### Chesapeake Center for Well Being/ Integrative Medicine

<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>CHANCES OF LIVING WELL</strong></td>
<td>Mindfulness-Based Stress Reduction (MBRR), FEE: $400 for the nine-week program</td>
<td>Ongoing programs throughout the year; call for dates and times</td>
<td>Morristown Medical Center, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
<tr>
<td><strong>CHANCES OF LIVING WELL</strong></td>
<td>Cook Your Way to Good Health, FEE: $80 for the four-week program</td>
<td>Free information sessions available; call for dates and times</td>
<td>Chambers Center for Well Being, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
<tr>
<td><strong>CHANCES OF LIVING WELL</strong></td>
<td>Dean Dinman Program</td>
<td>Ongoing programs throughout the year; call for dates and times</td>
<td>Chambers Center for Well Being, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
<tr>
<td><strong>CHANCES OF LIVING WELL</strong></td>
<td>Spa Services</td>
<td>Call for more information or to make an appointment</td>
<td>Chambers Center for Well Being, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
<tr>
<td><strong>CHANCES OF LIVING WELL</strong></td>
<td>Interactive Mermetone Program</td>
<td>For more information</td>
<td>Chambers Center for Well Being, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
<tr>
<td><strong>CHANCES OF LIVING WELL</strong></td>
<td>Mindful Teens, FEE: $200 for the six-week program</td>
<td>Ongoing programs throughout the year; call for dates and times</td>
<td>Chambers Center for Well Being, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
</tbody>
</table>

### Children’s & Parenting

<table>
<thead>
<tr>
<th>Category</th>
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<th>Date and Time</th>
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<th>Telephone #</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diabetes &amp; Wellness</strong></td>
<td>Diabetes Education Classes (three sessions)</td>
<td>Thursday, 1:00-3:30pm; 5:00-7:30pm; random and group classes call for more information</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
<tr>
<td><strong>Diabetes &amp; Wellness</strong></td>
<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>
</tr>
<tr>
<td><strong>Diabetes &amp; Wellness</strong></td>
<td>Gestational Diabetes Education Classes</td>
<td>Tuesday, 8:30-11:00am</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
<tr>
<td><strong>Diabetes &amp; Wellness</strong></td>
<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><strong>Diabetes &amp; Wellness</strong></td>
<td>Type 1 and Insulin Pumpers Group</td>
<td>Thursday, April 7, 4:00-5:00pm</td>
<td>Morristown Medical Center, McTown Cabé, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
</tbody>
</table>

### Cancer Care Support for Patients & Their Families

<table>
<thead>
<tr>
<th>Category</th>
<th>Event</th>
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<th>Location</th>
<th>Telephone #</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CANCER CARE</strong></td>
<td>Mindfulness-Based Stress</td>
<td>Ongoing programs throughout the year; call for dates and times</td>
<td>Chambers Center for Well Being, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
<tr>
<td><strong>CANCER CARE</strong></td>
<td>Breast Cancer Support Group</td>
<td>For more information on our post-treatment programs, please call 973-682-2146.</td>
<td>Chambers Center for Well Being, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
<tr>
<td><strong>CANCER CARE</strong></td>
<td>Prostate Cancer Support Group</td>
<td>For more information on our cancer center programs and services, please call 973-682-2146.</td>
<td>Chambers Center for Well Being, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
</tbody>
</table>

### Health & Wellness

<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>Health &amp; Wellness</strong></td>
<td>HIV Support Group: Beyond the Insurance</td>
<td>Second and fourth Thursday of every month; 7:00-10:00pm</td>
<td>Overlook Medical Center, 99 Beauvoir Avenue, Summit, NJ 07901</td>
<td>973-971-4555</td>
</tr>
<tr>
<td><strong>Health &amp; Wellness</strong></td>
<td>Weight Loss Support Group</td>
<td>Thursday, 5:00-7:00pm</td>
<td>Metabolic Medicine Center, 435 South Street, Suite 330, Morristown, NJ 07960</td>
<td>1-877-464-1682</td>
</tr>
<tr>
<td><strong>Health &amp; Wellness</strong></td>
<td>Approaches to Weight Loss</td>
<td>Thursday, 5:00-7:00pm</td>
<td>Metabolic Medicine Center, 435 South Street, Suite 330, Morristown, NJ 07960</td>
<td>1-877-464-1682</td>
</tr>
<tr>
<td><strong>Health &amp; Wellness</strong></td>
<td>Hypnosis for Weight Reduction, FEE: $75</td>
<td>Thursday, June 14, August 11 and September 8, 7:00-10:00pm</td>
<td>435 South Street, 3rd Floor Conference Room, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
<tr>
<td><strong>Health &amp; Wellness</strong></td>
<td>Hypnosis for Smoking Cessation, FEE: $70</td>
<td>Thursday, 12th and 19th, 6:00-8:00pm</td>
<td>435 South Street, 3rd Floor Conference Room, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
<tr>
<td><strong>Health &amp; Wellness</strong></td>
<td>Male Caregiver Support Group</td>
<td>First Thursday of every month, 7:00-9:00pm</td>
<td>Peter Flemming, 973-214-1572</td>
<td>973-971-5524</td>
</tr>
</tbody>
</table>

### Heart Health

<table>
<thead>
<tr>
<th>Category</th>
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<th>Telephone #</th>
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</thead>
<tbody>
<tr>
<td><strong>Heart Health</strong></td>
<td>Blood Pressure and Glucose Screening</td>
<td>First Friday of every month, Noon-3:00pm</td>
<td>Paraplegic ShopRite, 600 Route 66, Parsippany, NJ 07054</td>
<td>973-971-5524</td>
</tr>
<tr>
<td><strong>Heart Health</strong></td>
<td>Mended Hearts Chapter 56</td>
<td>Fourth Saturday of each month, 10:00-12:00pm</td>
<td>Gaggen Cardiologist Institute, 3rd Floor Conference Room, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
<tr>
<td><strong>Heart Health</strong></td>
<td>Stroke Support Group for Survivors and Caregivers</td>
<td>Third Thursday of every month, 1:00-3:00pm</td>
<td>Stroke Support Group, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
<tr>
<td><strong>Heart Health</strong></td>
<td>Support Group: After Stroke – Sharing With Families Stroke Caregivers Meeting</td>
<td>Third Thursday of every month, 1:00-3:00pm</td>
<td>Atlantic Rehabilitation, 95 Mount Kemble Avenue, Ground Floor, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
</tbody>
</table>

### Senior Health

<table>
<thead>
<tr>
<th>Category</th>
<th>Event</th>
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<th>Telephone #</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Senior Health</strong></td>
<td>Music Expressions: Healing Melodies</td>
<td>Wednesday, July 6, 4th, and September 7, 4:15-5:45pm</td>
<td>Morristown Medical Center, Simon Lobby, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
<tr>
<td><strong>Senior Health</strong></td>
<td>Mended Hearts Chapter 56</td>
<td>Wednesday, July 6, 4th, and September 7, 4:15-5:45pm</td>
<td>Morristown Medical Center, Simon Lobby, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
<tr>
<td><strong>Senior Health</strong></td>
<td>Senior Fitness, FEE: $50</td>
<td>Thursdays, 10:00-11:30am</td>
<td>435 South Street, 3rd Floor Conference Room, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
<tr>
<td><strong>Senior Health</strong></td>
<td>Caregiver Education Series</td>
<td>Tuesday, 4:00-6:00pm</td>
<td>435 South Street, 3rd Floor Conference Room, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
<tr>
<td><strong>Senior Health</strong></td>
<td>New Vitality Screening and Rescreening Day</td>
<td>Friday, July 27, 2:00-5:00pm</td>
<td>435 South Street, 3rd Floor Conference Room, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
<tr>
<td><strong>Senior Health</strong></td>
<td>Ten O’Clock Tea and Talk</td>
<td>Monday, September 9, 10:00-11:30am</td>
<td>Randolph YMCA, Program House, 14 Dover Chestor Road, Randolph, NJ 07869</td>
<td>973-366-1120</td>
</tr>
<tr>
<td><strong>Senior Health</strong></td>
<td>Creative Open Studio</td>
<td>Monday, 10:00-11:00am; Thursday, 2:00-3:00pm</td>
<td>Atlantic Rehabilitation, 95 Mount Kemble Avenue, Morristown, NJ 07960</td>
<td>973-971-6989</td>
</tr>
</tbody>
</table>
CATEGORIES

ONLINE LECTURES SERIES, FEE: $8

Cancer Support Group

Thursdays, July 28, August 25 and September 21
3:00-4:00 pm
973-579-8620

Stroke Support Group

Tuesdays, July 24, August 23 and September 27
6:00-7:00 pm
973-579-8620

Alzheimer’s/Dementia Caregivers Support Group

Saturdays, July 23, August 27 and September 24
10:00 am-Neon

Diabetes Support Group

Wednesday, August 3:
Eye Care: I Can See Clearly Now
10:00-11:30 pm

Bariatric Support Group

Tuesdays, July 5, August 2 and September 6
6:00-7:00 pm

Better Breathers Club

Tuesdays, July 26, August 23 and September 27
Noon-1:00 pm
973-579-8673

Perinatal Loss Support Group

Tuesdays, July 12, August 9 and September 13
7:30-9:00 pm
973-940-8160

Safe Sitter Babysitting Classes (for kids 11-14 years), FEE: $60

Co-Occurring Substance Abuse Group (16-week program)

Tuesdays
1:00-2:00 pm

Coping With Anxiety

Wednesdays
1:00-2:00 pm

OBET Group: Ideas for self-care program to learn cognitive and behavioral skills

Mondays
12:30-3:00 pm

OBET Group for Adults: 12 rotating sessions highlighting essential digital/craft skills; must have active therapist

Tuesdays
11:30 am-12:30 pm

Depression Group

Thursdays
10:30 am-Noon

Depression and Anxiety Recovery Group

Fridays
12:30-1:30 pm

Healing Arts Group

Alternate Tuesdays
2:00-3:00 pm

Living With Chronic Illness

Fridays
11:00 am-Noon

Psychotherapy Group

Thursdays
6:00-7:00 pm

Women’s Anxiety and Depression Group

Mondays
10:15-11:15 am

Veterans’ PTSD Group

Alternate Thursdays
5:00-6:00 pm

Maternal & Child Health Programs

Registration is required for all classes: 973-579-8540

Prepared Childbirth Classes, FEE: $120

Call for dates and times

Breastfeeding, FEE: $40

Wednesday, August 17
6:30-9:00 pm

Newborn Parenting, FEE: $40

Sunday, July 17
9:30 am-2:00 pm

Sibling Preparation Class, FEE: $15/child

Sunday, July 17
2:30-4:00 pm

Maternity Center Tours

Wednesday, July 20, August 17 and September 21
8:00-9:00 pm

Saturday, July 23, August 20 and September 24
10:00 am-11:00 am

Parent LifeSkills Training (five sessions)

Mondays, July 11-August 22-September 19, 5:00-6:15 pm
570-409-8484, ext. 501

Middle School (7th-8th grades) LifeSkills Training (13 sessions)

Tuesdays, July 5-September 7, 6:15-9:30 pm
570-409-8484, ext. 501

Savvy Caregiver (four sessions)

Wednesdays, July 6-27, August 17-September 7, 10:30-12 pm
570-409-8484, ext. 501

High School LifeSkills Training (10 sessions)

Thursdays, July 6-September 7, 6:30-9:30 pm
570-409-8484, ext. 501

More Than Sad: For teens to understand depression

Wednesdays, July 13-August 17 and September 14, 6:00-8:00 pm
570-409-8484, ext. 501

Parents for Prevention: Parents’ group

Thursdays, July 13-August 21 and September 25, 5:15-6:30 pm
570-409-8484, ext. 501

Memory Screening

Thursdays, September 22, 9:30-11:30 am

NEWTON MEDICAL CENTER PROGRAMS

175 High St., Newton, NJ 07860

NEWTON Medical

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 1-800-267-9580, unless an alternative phone number is listed. Find us on Facebook for updates on selected events and calendar listings.

CATEGORY EVENT DATE TIME TELEPHONE #

ONLINE LECTURES SERIES, FEE: $8

Dinner: 5:30 pm; Lecture: 6:00 pm

Cancer Support Group

Thursdays, July 28, August 25 and September 21
3:00-4:00 pm
973-579-8620

Stroke Support Group

Tuesdays, July 24, August 23 and September 27
6:00-7:00 pm
973-579-8620

Alzheimer’s/Dementia Caregivers Support Group

Saturdays, July 23, August 27 and September 24
10:00 am-Neon

Diabetes Support Group

Wednesday, August 3:
Eye Care: I Can See Clearly Now
10:00-11:30 pm

Bariatric Support Group

Tuesdays, July 5, August 2 and September 6
6:00-7:00 pm

Better Breathers Club

Tuesdays, July 26, August 23 and September 27
Noon-1:00 pm
973-579-8673

Perinatal Loss Support Group

Tuesdays, July 12, August 9 and September 13
7:30-9:00 pm
973-940-8160

Safe Sitter Babysitting Classes (for kids 11-14 years), FEE: $60

Co-Occurring Substance Abuse Group (16-week program)

Tuesdays
1:00-2:00 pm

Coping With Anxiety

Wednesdays
1:00-2:00 pm

OBET Group: Ideas for self-care program to learn cognitive and behavioral skills

Mondays
12:30-3:00 pm

OBET Group for Adults: 12 rotating sessions highlighting essential digital/craft skills; must have active therapist

Tuesdays
11:30 am-12:30 pm

Depression Group

Thursdays
10:30 am-Noon

Depression and Anxiety Recovery Group

Fridays
12:30-1:30 pm

Healing Arts Group

Alternate Tuesdays
2:00-3:00 pm

Living With Chronic Illness

Fridays
11:00 am-Noon

Psychotherapy Group

Thursdays
6:00-7:00 pm

Women’s Anxiety and Depression Group

Mondays
10:15-11:15 am

Veterans’ PTSD Group

Alternate Thursdays
5:00-6:00 pm

Maternal & Child Health Programs

Registration is required for all classes: 973-579-8540

Prepared Childbirth Classes, FEE: $120

Call for dates and times

Breastfeeding, FEE: $40

Wednesday, August 17
6:30-9:00 pm

Newborn Parenting, FEE: $40

Sunday, July 17
9:30 am-2:00 pm

Sibling Preparation Class, FEE: $15/child

Sunday, July 17
2:30-4:00 pm

Maternity Center Tours

Wednesday, July 20, August 17 and September 21
8:00-9:00 pm

Saturday, July 23, August 20 and September 24
10:00 am-11:00 am

Parent LifeSkills Training (five sessions)

Mondays, July 11-August 22-September 19, 5:00-6:15 pm
570-409-8484, ext. 501

Middle School (7th-8th grades) LifeSkills Training (13 sessions)

Tuesdays, July 5-September 7, 6:15-9:30 pm
570-409-8484, ext. 501

Savvy Caregiver (four sessions)

Wednesdays, July 6-27, August 17-September 7, 10:30-12 pm
570-409-8484, ext. 501

High School LifeSkills Training (10 sessions)

Thursdays, July 6-September 7, 6:30-9:30 pm
570-409-8484, ext. 501

More Than Sad: For teens to understand depression

Wednesdays, July 13-August 17 and September 14, 6:00-8:00 pm
570-409-8484, ext. 501

Parents for Prevention: Parents’ group

Thursdays, July 13-August 21 and September 25, 5:15-6:30 pm
570-409-8484, ext. 501

Memory Screening

Thursdays, September 22, 9:30-11:30 am

FREE NUTRITION LECTURES AT SUSSEX COUNTY YMCA

CALL 973-239-5224 FOR INFORMATION AND TO REGISTER
<table>
<thead>
<tr>
<th>CATEGORY</th>
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<th>LOCATION</th>
<th>TELEPHONE #</th>
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<tbody>
<tr>
<td>PRENATAL EDUCATION</td>
<td>Moms Support Group</td>
<td>First and third Wednesday of every month, 9:30-11:00am</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
</tr>
<tr>
<td></td>
<td>Childbirth Education Classes (five-week Thursday series or one-day Saturday session), FEE: $150</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>908-850-4935</td>
</tr>
<tr>
<td></td>
<td>Breastfeeding Education, FEE: $40</td>
<td>Tuesdays, June 14 or September 6, 6:30-9:00pm</td>
<td>Hackettstown Medical Center, 651 Willow Grove Street, 1st Floor Lobby, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
</tr>
<tr>
<td></td>
<td>Newborn Baby Care, FEE: $30</td>
<td>Tuesdays, July 19 or September 13, 6:30-8:30pm</td>
<td>Hackettstown Medical Center, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
</tr>
<tr>
<td>SCREENINGS</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, 1st Floor Lobby, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
</tr>
<tr>
<td></td>
<td>Medication Review With Pharmacist</td>
<td>First Wednesday of every month, 9:00-11:00am</td>
<td>Hackettstown Medical Center, 651 Willow Grove Street, 1st Floor Lobby, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
</tr>
<tr>
<td></td>
<td>Blood Pressure Screening</td>
<td>Tuesdays, July 19, August 9 and September 13, 10:00am-Noon</td>
<td>Shoppes of Mansfield, Route 57 West, Mansfield, NJ 08736</td>
<td>908-850-4935</td>
</tr>
<tr>
<td></td>
<td>Prostate Cancer Screening</td>
<td>Monday, September 19, 5:00-8:00pm; appointment required</td>
<td>Willow Grove Medical Plaza, HMA Infusion Center, 653 Willow Grove Street, 3rd Floor, Hackettstown, NJ 07840</td>
<td>908-850-4935</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>908-850-4935</td>
</tr>
<tr>
<td>DIABETES</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, 1st Floor, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
</tr>
<tr>
<td></td>
<td>Prediabetes Workshop, FEE: $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>908-850-4935</td>
</tr>
<tr>
<td>SUPPORT GROUPS</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>908-850-4935</td>
</tr>
<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>
</tr>
<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, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
</tr>
<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, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
</tr>
<tr>
<td></td>
<td>Family Education Series on Addiction</td>
<td>Tuesdays, 6:00-7:30pm</td>
<td>Hackettstown Medical Center, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
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<td>Tobacco Cessation</td>
<td>Call for dates and information</td>
<td>Hackettstown Medical Center, 651 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
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<td>CPR</td>
<td>BLS for Healthcare Providers, FEE: $85</td>
<td>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>908-850-4935</td>
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<td>HeartSaver CPR AED, FEE: $50</td>
<td>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>908-850-4935</td>
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<td>HeartSaver First Aid, FEE: $50</td>
<td>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>908-850-4935</td>
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<td>CPR for Family &amp; Friends, FEE: $35</td>
<td>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>908-850-4935</td>
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<td>AHA e-Learning Option (check online for fee)</td>
<td>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>908-850-4935</td>
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<td>Pediatric First Aid CPR AED, FEE: $75</td>
<td>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>908-850-4935</td>
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<tr>
<td>HEALTHLINK SENIOR PROGRAM</td>
<td>Shake It Up, FEE: $4/session (first session is free; medical release required)</td>
<td>Mondays and Thursdays, 2:00-3:15pm</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
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<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>908-850-4935</td>
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<td>Total Hip &amp; Knee Replacement: What to Expect</td>
<td>Tuesday, July 12, 11:00am Wednesday, September 14, 11:00pm</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
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<td>Tai Chi for Balance - New Students (six-week series), FEE: $25</td>
<td>Thursdays, beginning September 8, 5:30pm</td>
<td>Bentley Commons at Paragon Village, 425 US Highway 46 East, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
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<td>Tai Chi for Balance - Returning Students, FEE: $4/class</td>
<td>Ongoing classes, 5:00pm; call for information</td>
<td>Bentley Commons at Paragon Village, 425 US Highway 46 East, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
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<td>AARP Defensive Driving (must attend both classes), FEE: $15 for AARP members, $20 for nonmembers</td>
<td>Tuesday, August 29; Thursday, September 1, 9:00am-12:30pm</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
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<td>Back in Time: Battle of Bunker Hill</td>
<td>Tuesday, August 23, 10:30am</td>
<td>Hackettstown Medical Center, 651 Willow Grove Street, Gene C. Milton Conference Room, 1st Floor, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
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<td>COMMUNITY HEALTH</td>
<td>Babysitting Basics, FEE: $35</td>
<td>Thursday, July 12; Wednesday, July 13, 10:00am-Noon Tuesday, August 16; Wednesday, August 17, 10:00am-Noon</td>
<td>Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840</td>
<td>908-850-4935</td>
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<td>Get Fit Exercise Program (call for fee)</td>
<td>Monday-Saturday; call for times</td>
<td>Hackettstown Medical Center, Therapy Department, Suite 1700, 653 Willow Grove Street, Hackettstown, NJ 07840</td>
<td>908-441-1568</td>
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