Welcome to New Vitality, your source for health and wellness programs designed specifically for adults 65+, offered through Atlantic Health System at Chilton Medical Center, Morristown Medical Center, Overlook Medical Center, Newton Medical Center and Hackettstown Medical Center.

For more information about New Vitality, call 1-844-472-8499 or visit atlantichealth.org/newvitality.
SPECIAL EVENT

ANNUAL WOMEN’S EVENT: LIVE YOUR LIFE WITH LAUGHTER

We all need a lot more laughter in our lives, so join us for a fun-filled evening as comedians Karen Krents and Marion Grodin entertain us with their hilarious stories and experiences. Enjoy a full-course dinner, spend time shopping with our boutique vendors for your holiday gifts, and enjoy a night out for yourself. A glass of wine is included and cash bar is available. Limited 50/50 cash raffle. Register early, as seating is limited.

Thursday, October 17, 5:30pm
$50
Preakness Hills Country Club, 1050 Ratzer Road, Wayne

Sponsored by:

EXERCISE

AQUACISE (JOINT-FRIENDLY)
Cardiovascular fitness, endurance and flexibility in chest-deep water. Bring a lock, towel and swim cap.
Mondays, October 14 to December 9 (no class November 25); AND/OR Wednesdays, October 16 to December 11 (no class November 27), Noon to 12:45pm
$48 for each eight-week session
New York Sports Club, 1481 Route 23 South, Butler

BETTER BONES – BEGINNER
Work your muscles to increase core strength, overall muscle tone and improve balance. Bring a mat and handheld weights.
Thursdays, October 24 to December 19 (no class November 28), 11:30am to 12:30pm
$48 for all eight weeks
Wayne Presbyterian Church, 1200 Alps Road, Wayne

BETTER BONES – INTERMEDIATE
For individuals who have already completed at least two sessions of Better Bones – Beginner. Bring 1-, 2- or 3-pound handheld weights.
Tuesdays, October 22 to December 17 (no class November 26); AND/OR Thursdays, October 24 to December 19 (no class November 28), 10:15 to 11:15am
$48 for each eight-week session
Wayne Presbyterian Church, 1200 Alps Road, Wayne

LITE & FIT
Light strength training, some chair exercises, no floor work. Bring a light set of handheld weights.
Tuesdays, October 22 to December 17 (no class November 26); AND/OR Thursdays, October 24 to December 19 (no class November 28), 2:00 to 3:00pm
$40 for each eight-week session

MUSCLES IN MOTION
Increase your core strength and overall muscle tone. Bring a mat and handheld weights. Resistance equipment will be provided.
Mondays, October 21 to December 16 (no class November 25), 4:30 to 5:30pm
$64 for all eight weeks

THE POWER HOUR
Promotes muscular endurance, balance and bone strengthening. Bring a set of handheld weights and a mat.
Wednesdays, October 23 to December 18 (no class November 27), 5:30 to 6:30pm
$64 for all eight weeks

ZUMBA® FITNESS
Combines low- and high-intensity moves for an interval style, calorie-torching dance/fitness party.
Thursdays, October 24 to December 19 (no class November 28), 5:45 to 6:45pm
$64 for all eight weeks

ZUMBA® GOLD
Dance into shape to international rhythms. Body, mind and soul workout.
Mondays, October 21 to December 16 (no class November 25), 1:00 to 1:45pm; AND/OR Wednesdays, October 23 to December 18 (no class November 27), 10:00 to 10:45am; AND/OR Fridays, October 25 to December 20 (no class November 29), 10:00 to 10:45am

Unless otherwise noted, all Chilton programs take place at Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains.
New Vitality | Preregistration is required for all programs. Call 1-844-472-8499. Fall 2019 | 3

$48 for each eight-week session
Wayne Presbyterian Church, 1200 Alps Road, Wayne

ZUMBA® GOLD AT CHILTON
Thursdays, October 24 to December 19
(no class November 28), 1:00 to 1:45pm
$40 for all eight weeks

ZUMBA® GOLD TONING AT CHILTON
An easy-to-follow dance fitness program for active older adults who want to focus on muscle conditioning and light weight activity.
Mondays, October 21 to December 16
(no class November 25), 11:00 to 11:45am
$40 for all eight weeks

ZUMBA® TONING
This class blends body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class. Bring a set of light handheld weights.
Wednesdays, October 23 to December 11, 7:00 to 8:00pm
$40 for all eight weeks

FREE MALL WALKER PROGRAM
Participants may walk from 7:00 to 10:00am, Monday through Saturday, and 9:00 to 11:00am on Sunday at Willowbrook Mall in Wayne. Call 973-831-5367 to register for an ID badge, which you will need prior to walking in the mall.

ARTHRITIS EXERCISE PROGRAM (JOINT-FRIENDLY)
Gentle activities help increase joint flexibility and maintain range of motion. Class size is limited – register early.
Mondays, October 14 to December 9
(no class November 25), 1:30 to 2:15pm OR 2:30 to 3:15pm
$40 for all eight weeks

HATHA YOGA
Integration of body, mind and breath. Bring a yoga mat. Yoga blocks not required but recommended.
Tuesdays, October 22 to December 10,
6:30 to 7:30pm
$64 for all eight weeks

MEDITATION FOR MINDFUL WELL-BEING
The art of meditation is to center the mind toward one focus. Come experience various mindful contemplative exercises to discover what a sense of well-being means to you.
Mondays, October 21 to December 9,
6:30 to 7:30pm
$64 for all eight weeks

T’AI CHI CHIH® – BEGINNER (JOINT-FRIENDLY)
A series of simple, non-martial movements that anyone can do.
Thursdays, October 24 to December 19
(no class November 28),
9:45 to 10:45am
$40 for all eight weeks

T’AI CHI CHIH® – INTERMEDIATE (JOINT-FRIENDLY)
This class will introduce Seijaku (advanced T’ai Chi Chih). Participants must complete at least two beginner sessions prior to taking this intermediate class.
Tuesdays, October 22 to December 10,
10:00 to 11:00am
$40 for all eight weeks

T’AI CHI CHIH® – BEGINNER (JOINT-FRIENDLY)
A series of simple, non-martial movements that anyone can do.
Thursdays, October 24 to December 19
(no class November 28),
9:45 to 10:45am
$40 for all eight weeks

HEALTH

ARTHITIS AND TOTAL JOINT REPLACEMENT
Learn basic knowledge about age-related arthritis and degenerative changes in your hip and knee and what you can do to slow the process, reduce pain and remain strong and active. The basics about joint replacement surgery, minimally invasive techniques, use of

INTEGRATED WELLNESS

ARTHITIS AQUATICS PROGRAM (JOINT-FRIENDLY)
Exercise without putting excess strain on your joints. Bring a lock, towel and swim cap to the class.
Thursdays, October 17 to December 12
(Noon to 12:45pm
$48 for all eight weeks
New York Sports Club, 1481 Route 23 South, Butler

HATHA YOGA FOR CANCER SURVIVORS
Reduce stress, strengthen your body, boost your immune system and minimize physical discomfort during your cancer treatment. This complimentary eight-week program is funded by Chilton Medical Center Foundation. To register, call 973-831-5311.
Saturdays, October 5 to November 23,
9:45 to 10:45am
Chilton Medical Center, Collins Pavilion, 97 West Parkway, Pompton Plains
technology and the outcomes expected will also be discussed. The Health Center at Bloomingdale will provide a light breakfast. Presented by Orthopedic Surgeon Casey M. Pierce, MD. **Friday, November 1, 10:00am**

**GUIDE TO WINTER SKIN CARE**
Join us to learn how to change up your skin routine when colder weather strikes and enjoy a winter glow. Get the best tips and tricks while also getting to try and take home new products. Presented by Maxine Zawaski, Beauty Advisor from ShopRite of Lincoln Park. **Thursday, November 14, 7:00pm**
Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains

**HEALTHY HOLIDAY EATING WITH DIABETES**
Holidays tend to be a challenging time for people with diabetes to manage their blood sugar. Join us to learn how to plan for the holidays and successfully keep your diabetes in control. An interactive lecture and a live cooking/tasting demonstration will help you make healthier food choices while enjoying tasty treats. Presented by Dina Hulbert, RD, CDE. **Wednesday, November 20, 2:00pm**

**HEALTHY LIVING FOR YOUR BRAIN AND BODY**
When you’ve taken steps to care for your mind and body, you’ll be better equipped to live your best life. Learn the latest tips to age well in the areas of cognitive activity, social engagement, nutrition and physical health. Presented by Robyn Kohn, MA. **Thursday, November 7, 7:00pm**
Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains

**LIFESTYLE CHANGES TO REDUCE YOUR RISK OF BREAST CANCER**
While mammograms remain the best and most-studied screening tool for detecting breast cancer, a healthy diet has been linked with a lower risk of breast cancer. Learn what you can do to lower your risk by changing some of your modifiable risk factors. Llanfair House Care & Rehabilitation will provide light refreshments. Presented by Margaret Sacco, MD. **Wednesday, October 23, 1:00pm**

**THE PATH TO BETTER HEALTH**
This four-part series is geared to help those struggling with chronic illness by providing support and education around different aspects of disease (and life) management. Some of the topics covered will be managing your symptoms and emotional health, developing healthy eating and exercise habits, and improving activities of daily living. Participants must attend all four dates. **Mondays, November 4 to 25, 10:00 to 11:30am**
Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains

**THE POWER TO END STROKE**
The Power to End Stroke is an education and awareness campaign seeking to reduce the incidence of stroke. Join us to learn how to prevent, treat and beat stroke so you can live your best life. Milford Manor Nursing & Rehabilitation will provide a light, healthy breakfast. Presented by Fiona Ahern, RN, Stroke Program Manager. **Wednesday, October 30, 10:00am**

**PROSTATE HEALTH: CANCER AND BEYOND**
Growing older raises your risk for prostate problems. Not all are cancer. Join our expert to learn more about prevention, warning signs, risk factors, screening options, and what to ask your doctor. Lakeview Rehabilitation & Care Center will provide light refreshments. Presented by Abraham Knoll, MD. **Wednesday, October 30, 2:00pm**

**WALK WITH A DOC**
On the third Wednesday of each month at 9:00am, participants will hear a short presentation on a health topic offered by a physician from the Chilton community, and then go for a walk together. The program is open to all levels and abilities. For more information, call 973-831-5475. Willowbrook Mall, Wayne (meet in the food court)

**LIFE ENRICHMENT**

**CHRISTMAS TRADITIONS**
This holiday presentation includes original photographs, vintage images and more to explore Christmas traditions. Also learn how historical figures shaped how we celebrate the holiday. Presented by Kevin Woyce. **Friday, December 6, 10:00am**
$5

**THE HEALING ART OF WRITING**
In this five-week workshop, allow the creative process to work its magic in a safe and supportive environment, as we explore aspects of finding our own style and voice. Course is limited to 10 participants. Presented by Dianne Herald DiMella. **Mondays, October 21 to November 25 (no class November 18)**
$25 for all five weeks

**ICHABOD CRANE, WASHINGTON IRVING AND THE LEGEND OF SLEEPY HOLLOW**
Join us for this interactive one-man interpretation of the story of the headless horseman, which draws the audience into the schoolmaster’s...
THE REAL HISTORY OF THANKSGIVING
One of the greatest American holidays sprang from a blend of history, myth and folklore. The true history of the feast, how long it lasted, the REAL menu items, and how Thanksgiving became a national holiday. Presented by Glenn W. LeBoeuf.
Friday, November 15, 10:00am
$5

WE HONOR AMERICA
In recognition of Veterans Day, this one-hour slide, music and lecture celebrates each branch of our Armed Forces, as well as those heroic Americans lost serving our country. Several burial sites, both here and abroad, are shown and discussed, including the grave of General George S. Patton. Presented by Dr. James P. Kane.
Wednesday, November 6, 10:00am
$5

FOUNDATION EVENT
PAINT THE TOWNS PINK
2019 marks the 11th annual Paint the Towns Pink campaign to benefit the Breast Center at Chilton. Consider supporting this cause by visiting participating local businesses during the month of October. For more information, call the Chilton Medical Center Foundation at 973-831-5165.

AUXILIARY TREE OF LIGHTS
Purchase a light in honor of, or in memory of, that special person in your life. Your light will shine throughout the holiday season, and donor and honoree names will be on display in the hospital lobby throughout the months of December and January. To purchase a light or for more information, call the Chilton Medical Center Auxiliary office at 973-831-5345. Join us for the annual tree lighting, which will include entertainment and refreshments on Wednesday, December 4, 5:00pm

NUTRITION
ABCs OF VITAMINS AND MINERALS
Join us to learn about the essential nutrients for your body and in what foods they are found. Presented by Megan Scutti, MS, RD, ShopRite of West Milford.
Monday, November 25, 7:00pm
Atlantic Health Pavilion, 242 West Parkway, 2nd Floor Conference Room, Pompton Plains

SUPER FOODS FOR FALL: WHAT COLOR IS YOUR DIET?
Have you heard that it is important to “eat a rainbow” of foods? This fall, dive into the colors of various functional foods and unlock the health benefits that may already be on your plate. Tasting and recipes included. Presented by Heather Shasa, MS, RD, ShopRite of Little Falls.
Wednesday, November 13, 2:00pm

SATISFYING SOUPS WITHOUT THE EXCESS FAT AND CALORIES
As we move toward winter, we start to think of comfort foods, and soup is at the top of the list. Low-fat and low-calorie soups can still be flavorful, satisfying and super healthy. Lighten up your soups while keeping the flavor and the health benefits. Tasting and recipes included. Presented by Tara Bonanno, MPH, RD, ShopRite of Oakland.
Friday, November 8, 10:00am

FALL PRODUCE PICKS TO ADD TO YOUR PLATE
This is the perfect time to celebrate the seasonal gems of autumn. Learn about the satisfying and hearty vegetables at their peak in the fall season and their many health benefits. Recipes and tasting included. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.
Wednesday, November 6, 2:00pm

SATISFYING SOUPS WITHOUT THE EXCESS FAT AND CALORIES
As we move toward winter, we start to think of comfort foods, and soup is at the top of the list. Low-fat and low-calorie soups can still be flavorful, satisfying and super healthy. Lighten up your soups while keeping the flavor and the health benefits. Tasting and recipes included. Presented by Tara Bonanno, MPH, RD, ShopRite of Oakland.
Friday, November 8, 10:00am

FALL PRODUCE PICKS TO ADD TO YOUR PLATE
This is the perfect time to celebrate the seasonal gems of autumn. Learn about the satisfying and hearty vegetables at their peak in the fall season and their many health benefits. Recipes and tasting included. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.
Wednesday, November 6, 2:00pm

SATISFYING SOUPS WITHOUT THE EXCESS FAT AND CALORIES
As we move toward winter, we start to think of comfort foods, and soup is at the top of the list. Low-fat and low-calorie soups can still be flavorful, satisfying and super healthy. Lighten up your soups while keeping the flavor and the health benefits. Tasting and recipes included. Presented by Tara Bonanno, MPH, RD, ShopRite of Oakland.
Friday, November 8, 10:00am

FALL PRODUCE PICKS TO ADD TO YOUR PLATE
This is the perfect time to celebrate the seasonal gems of autumn. Learn about the satisfying and hearty vegetables at their peak in the fall season and their many health benefits. Recipes and tasting included. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.
Wednesday, November 6, 2:00pm

SATISFYING SOUPS WITHOUT THE EXCESS FAT AND CALORIES
As we move toward winter, we start to think of comfort foods, and soup is at the top of the list. Low-fat and low-calorie soups can still be flavorful, satisfying and super healthy. Lighten up your soups while keeping the flavor and the health benefits. Tasting and recipes included. Presented by Tara Bonanno, MPH, RD, ShopRite of Oakland.
Friday, November 8, 10:00am

FALL PRODUCE PICKS TO ADD TO YOUR PLATE
This is the perfect time to celebrate the seasonal gems of autumn. Learn about the satisfying and hearty vegetables at their peak in the fall season and their many health benefits. Recipes and tasting included. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.
Wednesday, November 6, 2:00pm

SATISFYING SOUPS WITHOUT THE EXCESS FAT AND CALORIES
As we move toward winter, we start to think of comfort foods, and soup is at the top of the list. Low-fat and low-calorie soups can still be flavorful, satisfying and super healthy. Lighten up your soups while keeping the flavor and the health benefits. Tasting and recipes included. Presented by Tara Bonanno, MPH, RD, ShopRite of Oakland.
Friday, November 8, 10:00am

FALL PRODUCE PICKS TO ADD TO YOUR PLATE
This is the perfect time to celebrate the seasonal gems of autumn. Learn about the satisfying and hearty vegetables at their peak in the fall season and their many health benefits. Recipes and tasting included. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.
Wednesday, November 6, 2:00pm

SATISFYING SOUPS WITHOUT THE EXCESS FAT AND CALORIES
As we move toward winter, we start to think of comfort foods, and soup is at the top of the list. Low-fat and low-calorie soups can still be flavorful, satisfying and super healthy. Lighten up your soups while keeping the flavor and the health benefits. Tasting and recipes included. Presented by Tara Bonanno, MPH, RD, ShopRite of Oakland.
Friday, November 8, 10:00am

FALL PRODUCE PICKS TO ADD TO YOUR PLATE
This is the perfect time to celebrate the seasonal gems of autumn. Learn about the satisfying and hearty vegetables at their peak in the fall season and their many health benefits. Recipes and tasting included. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.
Wednesday, November 6, 2:00pm
EXERCISE

GENTLE YOGA
Gentle yoga class for older adults. Mostly chair and standing poses. 
**Wednesdays, October 9 to December 11 (no class November 27), 10:30 to 11:30am**  
*45 for all nine weeks

INTERMEDIATE YOGA
This yoga class is for those who are comfortable with mat and standing poses. Please bring a mat.  
**Wednesdays, October 9 to December 11 (no class November 27), 12:30 to 1:30pm**  
*45 for all nine weeks

INTRODUCTION TO ZUMBA® GOLD
Dance your way to increased stamina, balance and fitness with this fun six- session introductory class featuring international rhythms.  
**Fridays, October 25 to December 6 (no class November 29), 1:30 to 2:15pm**  
*35 for all six weeks

LITE & FIT
Light strength training. Bring a light set of handheld weights to the first class.  
**Thursdays, October 24 to December 19 (no class November 28), 10:00 to 11:00am**  
*40 for all eight weeks

Municipal Complex, 50 Woodland Avenue, Morris Township

HEALTH

ARTHTRITIS AND TOTAL JOINT REPLACEMENT
Looking to maintain a great quality of life and active lifestyle into your later years? Our fellowship-trained orthopedic surgeon will discuss basic knowledge about age-related degenerative changes in your hip and knee and how they affect mobility. Learn about what you can do to slow the process, reduce pain and remain strong and active. The basics about joint replacement surgery, minimally invasive techniques, use of technology and the outcomes expected will all be discussed. Light lunch provided. Presented by Orthopedic Surgeon Aaron Forbes, MD.  
**Thursday, November 21, 11:30am**  
Greater Morristown YMCA, 6 Saddle Road, Cedar Knolls

HEALTHY HOLIDAY EATING WITH DIABETES
Holidays tend to be a challenging time for people with diabetes to manage their blood sugar. Join us to learn how to plan for the holidays and successfully keep your diabetes in control. An interactive lecture and a live cooking/tasting demonstration will help you make healthier food choices while enjoying tasty treats. Presented by Michelle Cohen, RN, BSN, Diabetes Center.  
**Wednesday, November 6, 1:00 to 2:00pm**  
435 South Street, Third Floor Conference Room, Morristown

MEMORY SCREENING
Are you concerned about your memory? In partnership with the National Memory Screening Program of the Alzheimer’s Foundation of America, Morristown Medical Center will be offering free, confidential memory screenings to the community. Please call 973-971-5839 to schedule your free 10-minute screening.  
**Friday, November 8, 1:00 to 4:00pm**  
435 South Street, Third Floor Conference Room, Morristown

WALK WITH A HEALTH CARE PROFESSIONAL
Join us for an informal educational program followed by a Q&A walk around the mall with a medical professional. Light breakfast will be provided.  
**Friday, December 27, 8:30 to 9:30am**  
Rockaway Townsquare Mall, Food Court, Rockaway

LIFE ENRICHMENT

THE ART OF ORIGAMI
Tired of crossword puzzles and sudoku? Try origami, the art of paperfolding. No previous experience needed. Supplies provided. To register, call 1-800-247-9580.  
**Friday, October 11, 1:30 to 3:00pm**

TEA AND TALK: BUILDING BETTER BALANCE
Sip some tea (or coffee) and enjoy an educational program. This program will focus on how physical therapy can help with balance and tips for standing steady.  
**Thursday, November 14, 1:00 to 2:00pm**  
Randolph YMCA, 14 Dover Chester Road, Randolph

NUTRITION

EATING HEALTHY WITH REFUX
Heartburn? With all the holiday food, it’s hard to avoid. Join us for a talk on common foods that trigger reflux and what you can do. Presented by Monica Hansen, RD, ShopRite of Greater Morristown.  
**Wednesday, November 20, 1:00 to 2:00pm**  
435 South Street, Third Floor Conference Room, Morristown

SUPER FOODS FOR FALL: WHAT COLOR IS YOUR DIET?
Have you heard that it is important to “eat a rainbow” of foods? This fall, dive into the colors of various seasonal functional foods and unlock the health benefits that may already be on your plate. Presented by Amanda Fano, RD, ShopRite of Wharton.  
**Friday, October 25, 11:00am to Noon**

Unless otherwise noted, programs take place at Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor Community Room, Rockaway.
EXERCISE

INTRODUCTION TO GENTLE YOGA
Gentle yoga class for older adults. Mostly chair and standing poses, but class is modified based on attendees. Fridays, October 25 to November 8, 10:00 to 11:00am. $15 for all three dates. Chatham Senior Center, 58 Meyersville Road, Chatham

ASK THE PHARMACIST: MEDICATION SAFETY
Questions about your medications? Join us for a talk on medication safety, how certain foods interact with select medications, and what to look for in supplements. Presented by Amulya Uppala, Clinical Pharmacist, Overlook Medical Center. Wednesday, October 16, 11:00am to 12:30pm. New Providence Senior Center, 15 East 4th Street, New Providence

INTRODUCTION TO ZUMBA® GOLD
Dance your way to increased stamina, balance and fitness with this fun three-session introductory class featuring international rhythms. Call for dates and times. $15 for all three dates. SAGE Eldercare, 290 Broad Street, Conference Room, Summit

WELLNESS AND PERFORMANCE EXERCISE PROGRAM
An exercise physiologist will develop a customized exercise program for you. Call 908-522-2215 for an appointment. $65 per month. Atlantic Rehabilitation, 550 Central Avenue, New Providence

HEALTH

ARTHRITIS AND TOTAL JOINT REPLACEMENT
Learn basic knowledge about age-related arthritis and degenerative changes in your hip and knee and what you can do to slow the process, reduce pain, and remain strong and active. The basics about joint replacement surgery, minimally invasive techniques, use of technology and the outcomes expected will also be discussed. A physical therapist will also demonstrate some simple exercises to help with pain and mobility. Presented by Orthopedic Surgeon Jeffrey Leary, MD. Friday, October 18, Noon to 1:00pm. Mountainside Public Library, 1 Constitution Plaza, Mountainside

PROSTATE HEALTH: CANCER AND BEYOND
Growing older raises your risk for prostate problems. Not all are cancer. Join our expert to learn more about prevention, warning signs, risk factors, screening options, and what to ask your doctor. Presented by Ben Taylor, MD, Garden State Urology. Tuesday, November 26, 10:40 to 11:15am. Livingston Senior Center, 204 Hillside Avenue, Livingston

AMERICA'S APOTHECARY: HISTORIC MEDICINE
This presentation will explore the use of herbs and remedies to treat illness in the 19th century. Presented by Dr. Richard Faxon, Overlook Medical Center. Monday, October 7, 12:30 to 1:30pm. Chatham Senior Center, 58 Meyersville Road, Chatham

EMBRACING AGING
What does it mean to “age well”? Join us to learn how you can find your own path to aging well and those resources available to help along the way. Monday, October 21, 12:30 to 1:30pm. Chatham Senior Center, 58 Meyersville Road, Chatham

SUPER FOODS FOR FALL: WHAT COLOR IS YOUR DIET?
Have you heard that it is important to “eat a rainbow” of foods? This fall, dive into the colors of various seasonal functional foods and unlock the health benefits that may already be on your plate. Presented by Kelsey Pezzuti, MS, RD, ShopRite of Union. Tuesday, November 12, 2:00 to 3:00pm. Millburn Public Library, 200 Glen Avenue, Millburn

LIFE ENRICHMENT

CHRISTMAS TRADITIONS
This holiday presentation includes original photographs, vintage images and live music to explore favorite Christmas traditions. Also learn how historical figures helped shape the way we celebrate the Christmas season today. Presented by Kevin Woyce. Tuesday, November 19, 2:00 to 3:00pm. SAGE Eldercare, 290 Broad Street, Conference Room, Summit

EMBRACING AGING
What does it mean to “age well”? Join us to learn how you can find your own path to aging well and those resources available to help along the way. Monday, October 21, 12:30 to 1:30pm. Chatham Senior Center, 58 Meyersville Road, Chatham

NUTRITION

ASK THE DIETITIAN
Come visit us at the Summit Senior Wellness Expo, where we will be offering a table on nutrition for cancer prevention and general healthy eating. An Overlook Medical Center clinical dietitian will be on-site to answer questions and share tips. Thursday, October 10, 9:00 to 11:30am. Summit Community Center, 100 Morris Avenue, Summit
EXERCISE

CHAIR YOGA
Uses a chair to help open, align, stretch and strengthen your body. Heavy emphasis on breathing techniques and relaxation.
Mondays, October 21 to December 9, 1:00 to 2:00pm
$48 for all eight weeks
Sunrise Studio, 6 Main Street, Branchville

YOGA
A gentle practice that combines breath work and postures for balance.
Mondays, October 14 to December 2, 10:00 to 11:00am
$48 for all eight weeks
First United Methodist Church, 111 Ryerson Avenue, Newton

ZUMBA® GOLD
This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.
Thursdays, October 17 to December 12 (no class November 28), 11:00am to Noon
$48 for all eight weeks
First United Methodist Church, 111 Ryerson Avenue, Newton

LIFE ENRICHMENT

AARP SAFE DRIVER COURSE
This is a state-recognized driving class for adults 50 plus. Completion of this course may qualify you for a reduction in your insurance cost and a two-point reduction on your driver’s license.
Monday, November 11, 8:30am to 3:30pm
$15 for AARP members; $20 for all others, payable to AARP at the door

HEALTHY AGING: WISE PROGRAM
Learn to celebrate and understand the aging process, risk factors and behaviors to avoid in order to stay healthy; examine how alcohol and medication affect older adults differently; and empower yourself with simple tools to manage your health. This FREE six-week educational program is facilitated by the Center for Prevention and Counseling. The Center for Prevention and Counseling provides a complimentary lunch each week and a $25 gift card for attending five out of six sessions. Presented by Michele Bove, Community Health Specialist, Center for Prevention and Counseling.
Fridays, December 6 to January 10, Noon to 2:00pm

TRENDY DIETS
Learn about new diets trending in the media. What are the best and worst diets out there? Presented by Cathy Olmstead, MS, RD, CDE, BC, ADM.
Friday, December 20, 9:30 to 10:30am

NUTRITION

EAT TO BE WELL
Could you be missing an important nutrient for your healthiest life? What’s the latest on how much protein, fat and carbohydrates we need to eat. Presented by Leigh B. Kramer, MS, RDN, CDE.
Wednesday, November 13, 2:00 to 3:00pm

Healthy Holiday Eating With Diabetes
Holidays tend to be a challenging time for people with diabetes to manage their blood sugar. Join us to learn how to plan for the holidays and successfully keep your diabetes in control. An interactive lecture and a live cooking/tasting demonstration will help you make healthier food choices while enjoying tasty treats. Presented by Cathy Olmstead, MS, RD, CDE, BC, ADM.
Friday, November 1, 11:00am
**EXERCISE**

**CHAIR YOGA**
Uses a chair to help open, align, stretch and strengthen your body. Heavy emphasis on breathing techniques and relaxation.
*Tuesdays, October 15 to December 3, 1:30 to 2:30pm*
*$40 for all eight weeks*

**INTRODUCTION TO TAI CHI**
Gentle on the joints while working to improve balance and overall fitness.
*Wednesdays, October 16 to December 11 (no class November 27), 11:00am to Noon*
*$40 for all eight weeks*

**QIGONG**
Focus on health, wellness, increased energy and stress management while also improving mobility and flexibility.
*Tuesdays, October 15 to December 3, 11:00am to Noon*
*$40 for all eight weeks*

**SHAKE IT UP**
An exercise program for older adults with a focus on stamina, flexibility, balance and strength using low-impact and low-intensity exercises. Call 1-844-472-8499 for pricing and availability.
*Mondays and Thursdays, 2:00 to 3:15pm*

**HEALTH**

**ARE YOU DREAMING OF A GOOD NIGHT’S SLEEP?**
Learn the basics of sleep, common sleep disorders (such as snoring, obstructive sleep apnea and insomnia) and tips for better sleep. Presented by Alicyn Link, RPSGT.
*Friday, October 25, 11:00am to Noon*

**ARTHITIS AND TOTAL JOINT REPLACEMENT**
Learn basic knowledge about age-related arthritis and degenerative changes in your hip and knee and what you can do to slow the process, reduce pain, and remain strong and active. The basics about joint replacement surgery, minimally invasive techniques, use of technology and the outcomes expected will also be discussed. At the end of the program, a physical therapist will demonstrate some simple exercises to help with pain and mobility. Presented by Orthopedic Surgeon John M. Dundon, MD.
*Thursday, October 24, 1:00 to 2:00pm*

**NEW VITALITY**
Preregistration is required for all programs. Call 1-844-472-8499.

**LIFE ENRICHMENT**

**BACK IN TIME: THE CUBAN MISSILE CRISIS**
On October 1962 with the discovery of offensive ballistic missiles in Cuba, the United States and the Soviet Union were on the brink of nuclear conflict only resolved by direct negotiations.
Learn more about this pivotal event.
*Wednesday, October 9; OR Thursday, October 17, 10:30 to 11:30am*

**GRANDPARENTS – ARE YOU KEEPING YOUR GRANDCHILDREN SAFE?**
No grandparent wants to see their grandchild injured. This session will review the best practice guidelines for child passenger, water, home and helmet safety. Guaranteed to be fun and interactive. Presented by KJ Feury, RN, APNc, CCRN.
*Tuesday, November 5, 9:30 to 10:30am*

**NUTRITION**

**FALL INTO HEALTHIER EATING HABITS**
Learn how to change your eating habits and the importance of incorporating fruits and vegetables into your diet. Recipes will be provided. Presented by Jane DeWitt, MS, RD, Manager, Food and Nutrition Services.
*Wednesday, October 16, 1:00 to 2:00pm*

**NUTRITION TRENDS AND MYTH BUSTERS II**
Learn the facts about fad diets and food- and nutrition-related trends. Presented by Jane DeWitt, MS, RD, Manager, Food and Nutrition Services.
*Wednesday, December 11, 1:00 to 2:00pm*
CHILTON

ALZHEIMER’S DISEASE CAREGIVERS SUPPORT GROUP
For more information, call 973-831-5367.
Second Wednesday of the month, 7:00 to 8:30pm

ARTHРИTIS SUPPORT GROUP
For more information, call 973-831-5367.
Fourth Tuesday of the month from March to December, 10:30 to 11:30am

BEREAVEMENT SUPPORT GROUP
Funded by the Chilton Medical Center Auxiliary. For more information about the group, call 973-831-5367.
Fourth Tuesday of the month, 1:00 to 2:30pm

CANCER SUPPORT GROUP
For men and women who are newly diagnosed, in treatment and up to two years post treatment. For more information, call 973-831-5311.
Second Wednesday of the month, 1:30 to 3:00pm

DIABETES EDUCATION AND SUPPORT GROUP
For more information, call 973-831-5229.
First Thursday of the month, 10:00 to 11:00am; OR Third Wednesday of the month, 7:00 to 8:30pm

OSTOMY SUPPORT GROUP OF NORTH JERSEY
For more information, call 973-831-5168 or 973-831-5303.
Second Monday of the month, 7:00 to 8:30pm

SMOKING CESSATION AND PULMONARY REHABILITATION PROGRAMS
Programs run on a regular basis. For information, call 973-831-5427.

MORRISTOWN

CAREGIVER EDUCATION SERIES
Monthly group meetings to discuss issues related to caregiving. Topics vary month to month. For more information regarding dates, call Rebecca 973-971-5839.

MALE CAREGIVER SUPPORT GROUP
Meets the first Thursday of every month at 111 Madison Avenue, Morristown. For more information about the group, call Peter at 973-214-1572.

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM
Now offered at the Morristown Medical Center Health Pavilion in Rockaway. For information or to schedule an appointment, call 973-971-5524.

OVERLOOK

CAREGIVER PROGRAMS
Thomas Glasser Caregivers Center at Overlook offers free programs for caregivers, including QiGong, art and music therapy. For information, call 908-522-6348.

PAIN SUPPORT GROUP
For those affected with chronic pain. For location information and to register, call 908-665-1988.
First Monday of the month, 5:30 to 7:30pm

STROKE SUPPORT GROUP
Offers support for persons recovering from a stroke. For information and to preregister, call 973-579-8620.
Fourth Tuesday of the month, 6:00 to 7:00pm

HACKETTSTOWN

BETTER BREATHERS CLUB
Discuss pulmonary disease and learn how to best manage your chronic lung disease. To register, call 908-979-8797.
Second Thursday of the month, 12:30 to 1:30pm

DIABETES SUPPORT GROUP
Guest speakers, group discussion, cooking demonstrations. For information or to register, call 908-441-1258.
Fourth Monday of the month, 7:00 to 8:00pm

HEALTHY HEARTS GROUP
For people with cardiac disease, such as congestive heart failure, high blood pressure and coronary artery disease. To register, call 908-579-8341.
Third Wednesday of the month, 7:00 to 8:30pm

NEWTON

BETTER BREATHERS CLUB
A program by the American Lung Association for people with chronic lung disease and their loved ones. To register, call 973-579-8373.
Fourth Tuesday of the month, 11:30am to 1:00pm

CANCER SUPPORT GROUP
For those living with or affected by cancer, meets every month. To preregister and for meeting location, call 973-579-8620.
Fourth Thursday of the month, 3:00 to 4:00pm

DIABETES SUPPORT GROUP
Offering mutual support and education for adults with diabetes, including a discussion on a variety of issues. Preregistration is required – please call 973-579-8341.

MS SELF-HELP GROUP OF SUSSEX COUNTY
National MS Society self-help group for people living with MS. For more information, call Tammy at 973-440-0103 or email tammyquasius@gmail.com.
Second Wednesday of the month, 6:00 to 8:00pm

STROKE SUPPORT GROUP
For information and to register, call 1-800-247-9580.
Second Thursday of the month, 11:30am to 1:00pm

HEALTHY HEARTS GROUP
For people with cardiac disease, such as congestive heart failure, high blood pressure and coronary artery disease. To register, call 908-850-6819.
First Wednesday of the month, 12:30 to 1:30pm
TO REGISTER FOR ALL CLASSES:
1. Tear out and complete this registration form. Check box for class(es) desired.
2. Make your check payable to Atlantic Health System. Mail the completed form along with your check to:
   Chilton Medical Center
   ATTN: NEW VITALITY
   97 West Parkway
   Pompton Plains, NJ 07444
   (You will not receive a confirmation notice – be sure to mark your calendar accordingly.)
3. If you are registering for other people, please list their addresses and telephone numbers as well. If you are only registering for FREE classes, you may call the New Vitality office at 1-844-472-8499.
4. Exercise classes are nonrefundable after the first class and subject to change without notice due to weather or other issues beyond our control. New Vitality will make every effort to make up a cancelled class but reserves the right not to refund the class if a makeup date cannot be scheduled.

To view the New Vitality calendar of events or to fill out a membership application, visit atlantichealth.org/newvitality.

Name(s)

________________________________________

Address(es) City/State/ZIP

Daytime Phone Cellphone

Email Address Total Enclosed $ 

RELEASE OF RESPONSIBILITY FOR PARTICIPATION IN ATLANTIC HEALTH SYSTEM’S NEW VITALITY EXERCISE PROGRAMS

I, ______________________________________, hereby consent to become a participant in the New Vitality class offered by Chilton Medical Center, Hackettstown Medical Center, Morristown Medical Center, Newton Medical Center and Overlook Medical Center. I understand that this program is centered on exercise and health.

As with any exercise, there is a slight possibility of injury and I understand that if I am concerned about the appropriateness of these exercises, I will inform the instructor, consult my physician, and follow his/her instructions.

I recognize that there is a possibility that I may incur some injury or develop or aggravate some medical problem as a result of my participation in the session(s), and I wish to assume the risk. Accordingly, I agree that I will not hold New Vitality, or Atlantic Health System (Chilton Medical Center, Hackettstown Medical Center, Morristown Medical Center, Newton Medical Center and Overlook Medical Center) or the instructor liable, or seek any legal recourse of any kind for any injury or aggravation of a pre-existing condition resulting from my participation in this program.

I have read this consent and waiver carefully, I understand it, and I have signed it with the understanding that it is legally binding upon me.

Witness

Signature of Participant Date
<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>AQUACISE</td>
<td>Mondays AND/OR Wednesdays</td>
<td></td>
<td>$48 per session</td>
</tr>
<tr>
<td>AQUACISE, LEVEL 2</td>
<td></td>
<td></td>
<td>$48</td>
</tr>
<tr>
<td>ARTHRITIS AQUATICS PROGRAM</td>
<td></td>
<td></td>
<td>$48</td>
</tr>
<tr>
<td>ARTHRITIS EXERCISE PROGRAM</td>
<td></td>
<td>1:30pm OR 2:30pm</td>
<td>$40</td>
</tr>
<tr>
<td>BARRE METHOD</td>
<td></td>
<td></td>
<td>$64</td>
</tr>
<tr>
<td>BETTER BONES – BEGINNER</td>
<td></td>
<td></td>
<td>$48</td>
</tr>
<tr>
<td>BETTER BONES – INTERMEDIATE</td>
<td></td>
<td></td>
<td>$48 per session</td>
</tr>
<tr>
<td>HATHA YOGA</td>
<td></td>
<td></td>
<td>$64</td>
</tr>
<tr>
<td>LITE &amp; FIT</td>
<td></td>
<td></td>
<td>$40 per session</td>
</tr>
<tr>
<td>MEDITATION FOR MINDFUL WELL-BEING</td>
<td></td>
<td></td>
<td>$64</td>
</tr>
<tr>
<td>MUSCLES IN MOTION</td>
<td></td>
<td></td>
<td>$64</td>
</tr>
<tr>
<td>THE POWER HOUR</td>
<td></td>
<td></td>
<td>$64</td>
</tr>
<tr>
<td>T’AI CHI CHIH – BEGINNER</td>
<td></td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>T’AI CHI CHIH – INTERMEDIATE</td>
<td></td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>YOGA – BEGINNER</td>
<td></td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>YOGA – INTERMEDIATE</td>
<td></td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>ZUMBA® GOLD (Pompton Plains)</td>
<td></td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>ZUMBA® GOLD (Wayne)</td>
<td></td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>ZUMBA® FIT (Pompton Plains)</td>
<td></td>
<td></td>
<td>$64</td>
</tr>
<tr>
<td>ZUMBA® GOLD TONING (Pompton Plains)</td>
<td></td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>ZUMBA® TONING (Pompton Plains)</td>
<td></td>
<td></td>
<td>$64</td>
</tr>
<tr>
<td>ABCs OF VITAMINS AND MINERALS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ARTHRITIS AND TOTAL JOINT REPLACEMENT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHRISTMAS TRADITIONS</td>
<td></td>
<td></td>
<td>$5</td>
</tr>
<tr>
<td>CHRONIC ARTHRITIS EXERCISE PROGRAM</td>
<td></td>
<td></td>
<td>$5</td>
</tr>
<tr>
<td>HEALTHY HOLIDAY EATING WITH DIABETES</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THE HEALING ART OF WRITING</td>
<td></td>
<td></td>
<td>$25</td>
</tr>
<tr>
<td>HEALTHY LIVING FOR YOUR BRAIN AND BODY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ichabod Crane, Washington Irving and the Legend of Sleepy Hollow</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LIFESTYLE CHANGES TO REDUCE YOUR RISK OF BREAST CANCER</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Live your Life with Laughter</td>
<td></td>
<td></td>
<td>$50</td>
</tr>
<tr>
<td>THE PATH TO BETTER HEALTH</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THE POWER TO END STROKE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PROSTATE HEALTH: CANCER AND BEYOND</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THE REAL HISTORY OF THANKSGIVING</td>
<td></td>
<td></td>
<td>$5</td>
</tr>
<tr>
<td>SATISFYING SOUPS WITHOUT THE EXCESS FAT AND CALORIES</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUPER FOODS FOR FALL: WHAT COLOR IS YOUR DIET?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WE HONOR AMERICA</td>
<td></td>
<td></td>
<td>$5</td>
</tr>
</tbody>
</table>

In case of severe inclement weather, it is the responsibility of the registrant to call 1-844-472-8499 for a recorded message indicating cancellation of class/program.
### Morristown Medical Center

- **GENTLE YOGA**  
  **FEE: $45**

- **INTERMEDIATE YOGA**  
  **FEE: $45**

- **INTRODUCTION TO ZUMBA® GOLD**  
  **FEE: $35**

- **LITE & FIT**  
  **FEE: $40**

- **THE ART OF ORIGAMI**  
  **To register, call 1-800-247-9580.**

- **ARTHRITEIS AND TOTAL JOINT REPLACEMENT**

- **EATING HEALTHY WITH REFLUX**

- **HEALTHY HOLIDAY EATING WITH DIABETES**

- **MEMORY SCREENING**  
  **To register, call 1-973-971-5839.**

- **SUPER FOODS FOR FALL: WHAT COLOR IS YOUR DIET?**

- **TEA AND TALK: BUILDING BETTER BALANCE**

- **WALK WITH A HEALTH CARE PROFESSIONAL**

### Overlook Medical Center

- **INTRODUCTION TO GENTLE YOGA**  
  **FEE: $15**

- **INTRODUCTION TO ZUMBA® GOLD**  
  **FEE: $15**

- **ARTHRITIS AND TOTAL JOINT REPLACEMENT**

- **ASK THE DIETITIAN**

- **ASK THE PHARMACIST: MEDICATION SAFETY**

- **CHRISTMAS TRADITIONS**  
  **FEE: $5**

- **EMBRACING AGING**

- **HEALTHY HOLIDAY EATING WITH DIABETES**

- **PROSTATE HEALTH: CANCER AND BEYOND**

- **SUPER FOODS FOR FALL: WHAT COLOR IS YOUR DIET?**

- **WELLNESS AND EXERCISE PROGRAM**  
  **FEE: $65 per month**

---

**PLEASE REFER TO CALENDAR FOR CLASS DATES, TIMES AND LOCATIONS, AND MAKE SURE TO COMPLETE ALL REGISTRATION INFORMATION. FOR DIRECTIONS OR INFORMATION ABOUT ANY OF THESE CLASSES, CALL THE NEW VITALITY OFFICE AT 1-844-472-8499.**

---

**IN CASE OF SEVERE INCLEMENT WEATHER, IT IS THE RESPONSIBILITY OF THE REGISTRANT TO CALL 1-844-472-8499 FOR A RECORDED MESSAGE INDICATING CANCELLATION OF CLASS/PROGRAM.**
Newton Medical Center

☐ CHAIR YOGA  
FEE: $48

☐ YOGA  
FEE: $48

☐ ZUMBA® GOLD  
FEE: $48

☐ AARP SAFE DRIVER COURSE  
FEE: $15 for AARP members; $20 for all others, payable to AARP at the door

☐ ARTHRITIS AND TOTAL JOINT REPLACEMENT

☐ BONE UP ON YOUR HEALTH

☐ EAT TO BE WELL

☐ GRANDPARENTS – ARE YOU KEEPING YOUR GRANDCHILDREN SAFE?

☐ HEALTHY AGING: WISE PROGRAM

☐ HEALTHY HOLIDAY EATING WITH DIABETES

☐ TRENDY DIETS

Hackettstown Medical Center

☐ CHAIR YOGA  
FEE: $40

☐ INTRODUCTION TO T’AI CHI  
FEE: $40

☐ QIGONG  
FEE: $40

☐ SHAKE IT UP  
For information, call 1-844-472-8499.

☐ ARE YOU DREAMING OF A GOOD NIGHT’S SLEEP?

☐ ARTHRITIS AND TOTAL JOINT REPLACEMENT

☐ BACK IN TIME: THE CUBAN MISSILE CRISIS  
Wednesday, October 9 OR (check one) Thursday, October 17

☐ PROSTATE CANCER: 20/20 AND BEYOND

New Vitality is Atlantic Health System’s unique health and wellness program tailored to meet the needs of today’s adults 65 and over. At Atlantic Health System, our vision is to improve lives and empower communities through health, hope and healing.

For more information about New Vitality, call toll-free 1-844-472-8499 or visit atlantichealth.org/newvitality.

In case of severe inclement weather, it is the responsibility of the registrant to call 1-844-472-8499 for a recorded message indicating cancellation of class/program.
Unexpected illnesses and injuries are inconvenient, but getting great care doesn’t have to be. That’s why MedExpress is open 8-8 every day – so you never have to wait long to feel better.

Each center offers walk-in treatment for everyday illnesses and injuries such as colds and flu, breaks, sprains, and cuts. On-site services include X-rays, IVs, and stitches. These complement the primary and specialty care services offered by area care providers.

**LOCATIONS:**
- Bloomfield – 135 Bloomfield Ave.
- Cedar Knolls – 118 E. Hanover Ave.
- East Brunswick – 418 State Route 18
- Hackettstown – 228 Mountain Ave.
- Ledgewood – 501 State Route 10
- Linden – 415 W. Saint Georges Ave.
- Lodi – 184 Essex St.
- Rockaway – 346 Route 46
- Springfield – 200 US Highway 22
- Totowa – 225 US Highway 46
- Watchung – 1569 US Highway 22

**ATLANTIC HEALTH SYSTEM AND MEDEXPRESS COLLABORATE TO OFFER URGENT CARE SERVICES AT 12 SITES IN NORTHERN NJ**

medexpress.com | atlantichealth.org/medexpress
MyChart GIVES YOU ONLINE ACCESS TO YOUR MEDICAL RECORD.

• Manage your appointments
• Download your record
• Access your test results
• Communicate with your doctor
• Request prescription refills
• View and pay your hospital bill online
• Access on your computer or mobile devices

One Patient, One Record, One Atlantic Health System.

To learn more, go to atlantichealth.org/mychart

MyChart Support: 1-800-205-9911
Whether you need help enrolling, resetting your password, general technological support, or troubleshooting of any kind – call toll-free 24 hours a day, 7 days a week!