newvitality

WINTER 2019

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

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.**

Atlantic Health System

AUXILIARY EVENTS

BRICK WALK PROJECT

The Chilton Medical Center Auxiliary offers an extraordinary opportunity for you to participate in creating a legacy as you support quality health care in your community. Your personally inscribed brick will be a permanent remembrance, displayed prominently near the entrance to the hospital. Proceeds from the Brick Walk Project will go toward enhancing the patient experience and maintaining Chilton's high-quality patient care. For more information about the Chilton Auxiliary or the Brick Walk Project, call 973-831-5345.

A NIGHT AT THE THEATRE

The Chilton Medical Center Auxiliary is hosting a benefit performance of *A Comedy of Tenors*. For ticket information, call the Auxiliary office at 973-831-5345.
Thursday, April 4, 8:00pm (light refreshments will be served before show at 7:00pm)
$40
The Barn Theatre, 32 Skyline Drive, Montville

EXERCISE

AQUACISE (JOINT-FRIENDLY)

Cardiovascular fitness, endurance and flexibility in chest-deep water. Bring a lock, towel and swim cap.
Mondays, January 21 to March 25 AND/OR *Wednesdays, January 23 to March 27, Noon to 12:45pm*
$60 for each 10-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, January 23 to March 27, 1:00 to 1:45pm
$60 for all 10 weeks
New York Sports Club, 1481 Route 23 South, Butler

BETTER BONES – BEGINNER (FORMERLY MUSCLES IN MOTION – THURSDAY CLASS)

Work your muscles to increase core strength, overall muscle tone and improve balance. Bring a mat and handheld weights.
Thursdays, January 24 to April 4 (no class February 28), 11:30am to 12:30pm
$60 for all 10 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, January 22 to April 2 (no class February 26), 10:15 to 11:15am
AND/OR
Thursdays, January 24 to April 4 (no class February 28), 10:15 to 11:15am
$60 for each 10-week class
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 fun, cardio dance journey through time.
Thursdays, January 31 to April 4 (no class February 7 and March 7), 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, January 22 to March 26, 5:30 to 6:15 pm
$80 for all 10 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.

LITE & FIT

Light strength training, some chair exercises, no floor work. Bring a light set of handheld weights to the first class.
Tuesdays, January 22 to April 2 (no class February 26), 2:00 to 3:00pm
AND/OR
Thursdays, January 24 to April 4 (no class February 28), 2:00 to 3:00pm
$50 for each 10-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 provided.
Mondays, January 21 to April 1 (no class February 25), 4:30 to 5:30pm
$80 for all 10 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, January 23 to March 27 (no class February 27), 5:30 to 6:30pm
$80 for all sessions

Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

ZUMBA® GOLD

Dance into shape to international rhythms. Body, mind and soul workout.
Mondays, January 28 to April 1, 1:00 to 1:45pm
AND/OR
Wednesdays, January 30 to April 3, 10:00 to 10:45am
AND/OR
Fridays, February 1 to April 5, 10:00 to 10:45am
$60 for each 10-week class
Wayne Presbyterian Church, 1200 Alps Road, Wayne

ZUMBA® GOLD AT CHILTON

Thursdays, January 31 to April 4, 1:00 to 1:45pm
$50 for all 10 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, January 28 to April 1, 11:00 to 11:45am
$50 for all 10 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, January 23 to March 27, 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 information, call 973-831-5165.
Friday, May 10, 6:30 to 9:30pm
Preakness Hills Country Club, 1050 Ratzer Road, Wayne

HEALTH

COLON HEALTH UPDATE

Lower your risk of colon cancer by learning how to keep your colon healthy and also about symptoms, screenings and the latest treatment options. Participants will receive a free take-home hemoccult kit to prescreen for colon cancer. Lakeland Health Care Center will provide a light, healthy breakfast. Presented by Jonathon Stillman, MD.
Wednesday, March 27, 10:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

EATING TO REDUCE YOUR RISK OF COLON CANCER

Colon cancer is the most detectable and preventable, yet is ranked the No. 2 cancer killer in the USA. Join us to learn about ways to improve your eating habits, what to eat, and what to avoid to reduce your risk of developing this disease. Oakland Rehabilitation Center will provide a light, healthy breakfast. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.
Friday, March 8, 10:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

GUIDE TO GLAUCOMA

Please join us and learn the facts about causes and risk factors, symptoms and treatment options of glaucoma, and how to lower your odds of developing this disease through a healthy lifestyle. CareOne at Wayne will provide a healthy breakfast. Presented by Eric Shnayder, MD, PC.
Thursday, January 31, 10:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

HEART HEALTHY LIVING

About half of all Americans have at least one of the three main risk factors for heart disease. Join us for an overview of how the heart works, common heart conditions and how to live heart healthy and reduce your risk. A light, healthy breakfast provided by Oakland Rehabilitation Center. Presented by Michele Gilbert, MSN, NP-C, Heart Success Program.
Friday, March 22, 10:00 to 11:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

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, March 4 to 25, 10:00 to 11:30am
Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains

TYPES OF THYROID DISEASE

At least 30 million Americans have a thyroid disorder, and half are silent sufferers who are undiagnosed. Join us for a comprehensive overview of hyperthyroidism, hypothyroidism and related thyroid disease. Llanfair House Nursing and Rehabilitation Center will provide a light breakfast. Presented by Lucy Covello, MD.
Friday, January 25, 10:00am
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

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
- Wanaque 973-839-3000, ext. 7122 or 7124, wanaqueborough.com
- 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, January 24 to March 28, Noon to 12:45pm
$60 for all 10 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, January 21 to March 25, 1:30 to 2:15pm OR *2:30 to 3:15pm*
$50 for all 10 weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

HATHA YOGA

Integration of body, mind and breath. Bring a yoga mat.
Tuesdays, January 15 to March 19, 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, January 28 to April 1 (no class February 18 and March 4), 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 can be done by anyone.
Thursdays, February 7 to April 11, 9:45 to 10:45am
$50 for all 10 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, February 7 to April 11, 11:00am to Noon
$50 for all 10 weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

YOGA – BEGINNER

Bring a small blanket and a mat for the floor.
Tuesdays, January 22 to March 26, 11:30am to 12:30pm
$50 for all 10 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, January 22 to March 26, 10:00 to 11:00am
$50 for all 10 weeks
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

HATHA YOGA FOR CANCER PATIENTS

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. For dates and to register, call 973-831-5311.
Saturdays, 9:00 to 10:00am
Chilton Medical Center, Collins Pavilion, 97 West Parkway, Pompton Plains

LIFE ENRICHMENT

THE CROSSING: SAVING AMERICA 1776

The only thing that George Washington could do to save America's independence after his dwindling "army" of underfed and exhausted patriots retreated across the Delaware in November of 1776, was to attack a larger, professional force of mercenaries during a blinding nor'easter in Trenton on Christmas Day. Presented by Glen LeBoeuf.
Friday, February 22, 10:00am
$5
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

FROM BEES TO TOMATOES: NEW JERSEY'S STATE SYMBOLS

Join us for some fun facts about the animals, minerals and vegetables that our state calls its own. Presented by Jim DelGiudice.
Friday, March 29, 11:00am
$5

Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

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. Led by Dianne Herald DiMella.
Mondays, March 4 to April 1, 11:00am to 12:30pm
$25 for all five weeks
Atlantic Health Pavilion, 242 West Parkway, Second Floor, Community Outreach Conference Room, Pompton Plains

NEVER TOO EARLY TO PLAN RETIREMENT

The key to retirement planning is to begin acting on it as early in your career as possible. Discussed will be "The Retirement Checklist" and simple wealth-building strategies to hit your retirement goal. Presented by Ash Rajan, MBA, MS.
Monday, February 18, 7:00pm
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

SAVE FOR YOUR FUTURE

Many parents struggle with their children's college education budget, which unfortunately goes up every year. Join us to learn about specific saving plans designed to encourage saving for education costs or retirement, such as the 529 programs and IRAs. Presented by Ash Rajan, MBA, MS.
Monday, March 4, 7:00pm
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

SENIOR POLICE ACADEMY

The Passaic County Sheriff's Office will host this award-winning four-week course to enlighten our senior community and improve their quality of life. Bagels and coffee are provided, as well as a graduation ceremony and luncheon at the completion of the course. The program is presented in partnership with the Passaic County Sheriff's Office, the Wayne Alliance for the Prevention of Substance Abuse and Atlantic Health System, Chilton Medical Center.
Tuesdays, April 2 to 23, 9:15am to 12:30pm
Passaic County Police Academy, 214 Oldham Road, Wayne

WINTER SKIN CARE

If your skin is dry and cracked, you do not have to give up and hibernate until the first day of spring. Join us to learn what you can do that will help combat dehydrated winter skin and also target yearlong problem areas. Presented by Maxine Zawaski, ShopRite of Lincoln Park.
Friday, March 15, 11:00am
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.

FREE SLEEP HEALTH SCREENINGS

Visit chiltonhealth.org.

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.

NUTRITION

GET TO THE HEART OF THE MATTER

Curious about which foods can help or hinder heart health? Join us for an interactive presentation for National Heart Month. We will discuss what those important numbers mean as well as some nutritious swaps, tips and tricks. Presented by Heather Shasa, MS, RD, ShopRite of Wayne.
Thursday, February 7, 7:00pm
$5
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

HEALTHIER WINTER 'COMFORT' FOODS

Comfort foods do not have to be packed with calories, unhealthy fats and sugars. As we head into the colder weather, learn how you can enjoy your favorite "comfort" foods by using bold flavors, nutrient-dense whole grains, produce and lean proteins. Tasting and recipes included. Presented by Megan Scutti, MS, RD, ShopRite of West Milford.
Wednesday, February 13, 10:00am
$5
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

HEALTHY NUTRITION: PROTECTION DURING THE WINTER MONTHS

Sticking to a healthy diet can help maintain your immune system to better protect you against winter illnesses. Learn how certain nutrients build immunity, how the GI tract impacts immunity and how to boost it, and what you can do to fend off illness during the winter months. Tasting and recipes included. Presented by Tara Bonanno, MPH, RD, ShopRite

of Oakland.
Wednesday, January 30, 10:00am
$5
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

NUTRITION, DIET AND YOUR HEART

A healthy diet and lifestyle are your best weapons against cardiovascular disease. Join us for American Heart Month to learn simple lifestyle changes like including more fiber in your diet for long-term benefits to your heart. Sampling and recipes included. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.
Friday, February 15, 10:00am
$5
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

SEASONAL PRODUCE DURING THE WINTER MONTHS

Eating seasonally during the winter does not have to be boring, as winter produce offers a surprising range of flavors. Learn what you need to know about buying, storing and preparing the best produce winter has to offer. Tasting and recipes included. Presented by Heather Shasa, MS, RD, ShopRite of Wayne.
Wednesday, February 27, 10:00am
$5
Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains

SPECIAL EVENT

HOLD THE DATE: NATIONAL SENIOR HEALTH & FITNESS DAY 2019

One-day event including speakers, screenings, info tables, fitness classes, refreshments, giveaways and other fun activities.
Wednesday, May 29, 9:30am to 1:00pm
Wayne YMCA, 1 Pike Drive, Wayne

SUPPORT GROUPS

ALZHEIMER'S DISEASE CAREGIVERS SUPPORT GROUP

For more information, call 973-831-5367.
Second Wednesday of the month, 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

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 Tuesday 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

Medicare and Atlantic Home Care

Did you know that Medicare covers visiting nurses and rehabilitation therapists 100 percent to help you heal at home? Medicare will pay for short-term, intermittent skilled care from a Medicare-certified home care agency such as Atlantic Home Care and Hospice. Often, home care is ordered after a hospitalization or rehab stay, but your physician may see a need to order these services from his/her office to prevent hospitalization. The focus of care is to return you to independence through rehabilitation and education.

In order to qualify for home care services under Medicare, your physician must order home care, you must be homebound (leave your home infrequently with the assistance of another person usually for doctor's appointments), and you must have a skilled need for a visiting nurse or rehabilitation therapist (physical, occupational or speech therapist). Hospice care is also covered 100 percent under Medicare if you have a life-limiting illness. Specially trained hospice physicians, nurses, social workers, volunteers, chaplains, and home health aides work as a team to provide comfort, dignity and support to you and your family.

Atlantic Home Care provides these services in Morris, Union, Somerset, Sussex, Warren and Essex counties. Atlantic Hospice covers Morris, Somerset, Union, Essex and parts of Passaic counties.

For more information, call Atlantic Home Care and Hospice at 973-379-8472.

REGISTRATION FORM
Winter 2019

newvitality

Atlantic Health System

PREREGISTRATION IS REQUIRED FOR ALL PROGRAMS.
Please return entire form along with appropriate medical center(s) registration sheet(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, 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/or 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 _____

REGISTRATION FORM
Winter 2019

Chilton Medical Center

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

FEE: $60 per class

☐ AQUACISE, LEVEL 2
FEE: $60

☐ ARTHRITIS AQUATICS PROGRAM
FEE: $60

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

FEE: $50

☐ BETTER BONES – BEGINNER
FEE: $60

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

FEE: $60 per class

☐ DANCING THROUGH THE DECADES
FEE: $64

☐ DRUM 'N BARRE
FEE: $80

☐ HATHA YOGA
FEE: $80

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

FEE: $50 per class

☐ MEDITATION FOR MINDFUL WELL-BEING
FEE: $64

☐ MUSCLES IN MOTION (Pompton Plains)
FEE: $80

☐ THE POWER HOUR
FEE: $80

☐ T'AI CHI CHIH® – BEGINNER
FEE: $50

☐ T'AI CHI CHIH® – INTERMEDIATE
FEE: $50

☐ YOGA – BEGINNER
FEE: $50

☐ YOGA – INTERMEDIATE
FEE: $50

ZUMBA® GOLD
Pompton Plains **FEE: $50**
- ☐ Thursdays

Wayne **FEE: $60 per class**
- ☐ Mondays *AND/OR*
- ☐ Wednesdays *AND/OR*
- ☐ Fridays

☐ ZUMBA® GOLD TONING (Pompton Plains)
FEE: $50

☐ ZUMBA® TONING (Pompton Plains)
FEE: $80

☐ COLON HEALTH UPDATE

☐ THE CROSSING: SAVING AMERICA 1776
FEE: $5

☐ EATING TO REDUCE YOUR RISK OF COLON CANCER

☐ FROM BEES TO TOMATOES: NEW JERSEY'S STATE SYMBOLS
FEE: $5

☐ GET TO THE HEART OF THE MATTER
FEE: $5

☐ GUIDE TO GLAUCOMA

☐ THE HEALING ART OF WRITING
FEE: $25

☐ HEALTHIER WINTER 'COMFORT' FOODS
FEE: $5

☐ HEALTHY NUTRITION: PROTECTION DURING THE WINTER MONTHS
FEE: $5

☐ HEART HEALTHY LIVING

☐ NATIONAL SENIOR HEALTH & FITNESS DAY 2019

☐ NEVER TOO EARLY TO PLAN RETIREMENT

☐ NUTRITION, DIET AND YOUR HEART
FEE: $5

☐ THE PATH TO BETTER HEALTH

☐ SAVE FOR YOUR FUTURE

☐ SEASONAL PRODUCE DURING THE WINTER MONTHS
FEE: $5

☐ SENIOR POLICE ACADEMY

☐ TYPES OF THYROID DISEASE

☐ WINTER 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.

- ☐ AARP SAFE DRIVER COURSE
  FEE: $15 FOR AARP MEMBERS; $20 FOR ALL OTHERS (CHECK PAYABLE TO AARP AT THE DOOR)
- ☐ CHOLESTEROL: THE GOOD, THE BAD AND THE UGLY
- ☐ FABULOUS FIBROUS FOODS
- ☐ GENTLE YOGA
  FEE: $45
- ☐ HEART HEALTHY LIVING
- ☐ IMMUNE-BOOSTING FOODS
- ☐ INTRODUCTION TO INTERMEDIATE YOGA
  FEE: $20
- ☐ LINE DANCING
  FEE: $30
- ☐ LITE & FIT
  FEE: $45
- ☐ THE PATH TO BETTER HEALTH
- ☐ TEA AND TALK – 'LOVE YOURSELF': RELAXATION TECHNIQUES
- ☐ WHAT'S THE MATTER WITH MY BLADDER?

Overlook Medical Center

- ☐ ESSENTIALS OF MEMORY CHANGES
- ☐ FABULOUS FIBROUS FOODS
- ☐ A HEART HEALTHY DIET
- ☐ HEART HEALTHY LIVING
- ☐ INTRODUCTION TO T'AI CHI CHIH®
  FEE: $40
- ☐ INTRODUCTION TO ZUMBA® GOLD
  FEE: $48
- ☐ THE PATH TO BETTER HEALTH
- ☐ RHYTHM AND MOOD
- ☐ THE STATUE OF LIBERTY
  FEE: $5
- ☐ WINTER SKIN CARE AND BEAUTY

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
Winter 2019

Newton Medical Center

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

- ☐ EARLY BIRD DINNER AND LECTURE: THERAPEUTIC BENEFITS OF JOURNALING
FEE: $3

- ☐ FOODS TO BOOST YOUR BRAIN POWER

- ☐ HEART HEALTHY LIVING

- ☐ IT COULD HAPPEN TO YOU ... PERSONAL PREPAREDNESS 101

- ☐ LAUGHTER IS THE BEST MEDICINE

- ☐ MOVING MINDFULLY
FEE: $36

- ☐ NON-CONTACT BOXING
FEE: $36

- ☐ THE PATH TO BETTER HEALTH

- ☐ WHAT'S INSIDE? KEEPING YOUR GUT HEALTHY

- ☐ YOGA
FEE: $30

Hackettstown Medical Center

- ☐ AARP SAFE DRIVER COURSE
$15 FOR AARP MEMBERS; $20 FOR ALL OTHERS (CHECK PAYABLE TO AARP AT THE DOOR)

BACK IN TIME: SAGA OF BOMBER 19
- ☐ February 6 *OR* (check one)
- ☐ February 13

- ☐ EMERGENCY PREPAREDNESS

- ☐ HEART HEALTHY EATING

- ☐ HEART HEALTHY LIVING

- ☐ HEALTHY EATING TIPS AND IMMUNE-BOOSTING FOODS

- ☐ INTRODUCTION TO T'AI CHI
FEE: $30

- ☐ LAUGHTER IS THE BEST MEDICINE

- ☐ LIFESTYLE CHANGES FOR PREDIABETES AND DIABETES MANAGEMENT

- ☐ THE PATH TO BETTER HEALTH

- ☐ QIGONG
FEE: $40

- ☐ SHAKE IT UP
FOR INFORMATION, CALL 1-844-472-8499

- ☐ TECHNOLOGY FOR SENIORS

- ☐ TOTAL KNEE AND HIP REPLACEMENT

newvitality 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.

EXERCISE

GENTLE YOGA
Gentle yoga class for older adults. Mostly chair and standing poses, but class is modified based on attendees.
Wednesdays, January 30 to March 27, 10:30 to 11:30am
$45 for all nine weeks
Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor, Rockaway

INTRODUCTION TO INTERMEDIATE YOGA
This Yoga class is for those with some previous yoga experience. Bring a mat.
Wednesdays, February 20 to March 27, 10:30 to 11:30am
$20 for all four weeks
Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor, Rockaway

LINE DANCING
Dance your way to increased stamina, flexibility, balance and fitness with this fun five-session class.
Fridays, February 15 to March 22, 2:00 to 3:00pm
$30 for all six weeks
Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor, Rockaway

LITE & FIT
Light strength training. Bring a light set of handheld weights to the first class.
Thursdays, January 17 to March 14, 10:00 to 11:00am
$45 for all nine weeks
Municipal Complex, 50 Woodland Avenue, Morris Township

HEALTH

CHOLESTEROL: THE GOOD, THE BAD AND THE UGLY
Join us for an informative talk on understanding the different types of cholesterol and what you can do to support good health and your heart. A free cholesterol screening will also be available.
Friday, February 1, 9:30 to 10:30am
Lakeland Hills Family YMCA, 100 Fanny Road, Mountain Lakes

FABULOUS FIBROUS FOODS
Understanding how fiber is important and where to get it from. Presented by Monica Hansen, RD, ShopRite of Greater Morristown.
Wednesday, March 20, 1:00 to 2:00pm
435 South Street, Third Floor Conference Room, Morristown

HEART HEALTHY LIVING
About half of all Americans have at least one of the three main risk factors for heart disease. Join us for an overview of how the heart works, three of the most common heart conditions and what you can do to live heart healthy and reduce your risk. Presented by Kathleen Hollasch, RN, BSN, Heart Success Program.
Friday, March 15, 10:00 to 11:00am
435 South Street, Third Floor Conference Room, Morristown

IMMUNE-BOOSTING FOODS
Join us for a presentation discussing foods that can help your immune system keep fighting during this cold and flu season. Presented by Amanda Fano, RD, ShopRite of Wharton.
Wednesday, January 30, 1:00 to 2:00pm
Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor Community Room, Rockaway

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, March 4 to March 25, 2:00 to 3:30pm
435 South Street, Third Floor Conference Room, Morristown

WHAT'S THE MATTER WITH MY BLADDER?
We use our bladder multiple times a day without really thinking about it. Do you know what to do to keep it healthy? Learn more about common issues, treatments and prevention.
Tuesday, March 26, 10:00am
Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor, Rockaway

LIFE ENRICHMENT

AARP SMART DRIVER COURSE
This is a state-recognized driving class for adults age 50 plus. Completion of this course may qualify you for a reduction in your insurance cost and a two-point reduction in points once in five years.
Friday, March 29, 9:00am to 3:30pm
$15 for AARP members; $20 for all others
Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor Community Room, Rockaway

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

TEA AND TALK: 'LOVE YOURSELF': RELAXATION TECHNIQUES
Join us quarterly to socialize, enjoy an educational program, and sip some tea. This program will focus on techniques for relaxation and breathing, stress management, and why it's so important to show yourself some love.
Thursday, February 14, 10:15 to 11:15am
Randolph YMCA, The Program House, 14 Dover Chester Road, Randolph

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, February 7 to March 28, 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 recreates the moves you love at a lower intensity with a focus on balance and range of motion.
Tuesdays, February 5 to March 26, 11:30am to 12:15pm
$48 for all eight weeks
Susie Karlick's Dance Sensation, 1049 Stuyvesant Avenue, Union

NEW VITALITY 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

ESSENTIALS OF MEMORY CHANGES

Memory is ever changing, and as we age it is important to recognize what is normal vs what may be a warning sign of dementia. Lunch will be provided. Presented by neurologist Anjali Patel, MD.
Wednesday, April 10, Noon to 1:30pm
Arden Courts, 510 Prospect Avenue, West Orange

FABULOUS FIBROUS FOODS

Understanding how fiber is important and where to get it from. Presented by Megan Hewitt, RD, ShopRite of Union.
Tuesday, March 12, 1:00 to 2:00pm
Overlook Union Campus, 1000 Galloping Hill Road, ED Conference Room, Union

A HEART HEALTHY DIET

Join us for a discussion on how to feed your heart for good health. Registered dietitian Megan Hewitt will give you tips on yummy food that promotes good heart health and discuss common diets associated with heart health.
Wednesday, February 13, 1:30 to 2:30pm
The Gateway Family YMCA, Wellness Center Branch, 1000 Galloping Hill Road, Union

HEART HEALTHY LIVING

About half of all Americans have at least one of the three main risk factors for heart disease. Join us for an overview of how the heart works, three of the most common heart conditions and what you can do to live heart healthy and reduce your risk. Presented by Margaret Jones, RN BSN, Complex Care Coordinator, Heart Success Program
Tuesday, March 19, 10:00 to 11:00am
Millburn Public Library, 200 Glen Avenue, Millburn

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.
Tuesdays, March 5 to 26, 10:00 to 11:30am
Overlook Union Campus, ED Conference Room, 1000 Galloping Hill Road, Union

RHYTHM AND MOOD

How does music affect your mood? Join us for a presentation on how music can affect our health, both mental and physical.
Friday, March 8, 11:30am to 12:30pm
Bauer Community Center, 100 Main Street, Millburn

LIFE ENRICHMENT

THE STATUE OF LIBERTY

The Statue of Liberty was dedicated on October 28, 1886, after more than twenty years of planning, fund-raising and construction. Learn about her history and symbolism and the histories of Ellis Island and Liberty State Park. Slide show includes original photography of the Statue of Liberty, Ellis Island and New York Harbor views, plus vintage images of historic people, places and events. Presented by Kevin Woyce.
Tuesday, March 19, 1:00 to 2:00pm
$5 per person
SAGE Eldercare, 290 Broad Street, Conference Room, Summit

WINTER SKIN CARE AND BEAUTY

Turn the heat up on winter beauty with this fun presentation on skin care and beauty tips to help you stay radiant.
Thursday, January 24, 10:00 to 11:00am
ShopRite of Clark, 76 Central Avenue, Clark

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, February 4 to March 18 (no class February 18),
1:00 to 2:00pm
$36 for all six weeks
American Legion Post 86, 20 Yates Avenue, Newton

NON-CONTACT BOXING
This non-contact class will teach the basics of boxing to help increase cardiovascular health, strength, balance and coordination, as well as decrease stress levels.
Tuesdays, February 5 to March 12,
10:30 to 11:30am
$36 for all six weeks
American Legion Post 86, 20 Yates Avenue, Newton

YOGA
A gentle practice that combines breath work and postures for balance.
Mondays, February 4 to March 11,
10:00 to 11:00am
$30 for all six weeks
Sparta Health and Wellness Conference Room, 89 Sparta Avenue, Sparta

HEALTH

EARLY BIRD DINNER LECTURE: THERAPEUTIC BENEFITS OF JOURNALING
Learn how journaling can help you learn how to be in touch with yourself and your feelings. Presented by Robin K. Ennis, manager, United Way Caregivers Coalition.
Tuesday, March 19, 4:30pm – light dinner; 5:00 to 6:00pm – lecture
$3 for dinner

FOODS TO BOOST YOUR BRAIN POWER
Just like the right diet can prevent heart disease, high blood pressure or cancer, health experts are finding that certain foods may boost your mind and brain power. Presented by Cathy Olmstead, MS, RD, CDE.
Friday, February 22, 11:00am to Noon

HEART HEALTHY LIVING
About half of all Americans have at least one of the three main risk factors for heart disease. Join us for an overview of how the heart works, three of the most common heart conditions and what you can do to live heart healthy and reduce your risk. Presented by Lenore Blank, MSN, NP-C, Heart Failure Nurse Practitioner
Friday, March 22, 10:30 to 11:30am

IT COULD HAPPEN TO YOU ... PERSONAL PREPAREDNESS 101
A disaster or a personal emergency can affect you in many ways. Learn how to be prepared by creating an emergency communication plan for your family, making a personal Emergency Supply Kit/Go Bag, and knowing how to stay informed. Presented by Tracy Storms-Mazzucco, health educator.
Tuesday, February 26, 10:30 to 11:30am

THE PATH TO BETTER HEALTH
This four-part series is geared to help older adults 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.
Fridays, January 25 to February 15,
10:30am to Noon

WHAT'S INSIDE? KEEPING YOUR GUT HEALTHY
Prebiotics, probiotics, fiber ... what exactly does a healthy gut need, and why does it matter? Presented by Leigh B. Kramer, MS, RDN, CDE.
Thursday, March 28, 11:00am to Noon

LIFE ENRICHMENT

AARP SAFE DRIVER COURSE
This is a state-recognized driving class for adults age 50 plus. Completion of this course may qualify you for a reduction in your insurance cost and a two-point reduction on your license every five years.
Monday, March 11, 8:30am to 3:30pm
$15 for AARP members;
$20 for all others

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.
Friday, March 15, 10:30 to 11:30am

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

EXERCISE

INTRODUCTION TO T'AI CHI
Gentle on the joints while working to improve balance and overall fitness.
Wednesdays, January 30 to March 6, 11:00am to Noon
$30 for all six weeks

QIGONG
Focus on health, wellness, increased energy and stress management while also improving mobility and flexibility.
Tuesdays, January 29 to March 19, 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 price and availability.
Mondays and Thursdays, 2:00 to 3:15pm
Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101, Hackettstown

HEALTH

EMERGENCY PREPAREDNESS
Learn about disasters that may or may not happen, to potentially save your life and others' lives if they do. Important information on preparing for emergencies will be provided. Presented by Katie Stewart, health educator.
Thursday, March 14, 10:30 to 11:30am

HEALTHY EATING TIPS AND IMMUNE-BOOSTING FOODS
Learn ways to eat healthy and the importance of immune-boosting foods.
Wednesday, March 27, 11:00am to Noon

HEART HEALTHY EATING
Learn about eating healthy for your heart. The presentation will also include instructions on how to read food labels, healthy food shopping tips and recipes.
Wednesday, February 27, 1:00 to 2:00pm
Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101, Hackettstown

HEART HEALTHY LIVING
About half of all Americans have at least one of the three main risk factors for heart disease. Join us for an overview of how the heart works, three of the most common heart conditions and what you can do to live heart healthy and reduce your risk. Presented by Lenore Blank, MSN, NP-C, Heart Failure Nurse Practitioner
Friday, March 29, 11:00am to Noon

LIFESTYLE CHANGES FOR PREDIABETES AND DIABETES MANAGEMENT
Information on what you can do to help prevent, postpone or manage diabetes.
Tuesday, February 12, 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. 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.
Thursdays, February 7 to 28, 10:30am to Noon

TOTAL KNEE AND HIP REPLACEMENT
Learn the reasons for total knee and total hip replacement and the process of determining candidates for surgery.
Tuesday, March 26, 11:00am to Noon

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. Participants must attend both dates in order to qualify for the discount.
Tuesday and Wednesday, January 8 and 9, 8:00am to Noon
$15 for AARP members; $20 for all others

BACK IN TIME: SAGA OF BOMBER 19
On July 19, 1943, a young U.S. Army Air Force crew assigned to the 331st Bomb Group – 464th Bomb Squadron prepared for what was to be a routine cross-country and navigation nonstop training flight to El Paso, Texas. Learn about the crew, the aircraft, its loss and efforts by family members to honor the sacrifice of the crew.
Wednesday, February 6 OR *February 13, 9:30 to 10:30am*

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, March 21, 11:00am to Noon

TECHNOLOGY FOR SENIORS
Learn more about your cellphone, computer or tablet. Work one-on-one with a student from Hackettstown High School.
Wednesday, February 20, 11:00am to Noon
Hackettstown High School, 599 Warren Street, Hackettstown

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

feel better, no appointment necessary

ATLANTIC HEALTH SYSTEM AND MEDEXPRESS COLLABORATE TO OFFER URGENT CARE SERVICES AT 11 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.

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LOCATIONS:

Bloomfield – 135 Bloomfield Ave.
Cedar Knolls – 118 E. Hanover Ave.
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

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Atlantic Health System

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Morristown, NJ 07960-6459

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an Atlantic Health System
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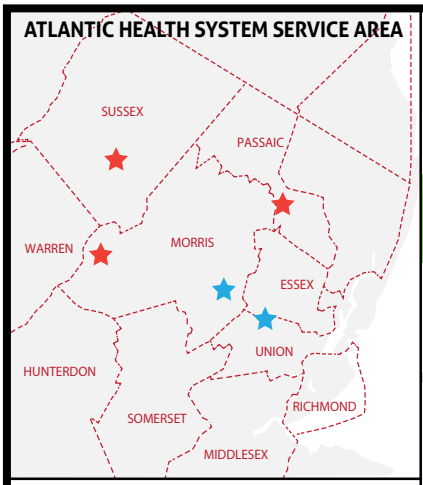

ATLANTIC HEALTH SYSTEM SERVICE AREA

- **Chilton Medical Center**
  97 West Pkwy., Pompton Plains, NJ 07444
- **Hackettstown Medical Center**
  651 Willow Grove St., Hackettstown, NJ 07840
- **Morristown Medical Center and Goryeb Children's Hospital**
  100 Madison Ave., Morristown, NJ 07960
- **Newton Medical Center**
  175 High St., Newton, NJ 07860
- **Overlook Medical Center**
  99 Beauvoir Ave., Summit, NJ 07901

Atlantic Medical Group Practices
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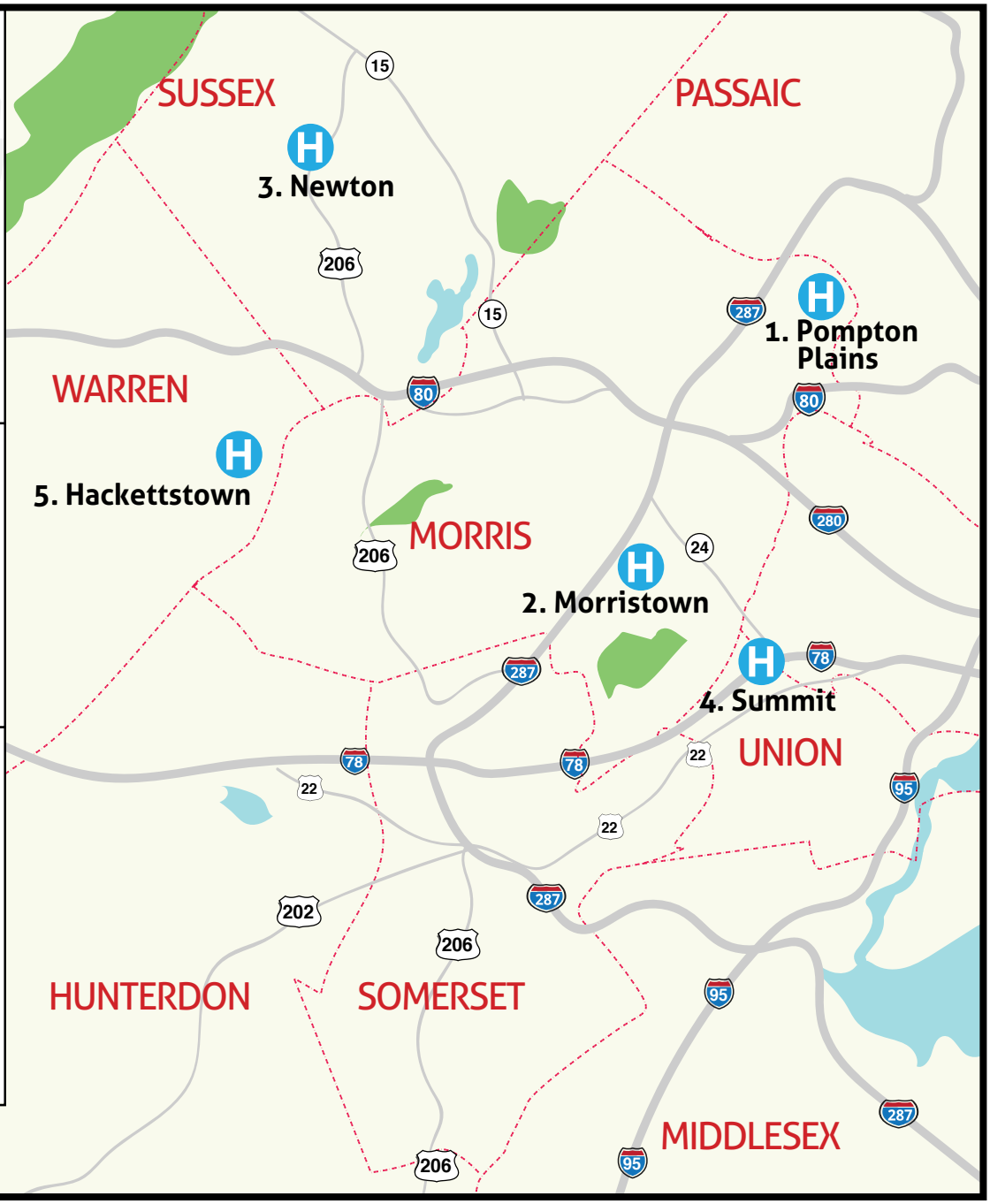
1. **Chilton Medical Center**
   97 West Parkway, Pompton Plains, NJ 07444
2. **Morristown Medical Center and Goryeb Children's Hospital**
   100 Madison Avenue, Morristown, NJ 07960
3. **Newton Medical Center**
   175 High Street, Newton, NJ 07860
4. **Overlook Medical Center**
   99 Beauvoir Avenue, Summit, NJ 07901
5. **Hackettstown Medical Center**
   651 Willow Grove Street,
   Hackettstown, NJ 07840