New Vitality

at Atlantic Health System | Spring 2019

Chilton Events Page 2
Newton Events Page 9
Morristown Events Page 7
Hackettstown Events Page 10
Overlook Events Page 8
Registration Form Pages 11-14

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.

Atlantic Health System

EXERCISE

AQUACISE (JOINT-FRIENDLY)
Cardiovascular fitness, endurance and flexibility in chest-deep water. Bring a lock, towel and swim cap.
Mondays, April 29 to June 24 (no class May 27); AND/OR *Wednesdays, May 1 to June 26 (no class May 29),*
Noon to 12:45pm
$48 for each eight-week class
New York Sports Club, 1481 Route 23 South, Butler

AQUACISE, LEVEL 2 (JOINT-FRIENDLY)
Stretching and cardiovascular conditioning. Bring a lock, towel and swim cap.
Wednesdays, May 1 to June 26 (no class May 29), 1:00 to 1:45pm
$48 for all eight weeks
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, May 9 to July 11 (no class June 27 and July 4), 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, May 7 to July 9 (no class June 25 and July 2); AND/OR *Thursdays, May 9 to July 11 (no class June 27 and July 4), 10:15 to 11:15am*
$48 for all eight weeks
Wayne Presbyterian Church, 1200 Alps Road, Wayne

DANCING THROUGH THE DECADES
Go back in time and dance your way to better health. Each class will focus on giving you a good workout by learning a different style of dance. From shimmying in the 1920s to disco dancing in the 1970s, all the way up to modern-day music and dance – join us on this dance journey through time.
Thursdays, May 2 to June 27 (no class June 6), 5:45 to 6:45pm
$64 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

DRUM 'N BARRE
Drumming is a fun, effective way to warm up and tone the whole body, using lightly weighted drumsticks. This is a hybrid class that will combine cardio and barre conditioning. Students will need to bring a mat.
Tuesdays, April 30 to June 18, 5:30 to 6:15pm
$64 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

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.

INTRODUCTION TO POUND®
Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training. Using Ripstix®, lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels. Students must bring a mat.
Thursdays, June 20 to July 18 (no class July 4), 7:00 to 7:45pm
$32 for all four weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

LITE & FIT
Light strength training, some chair exercises, no floor work. Bring a light set of handheld weights to the first class.
Tuesdays, April 30 to July 9 (no class May 7, May 28 and July 9); AND/OR *Thursdays, May 2 to July 11 (no class May 9, May 30 and July 4), 2:00 to 3:00pm*
$40 for each eight-week class
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

MUSCLES IN MOTION
Increase your core strength and overall muscle tone. Bring a mat and handheld weights. Resistance equipment will be provided.
Mondays, April 29 to July 8 (no class May 6, May 27 and July 1), 4:30 to 5:30pm
$64 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

THE POWER HOUR
Promotes muscular endurance, balance and bone strengthening. Bring a set of handheld weights and a mat.
Wednesdays, May 1 to July 10 (no class May 8, May 29 and July 3)
5:30 to 6:30pm
$64 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

ZUMBA® GOLD
Dance into shape to international rhythms. Body, mind and soul workout.
Mondays, May 6 to July 8 (no class May 27 and July 1), 1:00 to 1:45pm; AND/OR *Wednesdays, May 8 to July 10 (no class May 29 and July 3), 10:00 to 10:45am;* AND/OR *Fridays, May 10 to July 12 (no class May 31 and July 5), 10:00 to 10:45am*
$48 for each eight-week class
Wayne Presbyterian Church, 1200 Alps Road, Wayne

ZUMBA® GOLD AT CHILTON

Thursdays, May 9 to July 11 (no class May 30 and July 4), 1:00 to 1:45pm
$40 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

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, May 6 to July 8 (no class May 27 and July 1), 11:00 to 11:45am
$40 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

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, April 24 to June 26, 7:00 to 8:00pm
$80 for all 10 weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

FOUNDATION EVENT

ANNUAL WINE TASTING EVENT: WINE, DINE & DENIM

For tickets and information, call 973-831-5165.
Friday, May 10, 6:30 to 9:30pm
Preakness Hills Country Club, 1050 Ratzer Road, Wayne

HEALTH

CONFUSED ABOUT ARTHRITIS?

Osteoarthritis or rheumatoid, which might you have? Osteoarthritis is referred to as degenerative joint disease or wear-and-tear arthritis. Rheumatoid arthritis, an autoimmune disease, is a chronic, inflammatory arthritis and the most disabling type. Please join us to learn about symptoms and the importance of diagnosis, as well as treatment options and management of these types of arthritis. The Health Center at Bloomingdale will provide a light breakfast. Presented by Elizabeth Hawruk, MD.
Friday, May 10, 10:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

EVERY HEART MATTERS

Join us to learn about the prevention of heart attack and stroke. We will discuss what every adult should know about how to estimate and minimize the risk of cardiovascular events. Presented by Brandon W. Calenda, MD.
Monday, June 17, 7:00pm
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

GETTING A BETTER NIGHT'S REST

Join us for an in-depth look at sleep disorders, their consequences and the latest treatment options. Sleep screenings will be offered to 10 participants. A drawing will be held at the program announcing those participants to receive the free screenings. Lakeview Rehabilitation & Care Center will provide a light breakfast. Presented by John Penek, MD, FCCP, director of the Sleep Health Institute, Chilton Medical Center.
Thursday, April 18, 10:00am; screenings from 11:00am to Noon
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

MANAGING YOUR DAILY STRESS

Stress can affect our physical and emotional health. Research has demonstrated that mindfulness skills reduce a person's stress and medical symptoms. Join us to explore how mindfulness positively affects our nervous system, immune system and emotional health, and learn some easy practices to help reduce and manage stress in your daily life. Llanfair House Nursing and Rehabilitation Center will provide light refreshments. Presented by Sharon Kelly, LCSW.
Thursday, April 25, 2:00pm
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

NATIONAL SENIOR HEALTH & FITNESS DAY

Please join us for this one-day event, which will include speakers, screenings, information tables, fitness classes, refreshments, giveaways and other fun activities. This event is a collaborative project between Chilton Medical Center Nursing Education (NICHE), Community Health/New Vitality and the Wayne YMCA to promote health and fitness for our community's older adults.
Wednesday, May 29, 9:30am to 12:30pm
Wayne YMCA, 1 Pike Drive, Wayne

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, June 3 to 24, 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. It celebrates and embraces the culture, energy, creativity and lifestyles of Americans, and empowers them to take charge of their health. 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, coordinator, Special Projects, Stroke Program.
Thursday, May 23, 10:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

WALK WITH A DOC

On the third Wednesday of each month, 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. Preregistration is recommended; call 973-831-5475.
Wednesdays, April 17, May 15, June 19, 9:00am
Willowbrook Mall, Wayne (meet in the food court)

HEALTHY COMMUNITIES

Chilton Medical Center partners with many of your local health departments to provide important community health services. For information about upcoming health-related screenings, programs and events, call your town or visit your town's website.

- Pompton Lakes 973-835-0143, ext. 225, pomptonlakesgov.com
- Ringwood 973-962-7079, ringwoodnj.net
- Wayne 973-694-1800, ext. 3241, waynetownship.com

INTEGRATED WELLNESS

ARTHRITIS AQUATICS PROGRAM (JOINT-FRIENDLY)

Exercise without putting excess strain on your joints. Bring a lock, towel and swim cap to the class. Class is limited to 20 participants.
Thursdays, May 2 to June 27 (no class May 30), Noon to 12:45pm
$48 for all eight weeks
New York Sports Club, 1481 Route 23 South, Butler

ARTHRITIS EXERCISE PROGRAM (JOINT-FRIENDLY)

Gentle activities help increase joint flexibility and maintain range of motion. Class size is limited – register early.
Mondays, April 29 to June 24 (no class May 27), 1:30 to 2:15pm OR *2:30 to 3:15pm*
$40 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

HATHA YOGA

Integration of body, mind and breath. Bring a yoga mat and two blocks. Yoga straps not required but recommended.
Tuesdays, April 23 to June 25, 6:30 to 7:30pm
$80 for all 10 weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

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, April 29 to July 8 (no class May 13, May 27 and June 17), 6:30 to 7:30pm
$64 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

T'AI CHI CHIH® – BEGINNER (JOINT-FRIENDLY)

A series of simple, non-martial movements that anyone can do.
Thursdays, May 9 to July 25 (no class May 16, May 23, June 27 and July 4), 9:45 to 10:45am
$40 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

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.
Thursdays, May 9 to July 25 (no class May 16, May 23, June 27 and July 4), 11:00am to Noon
$40 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

YOGA – BEGINNER

Bring a small blanket and a mat for the floor.
Tuesdays, April 30 to June 18, 11:30am to 12:30pm
$40 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

YOGA – INTERMEDIATE

Bring three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class.
Tuesdays, April 30 to June 18, 10:00 to 11:00am
$40 for all eight weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

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, April 13 to June 1, 9:45 to 10:45am
Chilton Medical Center, Collins Pavilion, 97 West Parkway, Pompton Plains

LIFE ENRICHMENT

THE GREAT SWAMP: NEW JERSEY'S NATURAL HERITAGE

The Great Swamp National Wildlife Refuge in Morris County, legacy of 7,000 preserved acres and home to 300 species of wildlife, faces the future. Presented by Jim DelGiudice.
Wednesday, June 12, 2:00pm
$5
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

NEW JERSEY STATE PARKS

Some of New Jersey's most exciting history can be found in its more than two dozen parks with old names such as Wawayanda and Hopatcong, historic battlefields and abandoned forges that speak of our first great industry. Includes original photography of many of our beautiful state parks, plus vintage maps and images of historic people, places and events. Presented by Kevin Woyce.
Friday, April 26, 10:00am
$5
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

SUMMER SKIN CARE

As you prepare to show more skin during the summer months, get ready to face the sun's rays with top summer skin care tips. Keeping your skin hydrated and protected from sun damage is paramount. Learn to keep your skin healthy and glowing in the summer heat. Presented by Maxine Zawaski.
Wednesday, June 26, 10:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

MISCELLANEOUS

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

For information or to schedule an appointment, call 973-831-5216.

PULMONARY REHABILITATION PROGRAM

This nine-week program is for people with various lung conditions. For information, call 973-831-5427.

SMOKING CESSATION PROGRAM

This FREE six-week program meets on Tuesdays, from 6:30 to 7:30pm. For information, call 973-831-5427.

SPRING FINANCIAL SEMINARS

All four seminars will take place in the Chilton Medical Center, Collins Pavilion, Second Floor Conference Center, and are presented by Brian F. Donnelly, AAMS®, CWS®, AIF®, VP, Private Client Group, Manhattan Ridge Advisors. Doors open at 5:30pm and lectures will start at 6:00pm. Light refreshments will be provided. **Call 973-831-5227 to register.**

2019 CHANGES IN SOCIAL SECURITY

Claiming strategies, changes in 2019, spousal benefits and changes to future claiming strategies.
Tuesday, May 14

CYBERSECURITY

Learn ways to protect your valuable information, warning signs you have been compromised and cybersecurity in retirement.
Tuesday, May 21

MARKET VOLATILITY: THE NEW NORMAL

Cause and effect of market volatility, and how volatility can impact your retirement.
Tuesday, June 11

TAX REFORM AND WAYS TO REDUCE YOUR TAXABLE INCOME

Changes in the tax code, ideas for individuals to reduce taxable income, and ways small business owners can defer more into retirement.
Thursday, June 20

NUTRITION

BLOOD PRESSURE, SODIUM AND YOUR DIET

Salt? Sodium? What's the difference? Learn how sodium affects your body, especially your blood pressure. Also, learn tips and tricks on how to navigate the nutrition facts labels, ingredient swaps and more. Light refreshments provided. Presented by Megan Scutti, MS, RD, ShopRite of West Milford.
Wednesday, April 24, 10:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

CHOLESTEROL AND YOUR DIET

When you are trying to follow a low-cholesterol diet, it is helpful to know which foods you should and should not eat for better health. Learn some easy steps to start a healthy diet to lower your cholesterol and triglycerides while eating at home or eating out. Sampling and recipes included. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.
Friday, June 28, 10:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

CHRONIC INFLAMMATION AND YOUR DIET

When you have a chronic inflammatory disease such as arthritis, your body is in an inflammatory state. Inflammation is a normal response to injury or irritation, but chronic inflammation can worsen symptoms and cause further damage. Take control of your health, learn foods to avoid that cause inflammation and what foods you should be eating. Recipes and tasting included. Presented by Tara Bonanno, MPH, RD, ShopRite of Oakland.
Wednesday, May 22, 10:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

LADIES' NIGHT OUT NUTRITION

Join us for a ladies' night out indulging in health and wellness for National Women's Health Week. From dark chocolate tasting to a 101 on women's health and nutrition, this is the perfect night out for all women. Bring your friends. Light refreshments and snacks will be provided. Presented by Megan Scutti, MS, RD, ShopRite of West Milford.
Monday, May 13, 7:00pm
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

MILK AND ITS ALTERNATIVES

June is National Dairy Month. Come learn about the importance and differences between milk and milk alternatives. Samples and recipes included. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.
Thursday, June 6, 7:00pm
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

SMART SWAPS TO LIGHTEN UP YOUR SUMMER DIET

The hot summer months bring cravings for fresh, light, hydrating fare. Delicious fruits and vegetables abound at farmers' markets and your local grocery. Besides being low in calories, produce is loaded with vitamins, minerals, antioxidants and fiber. Learn to lighten up your diet with these refreshing foods and drinks. Tasting and recipes included. Presented by Heather Shasa, MS, RD, ShopRite of Little Falls.
Friday, June 21, 10:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

SPECIAL EVENT

ANNUAL MAY EVENT: DUELING PIANOS

Please join us as we celebrate Older Americans Month with Dueling Pianos. This comedy-based show is a fun, high-energy party in a box that's all about the audience. Dueling pianists sing and play everything from Jimmy Buffet, Garth Brooks, Maroon 5, Billy Joel, Jerry Lee Lewis, Disney, Bruno Mars, Elvis, Madonna, Metallica and just about anything else. **Sponsored by Lakeland Health Care Center, Oakland Rehabilitation & Healthcare Center, The Chelsea at Bald Eagle and Montville, JDT Villa/JDT Resorts, The Health Center at Bloomingdale, and Lakeview Rehabilitation & Care Center.**
Thursday, May 16, 7:00pm
$20
Wayne YMCA, Rosen Performing Arts Center, 1 Pike Drive, Wayne

HOLD THE DATE – ANNUAL WOMEN'S EVENT: LIVE YOUR LIFE WITH LAUGHTER

Featuring comedians Karen Krents and Marion Grodin. Details and registration to follow in the summer issue of *New Vitality*.
Thursday, October 17, 5:30pm
$50
Preakness Hills Country Club, 1050 Ratzer Road, Wayne

SUPPORT GROUPS

ALZHEIMER'S DISEASE CAREGIVERS SUPPORT GROUP

For more information, call 973-831-5367.
Second Wednesday of the month from September to June, 7:00 to 8:30pm
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

ARTHRITIS SUPPORT GROUP

For more information, call 973-831-5367.
Fourth Tuesday of the month from March to December, 10:30 to 11:30am
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

BEREAVEMENT SUPPORT GROUP

Funded by the Chilton Medical Center Auxiliary. For more information, call 973-831-5367.
Fourth Tuesday of the month, 1:00 to 2:30pm
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

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
Chilton Medical Center, 97 West Parkway, Collins Pavilion, Cancer Center Conference Room

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
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

OSTOMY SUPPORT GROUP OF NORTH JERSEY

For more information, call JoAnn Coar, RN, CWOCN, at 973-831-5168 or Susan Becker, RN, WOCN, at 973-831-5303.
Second Monday of the month, 7:00 to 8:30pm
Chilton Medical Center, Board Room, 97 West Parkway, Pompton Plains

EXERCISE

GENTLE YOGA
Gentle yoga class for older adults. Mostly chair and standing poses.
Wednesdays, April 17 to June 26 (no class May 8 and June 12), 10:30 to 11:30am
$45 for all nine weeks

INTRODUCTION TO INTERMEDIATE YOGA
This yoga class is for those who are comfortable with mat and standing poses. Please bring a mat.
Wednesdays, May 1 to June 19 (no class May 8 and June 12), 12:30 to 1:30pm
$30 for all six weeks

LINE DANCING
Dance your way to increased stamina, flexibility, balance and fitness with this fun six-session class.
Fridays, April 26 to June 7 (no class May 10), 2:00 to 3:00pm
$30 for all six weeks

LITE & FIT
Light strength training. Bring a light set of handheld weights to the first class.
Thursdays, April 18 to June 13, 10:00 to 11:00am
$45 for all nine weeks
Municipal Complex, 50 Woodland Avenue, Morris Township

HEALTH

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

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. Participants must attend all four dates.
Mondays, April 29 to May 20, 2:00 to 3:30pm
435 South Street, Third Floor Conference Room, Morristown

THE POWER TO END STROKE
The Power to End Stroke is an education and awareness campaign seeking to reduce the incidence of stroke. Please join us to learn how to prevent, treat and beat stroke so you can live your best life.
Tuesday, April 23, 6:00 to 7:00pm
Lakeland Hills Family YMCA, 100 Fanny Road, Mountain Lakes

TEA AND TALK: MY ACHING BACK AND HEARING AS WE AGE
Sip some tea (or coffee) and enjoy an educational program. The April talk will focus on back health, and the June talk will focus on hearing loss.
Thursdays, April 11 AND/OR *June 13, 10:15 to 11:15am*
Randolph YMCA, 14 Dover Chester Road, Randolph

VETERANS HEALTH AND WELLNESS DAY
Join us for a program focused on the health of Veterans and services available in the community. You do not need to be a Veteran to attend this event.
Wednesday, June 5 (please call for time)

LIFE ENRICHMENT

THE ART OF ORIGAMI
Come join the fold and try origami, the art of paperfolding. No previous experience needed, and each date is different. To register, call 1-800-247-9580.
Fridays, April 12 AND/OR *June 14, 1:30 to 3:00pm*

CAREGIVER CAFE
The Café is a cozy place for caregivers to gather, unwind and connect with one another. Program is offered by the United Way Caregivers Coalition. Light dinner is served. To register, call 973-993-1160, ext. 534.
Tuesday, June 11, 6:00 to 7:30pm

CARFIT FOR ADULTS
Recommendations will be made on adjustments that can make your car fit you and promote good safety behind the wheel. Must register in advance for a 20-minute appointment. To schedule an appointment, call 1-844-472-8499.
Friday, May 24, 10:00am to 1:00pm
Morristown Medical Center Health Pavilion, Parking Lot, 333 Mount Hope Avenue, Rockaway

NUTRITION

BRAIN BOOSTERS
Feed your brain. Join us during Brain Awareness Month for tips on good nutrition for the mind.
Wednesday, June 12, 1:00 to 2:00pm
435 South Street, Third Floor Conference Room, Morristown

GOOD BONES
May is Osteoporosis Awareness Month. Join us for a talk on the importance of bone health.
Tuesday, May 14, 1:00 to 2:00pm

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

EXERCISE

INTRODUCTION TO T'AI CHI CHIH®

A series of simple, non-martial movements that are slow, gentle and can be done by anyone regardless of age or physical condition.
Thursdays, April 25 to June 13, 1:00 to 2:00pm
$40 for all eight weeks
Summit YMCA, 67 Maple Street, Summit

INTRODUCTION TO ZUMBA® GOLD

Zumba Gold is perfect for anyone looking for a modified Zumba class that re-creates the moves you love at a lower intensity with a focus on balance and range of motion.
Tuesdays, April 30 to June 18, Noon to 12:45pm
$48 for all eight weeks
Susie Carlick's Dance Sensation, 1049 Stuyvesant Avenue, Union

STEPS TOWARD A HEALTHY YOU

During this six-week program led by an exercise physiologist, participants will meet to discuss exercise guidelines, safety, general tips, and engage in light exercise to help make physical activity part of their daily routine. Participants will receive a personalized exercise plan and workbook.
Wednesdays, May 1 to June 5, 2:00 to 3:00pm
$30 for all six weeks
Atlantic Rehabilitation, 550 Central Avenue, New Providence

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

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. Participants must attend all four dates. Please call for location.
Tuesdays, June 4 to 25, 10:00 to 11:30am

THE POWER TO END STROKE

The Power to End Stroke is an education and awareness campaign seeking to reduce the incidence of stroke. It celebrates and embraces the culture, energy, creativity and lifestyles of Americans, and empowers them to take charge of their health. Please join us to learn how to prevent, treat and beat stroke so you can live your best life.
Wednesday, April 24, 11:00am to Noon
New Providence Senior Center, 15 East 4th Street, New Providence

SENIOR HEALTH AND FITNESS DAY

A health and fitness extravaganza. Participate in games or browse resources tables. Please call for more information.
Wednesday, May 29, time to be determined
The Gateway Family YMCA, 1000 Galloping Hill Road, Union

UNDERSTANDING MIGRAINES AND HEADACHES

Join us for a discussion of common symptoms, causes and updates to treatment for these conditions. Lunch will be provided. Presented by neurologist Seth Stoller, MD.
Monday, June 17, 12:30 to 1:30pm
FREE for YMCA members; $5 for lunch for nonmembers
Summit YMCA, 67 Maple Street, Summit

LIFE ENRICHMENT

AGING IN YOUR OWN SPACE

Do you have a plan to stay in your home? Growing older does not come with a one-size-fits-all manual. Come learn tips for aging in your space.
Monday, May 13, 2:00 to 3:00pm
Millburn Public Library, 200 Glen Avenue, Millburn

NEW JERSEY STATE PARKS

Some of New Jersey's most exciting history can be found in its more than two dozen parks, historic battlefields and abandoned forges, which speak of our first great industry. Includes original photography, vintage maps and images of historic people, places, and events. Presented by Kevin Woyce.
Tuesday, June 11, 1:00 to 2:00pm
Sage Eldercare, 290 Broad Street, Conference Room, Summit
$5

NUTRITION

HEALTHY IN A HURRY

Join us for a store tour and educational program on making healthy meals when you are short on time.
Monday, April 29, 10:00 to 11:00am
ShopRite of Union, 2401D US Highway 22 West, Union

MINDFUL EATING AND BRAIN BOOSTERS!

Food for thought, literally! Join us for a fun talk on what it means to eat mindfully and foods that support your brain health. Presented by Tory Stroker, RD, ShopRite of Chatham
Tuesday, May 14, 12:30 to 1:30pm
Chatham Senior Center, 58 Meyersville Road, Chatham

EXERCISE

MOVING MINDFULLY
Learn ways to calm the mind and nervous system while increasing your range of motion, flexibility and strength with gentle movement and stretching.
Mondays, April 29 to June 24 (no class May 27), 1:00 to 2:00pm
$48 for all eight weeks
American Legion Post 86, 20 Yates Avenue, Newton

YOGA
A gentle practice that combines breath work and postures for balance.
Mondays, April 29 to June 24 (no class May 27), 10:00 to 11:00am
$48 for all eight weeks
First United Methodist Church, 111 Ryerson Avenue, Newton

YOGA DANCE FUSION
Come experience the freedom and joy of authentic movement. In this class, we will fuse the breath and mindful awareness while allowing the body to move through space expressively. No prior dance experience necessary.
Fridays, May 10 to June 14, 1:00 to 2:00pm
$36 for all six weeks
American Legion Post 86, 20 Yates Avenue, Newton

HEALTH

DIABETES: KNOW YOUR RISK
Diabetes affects more than 25 percent of Americans age 65 or older. Prediabetes can lead to heart disease, stroke and type 2 diabetes, so come learn signs, symptoms and how to prevent diabetes.
Friday, May 10, 1:00 to 2:00pm

EARLY BIRD DINNER LECTURE: CELEBRATE LIFE! MANAGING PAIN AND ENSURING WELLNESS
The Center for Prevention and Counseling will provide an overview regarding drug trends among older adults and effective alternative approaches to managing pain. Bring your expired or unwanted over-the-counter and prescription medications for proper disposal in the medication drop box.
Monday, April 22, 4:30pm – light dinner; 5:00 to 6:00pm – lecture
$3 for dinner

EARLY BIRD DINNER LECTURE: THE POWER TO END STROKE
The Power to End Stroke is an education and awareness campaign seeking to reduce the incidence of stroke. It celebrates and embraces the culture, energy, creativity and lifestyles of Americans, and empowers them to take charge of their health. Please join us to learn how to prevent, treat and beat stroke so you can live your best life.
Thursday, May 9, 4:30pm – light dinner; 5:00 to 6:00pm – lecture
$3 for dinner

LIVE YOUR BEST LIFE WITH LESS STRESS
Learn strategies to reduce stress in your daily life.
Thursday, June 6, 11:00am to Noon

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. Participants must attend all four dates.
Fridays, May 3 to 24, 10:00 to 11:30am

LIFE ENRICHMENT

AGING IN YOUR OWN SPACE
Aging in place involves being able to remain in the home of your choice, even as your needs may change. However, the decision to stay in your home requires advanced planning and not all seniors have a plan in place. Come learn about common areas of consideration when formulating an aging-in-place plan.
Wednesday, June 26, 10:00 to 11:00am

CARFIT FOR ADULTS
CarFit is a FREE interactive program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility. Appointments are required – to schedule an appointment, call 1-844-472-8499.
Friday, June 21, 9:00am to Noon

UNITED WAY CAREGIVERS CONFERENCE: CAREGIVING ACROSS THE LIFESPAN, MORE TOOLS FOR YOUR JOURNEY
To register, email robin.ennis@unitedwaynnj.org or call 973-993-1160, ext. 305.
Saturday, April 27, 9:00am to 1:00pm

NUTRITION

FOOD AS PREVENTATIVE MEDICINE: WE ARE WHAT WE EAT
Join us for a discussion food and health. Learn the best way to promote health and prevent disease. The answer might be right in your kitchen.
Friday, June 28, 11:00am to Noon

HEALTHY FOOD SHOPPING ON A BUDGET
Come learn how you can save money AND enjoy tasty, nutritious meals.
Tuesday, June 4, 10:00 to 11:00am

Unless otherwise noted, all programs take place at Newton Medical Center, Romano Conference Center, 175 High Street, Newton.

Hackettstown Medical Center

Unless otherwise noted, all programs take place at Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101, Hackettstown.

EXERCISE

INTRODUCTION TO T'AI CHI

Gentle on the joints while working to improve balance and overall fitness.
Wednesdays, May 1 to June 19, 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, April 30 to June 18, 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

ARTHRITIS OF THE HANDS: WHAT YOU NEED TO KNOW

Learn about the symptoms as well as exercises, modalities, joint protection strategies, and tips and tools to help you manage your symptoms and maximize the functional use of your hands.
Tuesday, June 4, 1:00 to 2:00pm

HEALTHY AGING: WISE PROGRAM

Six-week educational series facilitated by Community Prevention Resources of Warren County (CPRWC). Learn to celebrate and understand the aging process, risk factors and behaviors to avoid in order to stay healthy; examine how alcohol and medications affect older adults differently; and empower you with simple tools to manage your health. Lunch will be provided. Space is limited.
Tuesdays, April 16 to May 21, 10:30am to 12:30pm

LIFESTYLE CHANGES FOR PREDIABETES AND DIABETES

Information on what you can do to help prevent, postpone or manage diabetes.
Wednesday, May 15, 1:00 to 2:00pm

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. Participants must attend all four dates.
Thursdays, May 9 to 30, 10:00 to 11:30am

THE POWER TO END STROKE

The Power to End Stroke is an education and awareness campaign seeking to reduce the incidence of stroke. It celebrates and embraces the culture, energy, creativity and lifestyles of Americans, and empowers them to take charge of their health. Please join us to learn how to prevent, treat and beat stroke so you can live your best life.
Wednesday, May 22, 11:00am to Noon

LIFE ENRICHMENT

AARP SAFE DRIVER COURSE

For adults over 50. Completion of this course may qualify you for a reduction in your insurance cost and a two-point reduction on your driver's license. Participants must attend both dates to qualify for the discount.
Tuesday and Wednesday, April 9 and 10, 9:00am to Noon
$15 for AARP members; $20 for all others, payable to AARP at the door

BACK IN TIME: STALEMATE TO VICTORY – SOUTHERN BATTLES OF THE AMERICAN REVOLUTION

By 1780, with the entry of France into the war, Britain sought to divide the colonies by shifting its forces to the South under the command of Lord Cornwallis. Come learn about some famous battles of the South and what happened to force Lord Cornwallis to surrender, resulting in the end of the war of independence.
Wednesday, May 8 OR *15, 10:30 to 11:30am*

CARFIT FOR ADULTS

CarFit is a FREE interactive program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility. Appointments are required – to schedule an appointment, call 1-844-472-8499.
Friday, June 14, 9:00am to Noon
Hackettstown Medical Center, 651 Willow Grove Street, Hackettstown

LAUGHTER IS THE BEST MEDICINE

It has been shown that laughter releases endorphins into the bloodstream that actually keep people healthier. Learn all about how laughing benefits our health. Presented by Susan Stiles, community nurse liaison.
Thursday, April 11, 2:00 to 3:00pm
Heath Village, 430 Schooley's Mountain Road, Hackettstown

TECHNOLOGY FOR SENIORS

Learn more about your cellphone, computer or tablet. Work one-on-one with a student from Hackettstown High School.
Tuesday, May 14, 11:00am to Noon
Hackettstown High School, 599 Warren Street, Hackettstown

NUTRITION

NUTRITION TRENDS AND MYTH BUSTERS

Learn the facts about fad diets and food- and nutrition-related trends.
Thursday, June 13, 11:00am to Noon

SPRING INTO HEALTHIER EATING HABITS

Clean up your own health as part of your spring cleaning this year. Learn how to change your eating habits and the importance of incorporating fruits and vegetables into your diet. Recipes will be provided.
Wednesday, May 1, 11:00am to Noon

REGISTRATION FORM
Spring 2019

New Vitality

Atlantic Health System

PREREGISTRATION IS REQUIRED FOR ALL PROGRAMS.
Please return entire page along with the registration sheet(s) for the appropriate medical center(s).

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 _____

Chilton Medical Center

AQUACISE
- ☐ Mondays *AND/OR*
- ☐ Wednesdays

FEE: $48 per class

☐ AQUACISE, LEVEL 2
FEE: $48

☐ ARTHRITIS AQUATICS PROGRAM
FEE: $48

ARTHRITIS EXERCISE PROGRAM
- ☐ 1:30pm *OR* (check one)
- ☐ 2:30pm

FEE: $40

☐ BETTER BONES – BEGINNER
FEE: $48

BETTER BONES – INTERMEDIATE
- ☐ Tuesdays *AND/OR*
- ☐ Thursdays

FEE: $48 per class

☐ DANCING THROUGH THE DECADES
FEE: $64

☐ DRUM 'N BARRE
FEE: $64

☐ HATHA YOGA
FEE: $80

☐ INTRODUCTION TO POUND®
FEE: $32

LITE & FIT
- ☐ Tuesdays *AND/OR*
- ☐ Thursdays

FEE: $40 per class

☐ MEDITATION FOR MINDFUL WELL-BEING
FEE: $64

☐ MUSCLES IN MOTION
FEE: $64

☐ THE POWER HOUR
FEE: $64

☐ T'AI CHI CHIH® – BEGINNER
FEE: $40

☐ T'AI CHI CHIH® – INTERMEDIATE
FEE: $40

☐ YOGA – BEGINNER
FEE: $40

☐ YOGA – INTERMEDIATE
FEE: $40

ZUMBA® GOLD
Pompton Plains **FEE: $40**
- ☐ Thursdays

Wayne **FEE: $48 per class**
- ☐ Mondays *AND/OR*
- ☐ Wednesdays *AND/OR*
- ☐ Fridays

☐ ZUMBA® GOLD TONING
Pompton Plains
FEE: $40

☐ ZUMBA® TONING
Pompton Plains
FEE: $80

☐ BLOOD PRESSURE, SODIUM AND YOUR DIET

☐ CHOLESTEROL AND YOUR DIET

☐ CHRONIC INFLAMMATION AND YOUR DIET

☐ CONFUSED ABOUT ARTHRITIS?

☐ DUELING PIANOS
FEE: $20

☐ EVERY HEART MATTERS

☐ GETTING A BETTER NIGHT'S REST

☐ THE GREAT SWAMP: NEW JERSEY'S NATURAL HERITAGE
FEE: $5

☐ LADIES' NIGHT OUT NUTRITION

☐ MANAGING YOUR DAILY STRESS

☐ MILK AND ITS ALTERNATIVES

☐ NATIONAL SENIOR HEALTH & FITNESS DAY

☐ NEW JERSEY STATE PARKS
FEE: $5

☐ THE PATH TO BETTER HEALTH

☐ THE POWER TO END STROKE

☐ SMART SWAPS TO LIGHTEN UP YOUR SUMMER DIET

☐ SUMMER SKIN CARE

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

MUST REGISTER IN ADVANCE FOR ALL EXERCISE CLASS DATES – NO DROP-INS.

- ☐ GENTLE YOGA
  FEE: $45
- ☐ INTRODUCTION TO INTERMEDIATE YOGA
  FEE: $30
- ☐ LINE DANCING
  FEE: $30
- ☐ LITE & FIT
  FEE: $45

THE ART OF ORIGAMI
- ☐ April 12 *AND/OR*
- ☐ June 14

- ☐ BRAIN BOOSTERS
- ☐ CARFIT FOR ADULTS
  TO SCHEDULE AN APPOINTMENT, CALL 1-844-472-8499.
- ☐ GOOD BONES
- ☐ THE PATH TO BETTER HEALTH
- ☐ THE POWER TO END STROKE
- ☐ TEA AND TALK: HEARING AS WE AGE
- ☐ TEA AND TALK: MY ACHING BACK
- ☐ VETERANS HEALTH AND WELLNESS DAY

Overlook Medical Center

- ☐ INTRODUCTION TO T'AI CHI CHIH®
  FEE: $40
- ☐ INTRODUCTION TO ZUMBA® GOLD
  FEE: $48
- ☐ STEPS TOWARD A HEALTHY YOU
  FEE: $30

- ☐ AGING IN YOUR OWN SPACE
- ☐ HEALTHY IN A HURRY
- ☐ MINDFUL EATING AND BRAIN BOOSTERS
- ☐ THE PATH TO BETTER HEALTH
- ☐ THE POWER TO END STROKE
- ☐ NEW JERSEY STATE PARKS
  FEE: $5
- ☐ SENIOR HEALTH AND FITNESS DAY
- ☐ UNDERSTANDING MIGRAINES AND HEADACHES

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.

UNLESS OTHERWISE NOTED, MOST CLASSES ARE FREE.

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.

REGISTRATION FORM
Spring 2019

Newton Medical Center

- ☐ MOVING MINDFULLY
FEE: $48

- ☐ YOGA
FEE: $48

- ☐ YOGA DANCE FUSION
FEE: $36

- ☐ AGING IN YOUR OWN SPACE

- ☐ CARFIT FOR ADULTS
TO SCHEDULE AN APPOINTMENT, CALL 1-844-472-8499.

- ☐ DIABETES: KNOW YOUR RISK

- ☐ EARLY BIRD DINNER LECTURE: CELEBRATE LIFE! MANAGING PAIN AND ENSURING WELLNESS
FEE: $3 FOR DINNER

- ☐ EARLY BIRD DINNER LECTURE: THE POWER TO END STROKE
FEE: $3 FOR DINNER

- ☐ FOOD AS PREVENTATIVE MEDICINE: WE ARE WHAT WE EAT

- ☐ HEALTHY FOOD SHOPPING ON A BUDGET

- ☐ LIVE YOUR BEST LIFE WITH LESS STRESS

- ☐ THE PATH TO BETTER HEALTH

Hackettstown Medical Center

- ☐ INTRODUCTION TO T'AI CHI
FEE: $40

- ☐ QIGONG
FEE: $40

- ☐ SHAKE IT UP
TO REGISTER, CALL 1-844-472-8499.

- ☐ AARP SAFE DRIVER COURSE
FEE: $15 FOR AARP MEMBERS; $20 FOR ALL OTHERS, PAYABLE TO AARP AT THE DOOR

- ☐ ARTHRITIS OF THE HANDS: WHAT YOU NEED TO KNOW

BACK IN TIME: STALEMATE TO VICTORY – SOUTHERN BATTLES OF THE AMERICAN REVOLUTION
- ☐ May 8 *OR* (check one)
- ☐ May 15

- ☐ CARFIT FOR ADULTS
TO SCHEDULE AN APPOINTMENT, CALL 1-844-472-8499.

- ☐ HEALTHY AGING: WISE PROGRAM

- ☐ LAUGHTER IS THE BEST MEDICINE

- ☐ LIFESTYLE CHANGES FOR PREDIABETES AND DIABETES

- ☐ NUTRITION TRENDS AND MYTH BUSTERS

- ☐ THE PATH TO BETTER HEALTH

- ☐ THE POWER TO END STROKE

- ☐ SPRING INTO HEALTHIER EATING HABITS

- ☐ TECHNOLOGY FOR SENIORS

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.

feel better, no appointment necessary

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

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.
Nutley – 124 Washington Ave.
Rockaway – 346 Route 46
Springfield – 200 US Highway 22
Totowa – 225 US Highway 46
Watchung – 1569 US Highway 22

JUST WALK IN | FULL MEDICAL TEAM | 8-8 EVERY DAY

MedExpress® Atlantic Health System URGENT CARE

medexpress.com | atlantichealth.org/medexpress

ME2019**3023**
©2019, Urgent Care MSO, LLC

Atlantic Health System

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.

NON-PROFIT
US POSTAGE
PAID
KENT, OH
Permit #15

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.

Available on the App Store

GET IT ON Google play

To learn more, go to atlantichealth.org/mychart

Atlantic Health System