6 EASY WAYS TO BOOST YOUR IMMUNE SYSTEM

DECISIONS, DECISIONS: Find the Right Care at the Right Place

The Benefits of Robot-Assisted Surgery

YOUR OPINION MATTERS
Complete our survey inside or online at wellawaresurvey.org
DEAR FRIENDS,

As we begin a new year, it’s the perfect time to reflect on continuous improvement, which drives us as an organization and as a community focused on wellness. Many of us made resolutions for 2017 to improve mind and body. Now, the hard work begins: turning resolutions into reality!

Health, hope and healing are promises we make to our patients and work hard every day to fulfill. They are also commitments we must make to ourselves – improving our outlook, nutrition and activities. Whether in boosting our immune systems, trying new foods or hitting the gym, we must remember that continuous improvement is just that – continuous. It must remain a daily focus.

Our ongoing commitment to health, hope and healing is supported by our talented team. In this issue, you’ll discover new ways our team is advancing clinical excellence through nursing research, ensuring second opinions are incorporated into patients’ support systems, and providing next-generation, robot-assisted surgery.

You’ll also find classes, activities and support groups to keep you active and involved. Events in Morristown, Newton and Hackettstown are on a single calendar, so you can easily find sessions at your preferred site.

I hope you will also complete our first ever Well Aware Reader Survey, either online or via the enclosed form. We need your feedback to ensure our content remains valuable for you.

Stay warm, keep improving and enjoy the season.

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.

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.

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An Epic Endeavor:

Atlantic Health System Progresses Toward Enhanced System Connectivity

Atlantic Health System continues foundational work for implementing Epic, a single, robust electronic health record system that spans all areas of patient care. In addition to electronically aligning the entire Atlantic Health System care network, patients will have enhanced and secure online access to their medical information. And, your entire team of Atlantic Health System providers will benefit as well – with more complete, readily available patient information, they will be better able to make well-informed treatment decisions quickly and accurately.

The Epic implementation schedule spans more than three years. Once foundational work is complete, the implementation phase begins, with Overlook Medical Center, Chilton Medical Center and Atlantic Home Care and Hospice first in line to go live in early 2018. Additional sites will initiate over subsequent months throughout the rest of the year.

The Epic system is also simultaneously being implemented at the physician practices of Atlantic Medical Group. More than 650 physicians are currently on Epic, allowing patient access to the “My Chart” patient portal and the ability to view lab results, email physicians’ offices and view key medical information.

Once Atlantic Health System is fully integrated on Epic, your patient care information will be easily shared between your physician’s office and any care environment that is part of Atlantic Health System, including inpatient hospital stays, imaging centers and even home care.

We look forward to sharing more details on the Epic implementation and the patient access features you can enjoy in the months and years ahead!

Newton Medical Center Recognized for Quality Care

U.S. News & World Report has recognized Atlantic Health System’s commitment to quality health care again. The prestigious organization has named Newton Medical Center a High Performing Hospital in chronic obstructive pulmonary disease (COPD) for 2016-2017.

The U.S. News & World Report analysis of hospitals includes data from nearly 5,000 centers across multiple clinical specialties, procedures and conditions. They considered patient outcome, nurse staffing and other care-related factors in the final scores.
New Grant From the Boomer Esiason Foundation Funds Innovative Cystic Fibrosis Research

The Gunnar H. Esiason Cystic Fibrosis Center, located at 435 South Street in Morristown, is a treatment facility for adults with cystic fibrosis. Thanks to a grant by the Boomer Esiason Foundation, the center has been able to increase its clinical capabilities and launch new and innovative clinical research.

"Because of innovative clinical centers like the Gunnar H. Esiason Cystic Fibrosis Center, the past few decades have brought an extraordinary amount of understanding to the disease, and increased the number of treatment options available," says Stanley B. Fiel, MD, regional chair, Department of Medicine, Atlantic Health System, and director of the Gunnar H. Esiason Cystic Fibrosis Center. "The survival rate continues to climb, and we hope through research and collaboration to one day find a cure for this chronic disease."

Founded in 1993 by Boomer Esiason and his wife, Cheryl, after their son Gunnar was diagnosed with cystic fibrosis, the Boomer Esiason Foundation (BEF) works to ensure that people living with CF and their loved ones are encouraged, empowered and educated to take an active role in treating the disease.

Please take our Reader Survey!

ALWAYS IMPROVING FOR YOU

Your feedback is very important to us. Please take a minute to fill out our quick survey at wellawaresurvey.org. You can also find the survey in the middle of the magazine.

Your responses will help us improve the magazine so we can continue to provide quality content.
The Women’s Association for Morristown Medical Center is pleased to announce that they will use the proceeds from the 18th Mansion in May 2017 Designer Showhouse and Gardens at Alnwick Hall – The Abbey in Morris Township to establish the Center for Nursing Innovation and Research at Morristown Medical Center. The Women’s Association will hold Mansion in May throughout the month of May 2017 during Morristown Medical Center’s 125th anniversary year.

Morristown Medical Center is focusing on making nursing innovation a strategic priority. The goal: to create a culture that encourages and rewards nurses to go beyond existing performance standards, build a foundation to sustain that culture and support Atlantic Health System’s mission to advance the art and science of healing.

The Center for Nursing Innovation and Research will provide a chance for nurses to meet, exchange ideas and design solutions for existing or emerging health concerns. Nursing innovation centers are gaining traction across the country, with the leading programs found at Penn Medicine, Texas Tech University and Massachusetts General Hospital. Morristown Medical Center will model the program after these industry leaders.

“Innovation has been part of our nursing culture for years, and the goal now is to bring the practice to the next level,” says Carol Jones, MSN, RN, NE-BC, chief nursing officer, Morristown Medical Center. “This center will be a place to spearhead creative ideas and projects by our nurses that improve efficiency, quality and patient outcomes with a focus on ambulatory care and post-acute care to reduce readmissions.”

“We are grateful to the Women’s Association for their support of our campaign to establish a Center for Nursing Innovation,” says Trish O’Keefe, PhD, RN, president, Morristown Medical Center. “This support will help us create a leading program and environment where new practice methods are designed and implemented to benefit our patients and the communities we serve.”
Easy Ways to Boost Your Immune System

Winter Health:

You may think getting a cold or the flu in winter is inevitable, but Maria Vila, DO, an integrative family medicine physician at the Chambers Center for Well Being, says, “The main ways to protect yourself from getting upper respiratory infections or flu are to strengthen your immune system through lifestyle choices.”

Here are six tips she recommends:

1. Focus on a diet high in fruits and vegetables, particularly those high in vitamin C and zinc. Supplements can be taken to support healthy eating, including vitamin C and zinc supplements, which have been shown to reduce cold duration. Colds are also more common in winter due to a lack of vitamin D. “We’re no longer out in the sun,” says Dr. Vila. “This vitamin D deficiency increases the risk of these conditions.”

2. Exercise in moderation. Dr. Vila says to be careful not to overdo it because exercising to the extreme actually depresses immune function.

3. Stay hydrated and limit alcohol. “Studies show that if you have more than one to two glasses of alcohol a day, that actually suppresses your immune system,” says Dr. Vila.

4. Get adequate sleep. Dr. Vila recommends seven to eight hours a night.

5. Reduce stress. Increased stress causes cortisol levels to rise, which weakens the immune response. Meditation is one way to reduce stress. “Meditation has been found to help decrease the number of respiratory infections and shorten their duration, making them less severe,” says Dr. Vila.

6. Get a flu shot. The Centers for Disease Control and Prevention (CDC) recommends that people get the flu vaccination, especially those at high risk for complications. High-risk individuals include those with asthma; diabetes; heart disease; and who have had a stroke, HIV or AIDS and cancer; as well as those 65 and older; pregnant women; and children younger than five, particularly those under two years old.

For more information, visit chamberscenterforwellbeing.org or call 973-971-6301.
A breast cancer diagnosis can change a person’s life. And during such devastating news, the sheer amount of information regarding treatment and follow-up care can quickly become overwhelming. However, patients are not alone in this fight.

Atlantic Health System’s Breast Cancer Second Opinion Program at Carol G. Simon Cancer Center, Overlook Medical Center, is helping provide peace of mind to recently diagnosed patients as well as those facing recurrence. The initiative gives patients the opportunity to have a team of physicians look over their medical records, explain the diagnosis and make recommendations.

YOUR SUPPORT SYSTEM
“As part of the program, patients meet with breast cancer specialists in either a group setting or one-on-one,” says Bonni Guerin, MD, director of breast cancer treatment and prevention for Carol G. Simon Cancer Center. “It gives patients an opportunity to ask a group of professionals any new questions that have come to mind since learning about her diagnosis.”

According to Dr. Guerin, second opinions often confirm a diagnosis and treatment plan, which helps the patient feel confident in her decision making. Sometimes, a second opinion offers a different approach. Either way, a second opinion can dramatically improve care when a patient takes the time to cover all bases in the decision process.

“Many patients desire a second opinion, but don’t know how to go about orchestrating one,” says Dr. Guerin. “At this point in the diagnosis, they’ve already been through the usual screenings and tests. We take things a step further and give her access to an entire team of pathologists, radiologists, surgeons and other providers. She gets additional perspective about her treatment, perhaps more treatment options like clinical trials, and – ultimately – confidence in her doctor’s recommendations and decisions.”

WHAT TO EXPECT
All it takes is a single phone call to set up the initial appointment. The patient’s paperwork and records are then sent over, and a group of physicians evaluate everything before the visit. Once the patient comes in, she gets the chance to meet the doctors and receive individualized attention. At the end of the appointment, the patient gets a written copy of the panel’s recommendations.

“By making time for the patient to speak to several experts at once, we reduce the patient’s need for additional medical visits and give them all the information they need to make the best health care decisions.”

While some patients may be wary of seeking a second opinion, Dr. Guerin reassures them that second opinions are a common occurrence.

“A good physician will support a patient’s search for a second opinion,” she says. “We can help you with the process to make it easier. Our goal is to help women achieve the best care possible for their specific diagnosis.”

For more information about the Breast Cancer Second Opinion Program, call 908-522-6210 or visit atlantichealth.org/secondopinion.

“...”

– Bonni Guerin, MD
FIND THE RIGHT CARE AT THE RIGHT PLACE

True or False?

• The best place to get care for extreme bleeding is a walk-in clinic.
• The best place to get care for chest pain is your primary care physician (PCP).
• The best place to get care for early signs of flu is the emergency room.

If you answered “false” for each question, you’re right. The “best place” for care depends on what you and your family need.*

“Patients sometimes make the choice between their primary care physician, a walk-in clinic or emergency room because one is more convenient for them,” says Jamie L. Rygielski, DO, of Atlantic Health System’s Hackettstown Family Medicine. But different facilities have different levels of equipment and specialists, she says. And obviously, some cost more than others.

“Our staff is very experienced, but we can’t get immediate results of blood work and advanced tests that are important to quickly confirm and treat serious conditions,” says Ian Brodrick, MD, medical director for Rockaway Family Medicine Associates. “The emergency department does. Going there first for serious issues can save you valuable, sometimes lifesaving, time.”

Likewise, emergency room experts say your PCP is the better place to evaluate symptoms before your health worsens. “If you think you might have the flu, for example, call your PCP for an appointment early,” says Anthony J. Brutico, DO, medical director for the emergency department at Newton Medical Center. “Don’t wait until you become so sick that the emergency room is your only choice.”

A QUICK GUIDE

Not sure where to go or when? Physicians with Atlantic Health System offer the following tips:

• For anything “extreme” – bleeding, pain, shortness of breath, losing consciousness – call 911.
• Call your PCP when you can, even after hours. Some insurance plans also offer advice through a nurse line.
• Plan ahead. If you have an injury or symptoms of an illness are getting worse, call your PCP as early as possible to get advice and maybe an appointment.
• Locate the nearest walk-in clinic. This is not the place for emergencies, and they do not replace your PCP. But staff there can treat minor cuts or broken bones, and moderate flare-ups of asthma or diarrhea, for example.

*As for the quiz above: For chest pain and extreme bleeding, the emergency room is best. For flu, call your PCP early.

Money

Some insurance plans do not cover urgent care and walk-in clinics, or one location might cost you more. Your primary care physician is usually the best place to start for most health care, except for true emergencies. When you can, a call to both your PCP and your insurance provider will help you find the right care at the best cost.

In an emergency, call 911 immediately.
Making Strides:
Cutting-Edge Care for Brain Tumor Patients

A dvancement in the treatment of brain tumors offers hope to the nearly 700,000 people in the United States living with a brain tumor. According to the American Brain Tumor Association, there will be more than 78,000 new cases of brain tumor diagnoses this year. The program at Atlantic Health System’s Brain Tumor Center of New Jersey provides comprehensive diagnosis and treatment to those living in the New Jersey region.

INNOVATIVE TREATMENTS
According to Kurt Jaeckle, MD, medical director and neuro-oncologist for the Brain Tumor Center of New Jersey, new treatments include drugs that target the genetic signatures of tumors as well as treatments that activate the immune system to target tumors. He says there are two general types of brain tumors: those that start in the brain (primary), and those that begin in another part of the body and spread to the brain (metastatic). The most common tumors that move from the body to the brain are found in the breast and the lung. Malignant, or cancerous, tumors are often treated with surgery, radiation or chemotherapy.

“In the last four years, molecular profiling has been used to tell us more about tumors,” says Dr. Jaeckle. “We are starting to unravel the genes that are important in determining prognosis. This is an advance over the older classification system, which previously graded tumors based on the physical appearance of the tumor slices as viewed under a microscope.”

DRIVEN BY RESEARCH
Dr. Jaeckle, who most recently joined the center from Mayo Clinic, plans to expand the program by adding a portfolio of cutting-edge clinical trials. In addition to research, Dr. Jaeckle would like to broaden the clinical program based on the needs of the region. “You don’t have just one doctor involved, but you have a team of people offering a multidisciplinary focused effort to provide expertise and good care to the people of New Jersey. This allows them to receive treatments here, rather than having to travel long distances.”

For more information, call the Brain Tumor Center of New Jersey at 908-522-5914.
Because of the precision of new computer-guided equipment, more and more patients at Atlantic Health System’s Morristown Medical Center are realizing the benefits of robot-assisted surgery.

“We have the most sophisticated technology for this type of surgery,” says Ayal Kaynan, MD, director of minimally invasive and robotic surgery for Morristown Medical Center. “And our physicians are embracing the advantages these tools offer. That’s important, because when we can use this equipment to safely avoid traditional ‘open’ surgery, it’s better for our patients.”

“Minimally invasive” refers to using tiny tools, small incisions (cuts) and special techniques. This combination reduces blood loss as well as the risk of infection and recovery time. So some patients who might stay in the hospital up to seven days after traditional surgery, for example, can return home the next day.

Options and advances

At Morristown Medical Center, surgeons can choose from three different robots, including the da Vinci Xi® surgical robot, plus a variety of other advanced tools. Three-dimensional images and special lighting give clear views inside the body. Ultrasound during the procedure helps surgeons evaluate different types of tissue in real time. Computer-guided tools give them better precision than is possible with the human hand.

Together, these investments allow Morristown Medical Center’s experienced robotic surgical team to complete more complex surgery of the colon, gallbladder, bowels and kidneys, as well as surgeries for urological, gynecological and cancer conditions.

“Some types of hernia repair are very complex and almost always require open surgery. But here at Morristown, the robot allows us to do these surgeries in a minimally invasive fashion with less pain and quicker recovery,” says Michael Hernando, MD, board-certified surgeon for Morristown Surgical Associates.

“We have the team and the equipment to provide the best of robot-assisted surgery to Morristown,” Dr. Kaynan says. “Looking ahead, it’s exciting to see how the explosion of technology will bring even more advances here for our patients.”

For more information, visit atlantichealth.org/morristownrobotics.
With winter here, odds are that you’ve seen root vegetables pop up more and more at your local grocery store or market. After all, they are hard to miss – root vegetables are not exactly the most visually appealing. Consumers who get past their looks, however, will be rewarded with a hefty nutrient profile.

“Although they can be ugly, these vegetables are full of nutrition and can be used in a variety of ways – they’re very versatile,” says Mary Finckenor, registered dietitian for Morristown Medical Center. “And their flavors change depending on how you cook them. They could become sweeter or more savory.”

A WEALTH OF POSSIBILITIES
Carrots and potatoes are some of the more common root vegetables, but Finckenor notes that other ones like beets, turnips and rutabagas deserve the spotlight as well. “They are all rich in vitamins, and you can get really creative in recipes,” she says. “You can roast them, grill them, make them into a puree ... there’s so much you can do.”

According to Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center, one of the big benefits of root vegetables is bulk. Root vegetables can contain a lot of fiber, which helps with satiety.

“Because of their bulk, they can fill you up fast,” Lombardi says. “This can help you avoid overeating and curb unhealthy snacking.”

HANDLE WITH CARE
Since these vegetables can look rough around the edges, picking out the best ones at your local vendor might not seem like an easy feat. Rest assured, though, that the methods you use for checking other vegetables apply here.

“You want to make sure they’re free of any bruises or soft spots and avoid anything that is shriveled up,” says Jane DeWitt, registered dietitian for Hackettstown Medical Center.

Root vegetables are also easy to store, according to DeWitt. They have a longer shelf life than their peers. Storing them in a cool, dark space, such as a bag, and not leaving them out on a counter is a good idea.

“Under the right conditions, they can last you months,” she says. “They’re great vegetables.”

Roasted Root Vegetables

Recipe provided by Christina Lavner, RD, Oncology Services, Chilton Medical Center

Ingredients
1 cup diced raw beets
4 diced carrots
1 diced onion
2 cups diced potatoes
4 minced cloves of garlic
¼ cup canned garbanzo beans, drained

2 tablespoons olive oil
1 tablespoon dried thyme leaves
Salt and pepper to taste
½ cup dry white wine
1 cup torn beet greens

Directions
1. Preheat oven to 400°F (200°C).
2. Place the beets, carrots, onion, potatoes, garlic and garbanzo beans into a 9x13 baking dish and drizzle with the olive oil; season with thyme, salt and pepper (use sparingly). Mix well.
3. Bake, uncovered, for 30 minutes; stir midway.
4. After 30 minutes, remove baking dish and stir in wine. Return to oven and cook until the wine is mostly evaporated and the vegetables are tender. Then stir in beet greens and allow them to wilt from the heat of the vegetables. Serve.
When it comes to heart disease and cholesterol levels, it pays to know your family history. One of the most common inherited disorders in the country – familial hypercholesterolemia (FH) – occurs in approximately one in 250 individuals. However, 90 percent of them have not been diagnosed or treated, leading to progressive coronary disease and premature heart attacks. Robert Fishberg, MD, a clinical cardiologist, has led research at Atlantic Health System that is focusing on changing that.

Dr. Fishberg is the local principal investigator in a national registry designed to identify and track individuals with FH over time. According to Christina Flora, clinical research coordinator, the registry looks at people across the country who have FH to see if they are being timely diagnosed. “Many people struggle for years with diet and exercise only to learn it is never going to work. They have lost a lot of years where they could have been treated,” she says.

Dr. Fishberg explains that there are two types of FH: heterozygous FH, where the genetic mutation is inherited from one parent, and the rarer form, homozygous FH, where the genetic mutation is inherited from both parents. Next-generation DNA sequencing has made the precise diagnosis of this genetic abnormality a reality. Knowing the actual defect would allow screening of possibly affected relatives. “We don’t discuss family history as well as we should. If someone has FH, you should focus not only on them but on all their relatives.”

In addition, research by Dr. Fishberg focuses on a new class of medication, PCSK9 inhibitors that can lower low-density lipoprotein (“bad” cholesterol) up to 70 percent in combination with a statin. Two of these agents have recently been approved by the FDA for high-risk patients. “The PCSK9 inhibitors are one of the most important developments in cardiology over the last 20 years,” he says.

For more information about FH and FH research trials, contact Dr. Fishberg at 973-467-0005.
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, January 18, February 15 and March 15, 3:00-5:00pm
PLACE: Milford Health & 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; 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 Group
TIME AND DATE: Thursdays, 10:30am-Noon; Fridays, 12:30-1:30pm

Depression & Anxiety Recovery Group
TIME AND DATE: Wednesdays, 11:00am-Noon
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information on all programs listed above, call 973-579-8581.
Registration is required for all the above groups. Call 1-888-247-1400.

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.

More Than Sad (for teens)
TIME AND DATE: Wednesdays, January 11, February 8 and March 8, 4:00-5:00pm
PLACE: Milford Health & Wellness, 111 E. Catharine St., Milford, PA 18337
For more information and to register, call 570-409-8484, ext. 501.

Psychotherapy Group
TIME AND DATE: Thursdays, 6:00-7:00pm

Veteran’s PTSD Group
TIME AND DATE: Alternate Thursdays, 5:00-6:00pm

Voices (12-week sessions)
For details and start date, call 973-579-8581.
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860

Wellness and Recovery Group
TIME AND DATE: Alternate Tuesdays, 2:00-3:00pm

Women’s Depression and Anxiety Group
TIME AND DATE: Mondays, 10:15-11:15am
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8581.

Breast Cancer Support Group
TIME AND DATE: Tuesdays, January 10, February 14 and March 14, 6:00-8:00pm
PLACE: Sparta Health & Wellness, Conference Room, 89 Sparta Ave., Sparta, NJ 07871
For more information, call 1-800-227-2345.

Cancer Support Group
TIME AND DATE: Thursdays, January 26, February 23 and March 23, 3:00-4:00pm
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8620.

Educational Programs
Bereavement Program: 973-971-5585
Caregivers Presentation and Luncheon: 973-971-4063
Head & Neck Cancer Care Program: 973-971-4063
Look Good, Feel Better: 1-800-ACS-2345
Post Breast Surgery Program: 973-971-5169
Preparing for Breast Cancer Surgery: 973-971-6175
Prostatectomy Pre-operative Class: 973-971-6800
Sexuality and Cancer: 973-971-4063
Smoking Cessation Support: 973-971-7971

*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
PLACE: Hackettstown Medical Center, Joan Knechel Cancer Center, 651 Willow Grove St., Hackettstown, NJ 07840
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
PLACE: Milford Health and Wellness, 111 E. Catharine St., Milford, PA 18337
For more information, call 973-579-8622.
ongoing support Groups

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 973-971-6299.

Ongoing Support Groups
In-Treatment Support Group
Living With Advanced Cancer Support Group
Post-Treatment 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

Gentle Yoga
TIME AND DATE: Ongoing
FEE: $15

Healthy Cooking Classes
TIME AND DATE: Monthly classes
FEE: $20 per person

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

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
For more information, call 973-971-7230.

Interactive Metronome
This is a series of 17 appointments over eight weeks. For more information, call 973-971-6301 and then press #1.

Lifestyle Change Program
TIME AND DATE: Day and evening programs
FEE: $600 for the 12-week program
PLACE: Chambers Center for Well Being,
435 South St., Morristown, NJ 07960
For more information, 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: $250 for the six-week program
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.

COMMUNITY HEALTH & SCREENINGS

Babysitting Basics
TIME AND DATE: Mondays, February 13 and 20; March 13 and 20, 5:30-8:30pm
FEE: $45
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: Second Tuesday of every month, 10:00am-Noon
PLACE: Mansfield ShopRite, Route 57, Mansfield, NJ 07840

Brown-Bag Checkup
TIME AND DATE: Monday, January 16, 10:00am-12:30pm; Wednesday, February 15, 1:00-3:30pm; Wednesday, March 15, 10:00am-12:30pm
PLACE: Morristown Medical Center Health Pavilion, 3rd Floor Conference Room 2, 333 Mount Hope Ave., Rockaway, NJ 07866

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.
**Hypnosis for Smoking Cessation**  
**TIME AND DATE:** Wednesdays, January 25 and March 8, 7:00-9:00pm  
**FEE:** $70  
**PLACE:** 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960

**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, January 21, February 18 and March 18, 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:** Tuesdays, January 17, February 21 and March 21, 5:00pm  
**PLACE:** Hackettstown Medical Center, Sleep Lab, 3rd Floor, 651 Willow Grove St., Hackettstown, NJ 07840  
For more information, call 973-971-5524.

**Diabetes Support Group:**  
**Oral Care and Diabetes**  
**TIME AND DATE:** Fridays, January 4 and February 1, 10:00-11:30am  
**Stress Busters and Relaxation Techniques**  
**TIME AND DATE:** Wednesday, March 1, 6:30-8:00pm  
**PLACE:** Hackettstown Medical Center, 175 High St., Newton, NJ 07860  
Programs are free. To register, call 1-800-247-9580.

**Lifestyle Changes for Diabetes Prevention and Management**  
**TIME AND DATE:** Thursday, January 19, 4:00-5:30pm  
**OR**  
**TIME AND DATE:** Tuesday, February 28, 10:00-11:30am  
**FEE:** $10 per person  
**PLACE:** Hackettstown Medical Arts Building Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840

**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.

**Yoga for EveryBody**  
**TIME AND DATE:** Mondays, January 9-February 27, 6:30-7:50pm  
**FEE:** $90 for eight weeks or $15/class  
**AND/OR**  
**TIME AND DATE:** Mondays, March 6-April 24, 6:30-7:50pm  
**FEE:** $90 for eight weeks or $15/class  
**PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860  
For more information, call 973-579-8340.

**ACLS**  
**FEE:** $150  
Register online at atlantichealth.org/hackettstown.

**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
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.

For classes and locations, visit Atlantic Training Center at atlanticambulance.org.

NUTRITION

FREE NUTRITION LECTURES AT SUSSEX YMCA:
Healthy Meal Planning and Goal Setting for 2017
TIME AND DATE: Wednesday, January 4, Noon
Heart-Healthy Meal Planning:
Fats and Cholesterol
TIME AND DATE: Wednesday, February 1, Noon
National Nutrition Month:
Best Fork Forward
TIME AND DATE: Wednesday, March 1, Noon; Wednesday, March 8, 7:00pm
For more information, call 973-209-9622.

PARENTING & CHILDBIRTH

Aqua Aerobics (for pregnant moms and up to 6 weeks postpartum)
TIME AND DATE: Wednesdays ongoing, 6:45-7:45pm
FEE: $100
PLACE: Atlantic Rehabilitation, 95 Mount Kemble Ave., Morristown, NJ 07960
For more information, call 973-971-5027.

Breastfeeding
TIME AND DATE: Tuesday, March 14, 6:30-9:00pm
FEE: $40
Baby Care Class
TIME AND DATE: Tuesday, February 7, 6:30-8:30pm
Childbirth Education Classes
TIME AND DATE: Thursdays, February 16-March 16, 6:30pm-8:30pm
OR
Saturday, March 11, 8:30am-3:30pm
FEE: $130
PLACE: Newton Medical Center,

175 High St., Newton, NJ 07860
To register, call 1-800-247-9580.

Breastfeeding Education
TIME AND DATE: Tuesday, January 10, 6:30-9:00pm
FEE: $40
Childbirth Education Classes
TIME AND DATE: Thursdays, January 5-February 2; March 30-April 27, 6:30-8:30pm
OR
TIME AND DATE: Saturday, January 14, 8:30am-3:30pm
FEE: $130
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
To register, call 1-800-247-9580.

Breathing and Relaxation Class
TIME AND DATE: Thursdays monthly, 6:00-8:00pm
For more information, call 973-971-5027.
Breastfeeding Your Baby
TIME AND DATE: Wednesdays ongoing, 6:00-8:30pm
FEE: $35
Especially for Siblings
TIME AND DATE: Saturdays ongoing, 9:30-11.00am
PLACE: Morristown Medical Center, 100 Madison Ave., Morristown NJ 07960
FEE: $50
For more information, call 973-971-5027.

Maternity Center Tours
TIME AND DATE: Wednesdays, January 18, February 15 and March 15, 8:00-9:00pm
OR
TIME AND DATE: Saturdays, January 21, February 18 and March 18, 10:00-11:00am
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, March 7 and Wednesday, March 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.

Back in Time: The Battle of Verdun 1916
TIME AND DATE: Tuesdays, February 21 or February 28, 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: Tuesdays, 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, March 15, 10:00-11:30am
PLACE: Sparta Health & Wellness, Conference Room, 89 Sparta Ave., Sparta, NJ 07871
Program is free. To register, call 973-579-8390.

Creative Open Studio
PLACE: Atlantic Rehabilitation, 95 Mount Kemble Ave., Morristown, NJ 07960
For more information, call 973-971-4483.

EARLY BIRD SPECIAL DINNER & LECTURE SERIES: Talking With Your Doctor, Taking an Active Role in Your Health Care
TIME AND DATE: Tuesday, March 21 (snow date: Wednesday, March 29)
Dinner – 4:30pm; Lecture – 6:00pm
FEE: $3
PLACE: Newton Medical Center, Romano Conference Center, 175 High St., Newton, NJ 07960
To register, call 1-800-247-9580.

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

Gentle Yoga
TIME AND DATE: Wednesdays, beginning January 11, 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

Heart-to-Heart Tea & Talk
TIME AND DATE: Thursdays, January 12, February 9 and March 9, 10:00-11:00am
PLACE: Lakeland Hills YMCA, 100 Fanny Road, Mountain Lakes, NJ 07046
Program is free. To register, call 1-800-247-9580.
Joint-Friendly Exercise
TIME AND DATE: Wednesdays, 2:00pm
FEE: $5 per class
PLACE: Bentley Commons at Paragon Village, 425 US Highway 46 East, Hackettstown, NJ 07840
To register, call 908-850-6935.

Joint Replacement Education Session
TIME AND DATE: Wednesdays, January 4, February 1 and March 1, Noon-2:00pm
PLACE: Newton Medical Center, Romano Conference Center, 175 High St., Newton, NJ 07860 (videoconference available at Milford Health & Wellness)
For more information and to register, call 1-800-247-9580.

Line Dancing
TIME AND DATE: Fridays, beginning January 13, 4:30-5:30pm
FEE: $50 for 10 weeks; drop-in fee is $6
PLACE: Morristown Medical Center Health Pavilion, 3rd Floor Conference Room, 333 Mount Hope Ave., Rockaway, NJ 07866

Senior Fitness
TIME AND DATE: Thursdays, beginning January 12, 10:00-11:30am
FEE: $50 for 10 weeks; drop-in fee is $6
PLACE: 435 South St., 3rd Floor Conference Room, Morristown, NJ 07960
To register, call 1-800-247-9580.

Shake It Up
TIME AND DATE: Mondays and Thursdays, 2:00-3:15pm
FEE: $5 per session
PLACE: Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information, call 908-850-6935.

Tai Chi for Balance
TIME AND DATE: Wednesdays, starting January 25, 5:00pm
FEE: $50 for 10 weeks

Tai Chi for Balance: Returning Students
TIME AND DATE: Tuesdays, 5:15pm
FEE: $5 per session
PLACE: Bentley Commons at Paragon Village, 425 US Highway 46 East, Hackettstown, NJ 07840
For more information, call 908-850-6935.

Tea and Talk
TIME AND DATE: Thursdays, January 12, February 9 and March 9, 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, February 21, 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

Alzheimer’s/Dementia Caregivers Support Group
TIME AND DATE: Saturdays, February 27 and March 19, 10:00am–Noon
PLACE: Newton Medical Center, Romano Conference Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8600.

The Arc of New Jersey
TIME AND DATE: Third Thursday of every month, 5:00-7:00pm
PLACE: Hackettstown Medical Center, Conference Dining Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840

Mended Hearts Chapter 56
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.

Mindfulness Group
TIME AND DATE: Wednesdays, 11:00am–Noon
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8581.

Multiple Sclerosis
TIME AND DATE: Second Monday of every month, 7:00-9:00pm
PLACE: Hackettstown Medical Center, Gene C. Milton Conference Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840

Better Breathers Club
TIME AND DATE: Tuesdays, January 24, February 28 and March 28, Noon-1:15pm
PLACE: Newton Medical Center, Romano Conference Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8473.

Surfing Arts Group
TIME AND DATE: Alternate Thursdays, 2:00-3:00pm
PLACE: Newton Medical Center, 175 High St., Newton, NJ 07860
For more information, call 973-579-8581.

Healthy Hearts
TIME AND DATE: Wednesdays, January 4, February 1 or March 1, 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 973-714-3988.

Male Caregiver Support Group
TIME AND DATE: First Thursday of every month, 7:00-9:00pm
PLACE: Gagnon Cardiovascular Institute, Wilf Conference Room, 100 Madison Ave., Morristown, NJ 07960
For more information, call 973-214-1572.

Bariatric Support Group
TIME AND DATE: Tuesdays, January 3, February 7 and March 7, 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: Thursdays, January 12, February 9 and March 9, 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.
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.

**Overeaters Anonymous**
**TIME AND DATE:** Sundays, 9:00-10:00am  
**PLACE:** Hackettstown Medical Center, Conference Dining Room, 1st Floor, 651 Willow Grove St., Hackettstown, NJ 07840

**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 973-940-8140.

**Perinatal Loss Support Group**  
**TIME AND DATE:** Tuesdays, January 10, February 14 and March 14, 7:30-9:00pm  
**PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860  
For more information, call 973-579-8581.

**Social Skills for Adults Group** (10-week sessions)  
**TIME AND DATE:** Wednesdays, 1:00-2:00pm  
**PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860  
For more information, call 973-579-8581.

**Social Skills for Children**  
**TIME AND DATE:** Wednesdays, 4:30-5:30pm  
**PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860  
For more information, call 973-579-8581.

**Stroke Caregivers Meeting**  
**TIME AND DATE:** Third Thursday of every month, 2:00-3:00pm  
**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 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.

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

**Tobacco Relapse Prevention**  
**TIME AND DATE:** Wednesdays, January 4, February 1 and March 1  
**PLACE:** Newton Medical Center, Conference Center, 175 High St., Newton, NJ 07860

**Trauma Informed Peer Support Group**  
**TIME AND DATE:** Mondays, 3:00-4:00pm  
**PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860  
For more information, call 973-579-8581.

**Quit Smoking Program**  
**TIME AND DATE:** Tuesdays, January 19-February 14, 6:00-7:30pm  
**PLACE:** Newton Medical Center, 175 High St., Newton, NJ 07860  
For more information, call 973-579-8581.

**Weight Loss Surgery Support Group**  
**TIME AND DATE:** Third Tuesday of every month, 6:00-7:00pm  
**PLACE:** Metabolic Medicine Center, 435 South St., Suite 330, Morristown, NJ 07960  
For more information, call 1-877-644-9682.

**MISCELLANEOUS**

**High School LifeSkills Training**  
**TIME AND DATE:** Thursdays, January 5-March 9, 3:30-4:45pm  
**Middle School LifeSkills Training**  
**TIME AND DATE:** Tuesdays, January 3-March 28, 4:15-5:30pm  
**Parents for Prevention: Parents Group**  
**TIME AND DATE:** Thursdays, January 5, February 9 and March 6, 5:15-6:30pm  
**Parent LifeSkills Training**  
**TIME AND DATE:** Mondays, January 9-February 13, 9:30-10:45am; February 20-March 16, 5:15-6:30pm  
**Savvy Caregiver**  
**TIME AND DATE:** Wednesdays, January 4, January 11, January 18, January 25, February 1 and March 8, 10:30am-Noon  
**PLACE:** Milford Health & Wellness, 111 E. Catharine St., Milford, PA 18337  
For more information, call 570-409-8484, ext. 501.
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

1. Morristown Medical Center
   (includes Carol G. Simon Cancer Center and Gannnon Cardiovascular Institute)
   100 Madison Ave., Morristown, NJ 07960
   973-971-5000

2. Outpatient Medicine
   (includes Atlantic Medical Group multispecialty medical care, lab and radiology)
   435 South St., Morristown, NJ 07960
   973-660-3105

3. Atlantic Sports Health
   111 Madison Ave., Morristown, NJ 07960
   973-971-6898

4. Atlantic Rehabilitation
   95 Mount Kemble Ave., Morristown, NJ 07960
   973-971-4481

5. Goryeb Children's Hospital
   100 Madison Ave., Morristown, NJ 07960
   973-971-5000

6. Overlook Medical Center
   (includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)
   99 Beauvoir Ave., Summit, NJ 07901
   908-522-2000

7. Overlook, Union Campus
   (includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)
   1000 Galloping Hill Road, Union, NJ 07083

8. Overlook Downtown
   (includes Center for Well Being – Atlantic Integrative Medicine and Overlook Medical Center Community Health)
   357 Springfield Ave., Summit, NJ 07901
   908-598-7997

9. Newton Medical Center
   175 High St., Newton, NJ 07860
   973-383-2121

10. Hackettstown Medical Center
    651 Willow Grove St., Hackettstown, NJ 07840
    908-852-5100

11. Milford Health & Wellness Urgent Care
    111 E. Catharine St., Milford, PA 18337
    570-409-8484

12. Sparta Health & Wellness
    89 Sparta Ave., Sparta, NJ 07871
    973-726-4232

13. Chambers Center for Well Being
    435 South St., Morristown, NJ 07960
    973-971-6301

14. Chilton Medical Center
    97 W. Parkway, Pompton Plains, NJ 07444
    973-831-5000

15. Medical Institute of New Jersey
    11 Saddle Road, Cedar Knolls, NJ 07927
    973-267-2122

16. Chilton Ambulatory Care Center
    (includes Chilton Imaging and Outpatient Laboratory Services)
    1900 Union Valley Road, Hewitt, NJ 07421
    1-855-862-2778

17. Morristown Medical Center Health Pavilion
    (includes Atlantic Medical Group multispecialty medical care, walk-in services, lab and radiology)
    333 Mount Hope Ave., Rockaway, NJ 07866
    973-895-6404

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