Milton Conference Room, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-850-6937</td>
</tr>
<tr>
<td></td>
<td>Prediabetes Workshop, <strong>Fee:</strong> $10</td>
<td>Thursday, July 14, 3:00-4:30pm</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
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<tr>
<td></td>
<td>Diabetes Management Series: An Education Program for People With Diabetes (call for fee)</td>
<td>Call for information</td>
<td>Call for information</td>
<td>908-850-6937</td>
</tr>
<tr>
<td><strong>Support Groups</strong></td>
<td>Patient &amp; Family Support Group</td>
<td>First and third Monday of every month, 6:00-7:00pm</td>
<td>Hackettstown Medical Center, Joan Knechel Cancer Center, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-441-1500</td>
</tr>
<tr>
<td></td>
<td>Breast Cancer Support Group</td>
<td>First and third Monday of every month, 7:00-8:30pm</td>
<td>Hackettstown Medical Center, Joan Knechel Cancer Center, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-441-1500</td>
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<tr>
<td></td>
<td>Look Good Feel Better</td>
<td>Call for dates and times</td>
<td>Hackettstown Medical Center, Joan Knechel Cancer Center, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>1-800-227-2345</td>
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<tr>
<td></td>
<td>Better Breathers Club</td>
<td>Thursdays, July 14, August 11 and September 8, 1:30-2:30pm</td>
<td>Hackettstown Medical Center, Conference Dining Room, 1st Floor, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-850-6819</td>
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<tr>
<td></td>
<td>Healthy Hearts</td>
<td>Wednesdays, July 6, August 3 and September 7, 12:30-1:30pm</td>
<td>Hackettstown Medical Center, Conference Dining Room, 1st Floor, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-850-6819</td>
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<tr>
<td></td>
<td>Family Education Series on Addiction</td>
<td>Tuesdays, 6:00-7:30pm</td>
<td>Hackettstown Medical Center Counseling Center, 112 East Avenue, Hackettstown, NJ 07840</td>
<td>908-850-6810</td>
</tr>
<tr>
<td></td>
<td>Tobacco Cessation</td>
<td>Call for dates and information</td>
<td>Hackettstown Medical Center, 651 Willow Grove Street, NJ 07840</td>
<td>908-850-6819</td>
</tr>
<tr>
<td>Category</td>
<td>Event Description</td>
<td>Date/Time/Location</td>
<td>Fee/Tickets</td>
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<tr>
<td>BLS for Healthcare Providers</td>
<td><strong>FEE: $85</strong> Visit atlantichealth.org/hackettstown for information</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
<td></td>
</tr>
<tr>
<td>Heartsaver CPR AED</td>
<td><strong>FEE: $50</strong> Visit atlantichealth.org/hackettstown for information</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
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<tr>
<td>Heartsaver First Aid</td>
<td><strong>FEE: $50</strong> Visit atlantichealth.org/hackettstown for information</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
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<tr>
<td>CPR for Family &amp; Friends</td>
<td><strong>FEE: $35</strong> Visit atlantichealth.org/hackettstown for information</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
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<tr>
<td>AHA e-Learning Option</td>
<td>(check online for fee)</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
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<tr>
<td>Pediatric First Aid CPR AED</td>
<td><strong>FEE: $75</strong> Visit atlantichealth.org/hackettstown for information</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
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<tr>
<td>CPR Training</td>
<td><strong>FEE: $4/session</strong> (first session is free; medical release required)</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
<td></td>
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<tr>
<td>Fall Risk Screening</td>
<td>Second Wednesday of every month, Noon-1:00pm; appointment required</td>
<td>Hackettstown Medical Center, Therapy Department, Suite 1700, 653 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
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<tr>
<td>Total Hip &amp; Knee Replacement: What to Expect</td>
<td>Tuesday, July 12, 11:00am; Wednesday, September 14, 6:00pm</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
<td></td>
</tr>
<tr>
<td>Tai Chi for Balance: New Students (six-week series)</td>
<td><strong>FEE: $25</strong></td>
<td>Bentley Commons at Paragon Village, 425 US Highway 46 East, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
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<tr>
<td>Tai Chi for Balance: Returning Students</td>
<td><strong>FEE: $4/class</strong></td>
<td>Bentley Commons at Paragon Village, 425 US Highway 46 East, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
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<tr>
<td>AARP Defensive Driving (must attend both classes)</td>
<td><strong>FEE: $15 for AARP members; $20 for nonmembers</strong></td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
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<tr>
<td>Babysitting Basics</td>
<td><strong>FEE: $35</strong></td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-6935</td>
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<tr>
<td>Get Fit Exercise Program</td>
<td>(call for fee)</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-441-1348</td>
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