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.
Providing a safe environment is our priority and New Vitality takes your health very seriously. If our classes are in-person, please rest assured that we will follow these guidelines.

- Please wear your facemask.
- Wash your hands or use gel sanitizer frequently.
- Maintain a 6 foot distance from others.

#CaringTogether

Atlantic Health System
**EXERCISE**

*(EXERCISE CLASSES WILL BE VIRTUAL UNTIL FURTHER NOTICE.)*

**AQUACISE (JOINT-FRIENDLY)**
Cardiovascular fitness, endurance and flexibility in chest-deep water. Use a towel and swim cap.

*Mondays, July 27 to September 21 (no class September 7); AND/OR Wednesdays, July 29 to September 23 (no class September 9), Noon to 12:45pm Call for information.*

**AQUACISE, LEVEL 2 (JOINT-FRIENDLY)**
Stretching and cardiovascular conditioning. Use a towel and swim cap.

*Wednesdays, July 29 to September 23 (no class September 9), 1:00 to 1:45pm Call for information.*

**BARRE METHOD**
Not ballet. A flowing mix of core techniques and floor work for total body strength, length, balance, flexibility and posture. Use a mat and 2- to 3-pound weights.

*Wednesdays, July 29 to September 29 (no class August 11 and September 8), 5:30 to 6:15pm $40 for all eight weeks* 

**BETTER BONES – BEGINNER**
Work your muscles to increase core strength, overall muscle tone and improve balance. Use a mat and handheld weights.

*Thursdays, July 23 to October 1 (no class August 20), 11:30am to 12:30pm $50 for all 10 weeks* 

**BETTER BONES – INTERMEDIATE**
For individuals who have already completed at least two sessions of Better Bones – Beginner. Use 1-, 2- or 3-pound handheld weights.

*Tuesdays, July 21 to September 29 (no class August 18); AND/OR Thursdays, July 23 to October 1 (no class August 20), 10:15 to 11:15am $50 for each 10-week class* 

**LITE & FIT**
Light strength training, some chair exercises, no floor work. Use a light set of handheld weights for the first class.

*Tuesdays, July 28 to October 13 (no class August 11, September 8, 15 and 29); AND/OR Thursdays, July 30 to October 15 (no class August 13, September 10, 17, and October 1), 2:00 to 3:00pm $40 for each eight-week class* 

**MUSCLES IN MOTION**
Increase your core strength and overall muscle tone. Use a mat and handheld weights.

*Mondays, July 27 to October 12 (no class August 10, September 7, 14 and 28), 4:30 to 5:30pm $40 for all eight weeks* 

**THE POWER HOUR**
Promotes muscular endurance, balance and bone strengthening. Use a set of handheld weights and a mat.

*Wednesdays, July 29 to October 14 (no class August 12, September 9, 16 and 30), 5:00 to 6:00pm $40 for all eight weeks* 

**ZUMBA® GOLD**
Dance into shape to international rhythms. Body, mind and soul workout.

*Fridays, August 7 to October 2 (no class August 28), 10:00 to 10:45am $40 for all eight weeks* 

**ZUMBA® GOLD TONING**
An easy-to-follow dance fitness program for active older adults who want to focus on muscle conditioning and light weight activity.

*Mondays, July 27 to October 5 (no class August 3, September 7 and 28), 11:00 to 11:45am $40 for all eight weeks* 

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

**INTEGRATED WELLNESS**

**ARTHRITE AQUATICS PROGRAM (JOINT-FRIENDLY)**
Exercise without putting excess strain on your joints. Use a towel and swim cap for the class. Class is limited to 20 participants.

*Thursdays, July 30 to September 24 (no class September 10), Noon to 12:45pm Call for information.* 

**ARTHRITE EXERCISE PROGRAM (JOINT-FRIENDLY)**
Gentle activities help increase joint flexibility and maintain range of motion. Class size is limited – register early.

*Mondays, July 27 to September 21 (no class September 7), 1:30 to 2:15pm $40 for all eight weeks*
**HATHA YOGA**
Integration of body, mind and breath. Use a yoga mat. Yoga block not required but recommended.
*Tuesdays, July 28 to September 29, 6:30 to 7:30pm*  
*$50 for all 10 weeks*

**MEDITATION FOR MINDFUL WELL-BEING**
The art of meditation is to center the mind toward one focus. Come experience various mindful contemplative exercises to discover what a sense of well-being means to you.
*Mondays, July 27 to September 21 (no class September 7), 6:30 to 7:30pm*  
*$40 for all eight weeks*

**T’AI CHI CHIH – INTERMEDIATE (JOINT-FRIENDLY)**
This class will introduce Seijaku (advanced T’ai Chi Chih). Participants must complete at least two beginner sessions prior to taking this intermediate class.
*Thursdays, July 23 to October 8 (no class August 13 and September 24), 11:00am to Noon*  
*$50 for all 10 weeks*

**YOGA – BEGINNER**
Use a small blanket and a mat for the floor.
*Tuesdays, July 28 to September 29, 11:30am to 12:30pm*  
*$50 for all 10 weeks*

**YOGA – INTERMEDIATE**
Use three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class.
*Tuesdays, July 28 to September 29, 10:00 to 11:00am*  
*$50 for all 10 weeks*

---

**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. *For information and to register, call 973-831-5311.*
*Saturdays, July 11 to August 29, 9:45 to 10:45am  
Chilton Medical Center, Collins Pavilion, 97 West Parkway, Pompton Plains*  
*FREE*

---

**ARTHRITIS 101**
Arthritis means joint inflammation, but the term describes around 200 conditions that affect joints, the tissue that surrounds the joint and other connective tissue. Please join us to learn about symptoms and the importance of diagnosis, as well as treatment options and management of arthritis. The Health Center at Bloomingdale will provide a light breakfast. Presented by Elizabeth Hawruk, MD.
*Friday, September 25, 10:00am*

---

**BE FAST FOR STROKE**
A stroke is a medical emergency. Know the risk factors and how to identify the signs and symptoms associated with a stroke. Learn what to do if you or a loved one has a stroke and how to BE FAST. Milford Manor Nursing & Rehabilitation Center will provide a light breakfast. Presented by Erin Crum, BSN, RN, EMT, ASC-BC, Stroke Program Manager.
*Thursday, July 30, 7:00pm*

---

**THE FACTS ABOUT CATARACTS**
Cataracts are the most common cause of vision loss in people over age 40. Join us and learn about causes, symptoms, diagnosis and the most current methods of treatment.
*Lakeview Rehabilitation & Care Center will provide healthy refreshments.*
*Presented by Abraham Knoll, MD.*
*Wednesday, September 23, 2:00pm*

---

**GUIDE TO GLAUCOMA**
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 Wayne will provide a healthy breakfast. Presented by Eric Shnayder, MD, PC.
*Thursday, September 24, 10:00am*

---

**KNOWING HOW TO BE FAST WHEN IT COMES TO STROKE**
Join us for a discussion about stroke awareness and how to act when encountering someone who may be having a stroke. In addition, learn about the signs and symptoms and risk factors of stroke, and how to lower your risk. Presented by Erin Crum, BSN, RN, EMT, ASC-BC, Stroke Program Manager.
*Thursday, July 30, 7:00pm*

---

**PROSTATE HEALTH: CANCER AND BEYOND**
Growing older raises your risk of prostate problems. Not all are cancer. Join our expert to learn more about prevention, warning signs, risk factors, screening options and what to ask your doctor. Lakeview Rehabilitation & Care Center will provide healthy refreshments.
*Presented by Abraham Knoll, MD.*
*Wednesday, September 23, 2:00pm*
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. For more information, call 973-831-5475. Willowbrook Mall, Wayne (meet in the food court)

LIFE ENRICHMENT

ESTATE PLANNING AND ASSET PROTECTION
The President recently signed the tax reform bill into law that makes major changes to the U.S. Tax Code. Join us to learn about those changes. Presented by Brian F. Donnelly, AAMS, CWS, AIF, Manhattan Ridge Advisors. Wednesday, August 26, 10:00am

LONG-TERM CARE OPTIONS
Everyone has a long-term care story. Learn how you can help protect your retirement assets when paying for long-term care expenses and empower yourself with confidence about the future. Presented by Brian F. Donnelly, AAMS, CWS, AIF, Manhattan Ridge Advisors. Wednesday, July 29, 10:00am

THE ABCDs OF MEDICARE
Confused about Medicare? Learn the facts about what Medicare covers and does not cover; supplement plans; the differences between Parts A, B, C and D and their costs; and what the latest changes to Medicare will mean to you. Presented by Brian F. Donnelly, AAMS, CWS, AIF, Manhattan Ridge Advisors. Wednesday, September 9, 10:00am

OLD GLORY: HISTORY OF THE AMERICAN FLAG
O’er the land of the free and the home of the brave. This patriotic new program traces the history of the American flag, from its origin in the Revolution to the addition of our 50th star in 1960. Join us to commemorate Flag Day with original photographs, vintage images and live music. We will also learn how a poem about the 1814 Battle of Baltimore – set to a popular English melody – became our national anthem. Presented by Kevin Woyce. Friday, July 24, 10:00am $5

BUILDING BETTER BONES: NUTRITION FOR BONE HEALTH
Join us for a presentation focused on clearing up confusion about the best diet and supplements to support bone health and the most important nutrients to include as we age. Recipes and samples will be provided. Presented by Tara Bonnano, MPH, RD. Tuesday, September 22, 7:00pm

CALLING ALL GRANDPARENTS
Join us for a fun, interactive DIY snack session with dietitian Danielle from ShopRite of Lincoln Park. Learn the importance of eating balanced snacks and how to make them fun and easy. Samples and recipes provided. This intergenerational program is limited to a grandparent accompanied by a grandchild age 5 to 12. Presented by Danielle Buonforte, RD. Friday, August 14, 10:00am

FLAVOR YOUR LIFE WITH FRESH HERBS
No matter what you’re cooking, adding fresh herbs will make a powerful flavor statement and provide healthy compounds (phytochemicals) to your meals. Some have even been shown to provide therapeutic relief of chronic disease or common ailments. Learn about incorporating fresh herbs into your meals and their nutritional benefits. Sampling and recipes included. Presented by Natalie Gillette, MS, RD. Friday, August 7, 10:00am

HEALTHY EATING TIPS FOR SENIORS
Healthy eating begins with you. As you age, you need fewer calories and more of certain nutrients. Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. Learn how to find the best foods for your body and your budget. Recipes and tasting included. Presented by Megan Scutti, MS, RD. Friday, July 31, 10:00am

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, and there will be 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, September 22 to October 13, 9:15am to 12:30pm Passaic County Police Academy, 214 Oldham Road, Wayne

NUTRITION
In partnership with our local ShopRites

ARTHRTIS AND YOUR DIET
Chronic inflammatory disease such as arthritis causes your body to be in a constant state of inflammation. Inflammation is a normal response to injury or irritation, but chronic inflammation can worsen disease symptoms and cause further damage. Learn about inflammation-causing foods to avoid and what foods you should be eating. Recipes and tasting included. Presented by Heather Shasa, MS, RD. Friday, August 21, 10:00am
When Should You Use Online Doctor Visits?

Atlantic Health Virtual Visit is a fast, convenient and affordable way to see a board-certified doctor online in minutes using your computer or mobile device.

- When you’re traveling or on vacation
- You can’t take time off from work
- It’s difficult to get to the doctor’s office
- You have kids at home and don’t want to take them all to the doctor
- You live in an area with limited access to health care
- You need a prescription refilled (when appropriate)
- Your doctor’s office is closed
- You aren’t sure whether you should go to urgent care or wait until your doctor’s office reopens
- You don’t feel well enough to leave the house
- It’s after hours, the weekend, or a holiday
- Your doctor’s office is closed

Why Online Visits?
- For only $20 (for a limited time), it’s the fastest, easiest way to talk to a board-certified doctor for non-emergency issues.
- You can access quality care 24 hours a day, seven days a week right from your phone, computer or mobile device.
- You can see the doctor from home, work or wherever you are. No need to wait or take time off. Follow-up care can take place with your primary care physician.

Common Conditions Treated
- Acne
- Allergies
- Cold & flu
- Cough
- Ear problems
- Fever
- Headaches
- Insect bites
- Pink eye
- Rashes
- Respiratory problems
- Sinus infection
- Sore throat
- Urinary problems and urinary tract infection (UTI)
- Vomiting

Download the app at atlantichealth.org/telehealth
**EXERCISE**

**GENTLE YOGA**
This gentle yoga class is for older adults. Mostly chair and standing poses, but instructor modifies class based on attendees.
*Wednesdays, July 22 to August 26, 10:30 to 11:30am*  
*$30 for all six weeks*

**INTERMEDIATE YOGA**
This yoga class is for those who are comfortable with mat and standing poses.
*Wednesdays, July 22 to August 26, 12:30 to 1:30pm*  
*$30 for all six weeks*

**LIFE ENRICHMENT**

**VIRTUAL – WHAT’S CHANGED SINCE I STARTED DRIVING?**
Do you know the latest New Jersey driving laws? New Jersey has adopted a number of driving laws that did not exist 50 years ago. Learn what’s new and keep driving safely by staying up to date. Presented by Denis Kelleher, TransOptions.
*Wednesday, September 23, 1:00pm*  
*Virtual program held via Zoom – please register for more information.*

**GRANDPARENTS DAY**
Come join us for a fabulous day of crafts, hands-on demos and information tables. This historic program for Grandparents Day is offered in partnership with the Morris County Park Commission.
*Sunday, September 13, Noon to 4:00pm*  
*$5 (pay at the door)*  
*Fosterfields Living Historic Farm, 73 Kahdena Road, Morristown*

**HEALTH**

**BE FAST FOR STROKE**
A stroke is a medical emergency. Know the risk factors and how to identify the signs and symptoms associated with a stroke. Learn what to do if you or a loved one has a stroke and how to BE FAST.
*Presented by Connie Mastrangelo, RN, BSN, Stroke Program Manager.*  
*Wednesday, September 16, 1:00pm*  
*435 South Street, Third Floor Conference Room, Morristown*

**MEMORY SCREENING**
Are you concerned about your memory? Call 973-971-5839 to schedule your 10-minute, free, confidential screening.
*435 South Street, Third Floor Conference Room, Morristown*

**TEA AND TALK: HIPS AND KNEES**
Sip some tea (or coffee) and enjoy an educational program. This program will focus on how physical therapy impacts surgeries of the hips and/or knees.
*Tuesday, October 13, 1:00pm*  
*Randolph YMCA, 14 Dover Chester Road, Randolph*

**NUTRITION**

**GLUTEN FOR GLUTEN?**
Have you ever wondered about why some people go “gluten-free”? Is it good, is it bad, or who is it for? Join us to learn more about what it means to be gluten intolerant. Presented by Monica Hansen, RD.
*Friday, September 11, 1:00pm*  
*435 South Street, Third Floor Conference Room, Morristown*

**VIRTUAL RECIPE DEMO: SMART SUMMER SALADS**
Add some seasonal flavor to your summer salads. This virtual recipe demo will discuss seasonal picks for summer salads and have a follow-along demonstration. Upon registration, participants will receive a grocery list of ingredients needed to follow the demo at home. Presented by Tara Gerke, RD.
*Friday, August 7, 1:00pm*  
*Virtual program held via Zoom – please register for more information.*
**EXERCISE**

**WELLNESS AND PERFORMANCE EXERCISE PROGRAM**

An exercise physiologist will develop a customized exercise program for you. Call 908-522-2215 for an appointment.

Atlantic Rehabilitation, 550 Central Avenue, New Providence

$65 per month

**HEALTH**

**VIRTUAL PROGRAM – ASK THE PHARMACIST: MEDICATION SAFETY**

Questions about medication safety? This virtual presentation by a clinical pharmacist will cover safety considerations for different types of medications and affordability.

Presented by Amulya Uppala, PharmD, BCPS.

*Thursday, July 30, 1:00pm*

Virtual program held via Zoom – please register for more information.

**BE FAST FOR STROKE**

A stroke is a medical emergency. Know the risk factors and how to identify the signs and symptoms associated with a stroke. Learn what to do if you or a loved one has a stroke and how to BE FAST.

Presented by Megan Ewing, RN, Stroke Program Manager.

*Monday, October 5, 12:30pm*

Chatham Senior Center, 58 Meyersville Road, Chatham

**VIRTUAL – 10 WARNING SIGNS OF ALZHEIMER’S**

Do you know what is a typical age-related change versus something to be concerned about? This program will describe common signs of dementia, tips on how to approach someone about memory concerns, possible tests for diagnosis and helpful Alzheimer's Association resources.

Presented by the Alzheimer's Association.

*Tuesday, August 4, 1:00pm*

Virtual program held via Zoom – please register for more information.

**LIFE ENRICHMENT**

**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.

*Friday, July 31, 9:00am to Noon*

Madison YMCA, Parking Lot, 111 Kings Road, Madison

**VIRTUAL – CHUCKLES, CHORTLES AND GIGGLES: THE BENEFITS OF LAUGHTER FOR SENIORS**

Whether it was a medium-sized chuckle or a full-belly guffaw, chances are your last good laugh helped lift your spirits. Did you know that humor can also help you feel better and live longer? Come enjoy a few giggles and learn about the physical and mental health benefits of laughter.

Presented by Rebecca Abenante, LCSW.

*Wednesday, August 5, 2:00pm*

Virtual program held via Zoom – please register for more information.

**NUTRITION**

**EAT RIGHT: FABULOUS FIBER AND MORE**

Join us for a talk on plant-based diets, how fiber helps with colorectal health, and tips for eating well. Talk includes a store tour and healthy cooking demo.

Presented by Danielle D'Elisiis, MS, RD.

*Tuesday, July 28, 10:00am*

ShopRite of Garwood, 563 North Avenue, Garwood

**SWEET SUMMER TREATS**

Tired of unhealthy snacks and desserts at barbeques? Learn new twists on classic summer staples that you can feel good about.

Presented by Kelsey Pezzuti, RD.

*Thursday, August 27, 10:00am*

ShopRite of Union, 2401 US Highway 22 West, Union

Programs and exercise classes are open to all New Vitality members, regardless of the hospital affiliation.

*In partnership with our local ShopRites*

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

**BE FAST FOR STROKE**
A stroke is a medical emergency. Know the risk factors and how to identify the signs and symptoms associated with a stroke. Learn what to do if you or a loved one has a stroke and how to BE FAST. Presented by Heather Gasser, BSN, RN, Stroke Program Manager. *Wednesday, August 19, 4:30pm light dinner, 5:00pm lecture*

**HEALTHY AGING: WISE PROGRAM**
Join us for a six-week “Wellness Initiative for Senior Education” free social series. WISE is a six-week wellness program for those age 55 and up. Workshop topics include safe use of medications, how to communicate with your health care provider, how to make healthy lifestyle choices, and alternate approaches to pain management. Light dinner will be provided at each session and a $25 gift card incentive is provided to participants who attend five out of six sessions. Registration is on a "first come, first served" basis and only those who have not previously attended are eligible. Funding for this program is provided by New Jersey Department of Mental Health and Addiction Services. For more information, contact Catherine Apostol, Prevention Specialist. *Fridays, August 7 to September 11, 3:00 to 5:00pm*

**MUSIC AND THE BRAIN: LET THE MUSIC PLAY ON, PLAY ON**
Learn the positive effects of music when used with individuals who are living with dementia. Presented by Barbara VanNortwick, Occupational Therapist. *Thursday, August 27, 1:00pm*

**SUMMER EMERGENCIES**
Summer brings barbecues, long walks and nature in all its glory. But it can also bring issues like heatstroke, sunburns, dehydration and food poisoning. Come and learn about what you can do to limit summer emergencies by knowing how to stay safe. Presented by Anthony J. Brutico, DO, Medical Director, Emergency Department. *Friday, July 24, 2:00pm*

**FRAUD AGAINST SENIOR CITIZENS**
Learn about the various scams that affect senior citizens as well as current scams that are being investigated. Presented by Detective Christopher J. Grogan, Sussex County Prosecutor’s Office. *Tuesday, August 11, 11:00am*

**HOW TO KEEP DRIVING LONGER AND SAFELY**
Learn about driving options to try now and practical tips to keep driving safely and longer. Presented by Denis Kelleher, TranOptions. *Wednesday, September 23, 10:00am*

**NUTRITION**

**FOUR PILLARS OF HEALTH**
Join us for a discussion about the four pillars to be healthy: diet, activity, sleep and overall wellness. Presented by Cathy Olmstead, MS, RD, CDE, BC, ADM. *Friday, September 25, 2:00pm*

**HEALTHY EATING FOR GRANDPARENTS AND GRANDCHILDREN**
Bring your grandchildren and learn about healthy eating for all ages and how to get children involved in the cooking process. After the presentation, there will be a fun cooking demonstration. Presented by Lauren Bath, RD. *Friday, July 10, 2:00 to 3:30pm*

**PLAN AHEAD FOR WINTER**
Now is the time to think about a food and activity plan for the colder months. Come and learn what in-season foods can be safely stored away for later. Food preservation instructions will be provided. Presented by Leigh B. Kramer, MS, RDN, CDE. *Thursday, August 20, 11:00am*
EXERCISE

(EXERCISE CLASSES WILL BE VIRTUAL UNTIL FURTHER NOTICE.)

CHAIR YOGA
Come and learn the many ways to use a chair to help open, align, stretch and strengthen your body. Chair yoga is a gentle practice and relaxing in part because of the heavy emphasis on breathing techniques and relaxation. Tuesdays, July 28 to September 15, 1:30 to 2:30pm $40 for all eight weeks

QIGONG
Focus on health, wellness, increased energy and stress management while also improving mobility, flexibility, balance and coordination. Tuesdays, July 28 to September 15, 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 3:30pm

T’AI CHI
Gentle on the joints while improving overall fitness with a focus on mobility and balance. Wednesdays, July 29 to September 16, 11:00am to Noon $40 for all eight weeks

HEALTH

BE FAST FOR STROKE
A stroke is a medical emergency. Know the risk factors and how to identify the signs and symptoms associated with a stroke. Learn what to do if you or a loved one has a stroke and how to BE FAST. Presented by Wendy J. Beatrice, MSN, RN, SCRN, Stroke Program Manager. Thursday, September 24, 10:30am

HOW TO KEEP DRIVING LONGER AND SAFELY
As a senior citizen, you want to remain independent for as long as possible. For more, that means continuing to drive. This compelling presentation gives you practical tips to keep driving safely and longer. Learn about driving options to try now. Presented by Denis Kelleher, TranOptions. Thursday, September 10, 10:00am

HEALTHY LIVING FOR YOUR BRAIN AND BODY
Self-care is non-negotiable. When you’ve taken steps to care for your mind and body, you will be better equipped to live your best life. Presenter will provide strategies to age well in the following areas: cognitive activity, social engagement, nutrition and physical health. Presented by Robyn Kohn. Monday, August 24, 11:00am

SUMMER EMERGENCIES
An emergency is never planned, but an ounce of prevention is worth a pound of cure. Summer brings barbecues, long walks and nature in all its glory. But it can also bring issues like heatstroke, sunburns, dehydration and food poisoning. Come and learn about what you can do to limit summer emergencies by knowing how to stay safe. Presented by Suvid Chaudhari, MD. Monday, August 10, 11:00am

BACK IN TIME: HISTORY OF THE SUBMARINE CSA H.L. HUNLEY
The submarine H.L. Hunley was built during the Civil War in an effort to counter the blockade of Charleston, S.C. After several deadly mishaps, the CSA Hunley made its first and only successful attack on February 17, 1864, when it was lost with all hands. Located in 1995 in Charleston Harbor, and raised in 2000, its ongoing conservation has revealed startling facts of its final mission. Presented by Bob Stead. Thursday, July 30 OR Thursday, August 13, 10:30am

NUTRITION

FOOD ALTERNATIVES: WHAT’S WHAT?
Are you interested in learning about food alternatives such as plant-based foods, soy-based foods, sugar substitutes, milk substitutes and more? Join us to learn about food alternatives and if they are a healthier option. Presented by Jane DeWitt, MS, RD. Thursday, September 17, 11:00am

HEALTHY COOKING WITH FRUITS AND VEGETABLES
Join us for a live cooking demonstration and learn about Jersey Fresh produce. Presented by Jane DeWitt, MS, RD. Thursday, August 6, 11:00am

HEALTHY EATING FOR GRANDPARENTS AND GRANDCHILDREN
Bring your grandchildren and learn about healthy eating for all ages and how to get children involved in the cooking process. After the presentation, there will be a fun cooking demonstration. Presented by Jane DeWitt, MS, RD. Wednesday, July 15, 11:00am to 12:30pm
TO REGISTER FOR ALL CLASSES:

1. Tear out and complete this registration form. Check box for class(es) desired, and make sure to sign the release form if taking an exercise class.

2. For all virtual programs and exercise classes, please register in advance, and you will be sent information on how to join the Zoom classes and meetings on any electronic device. Call-in option will be available for select programs.

3. Make your check payable to Atlantic Health System. Mail the completed form along with your payment to:
   Chilton Medical Center
   Attn: New Vitality
   97 West Parkway
   Pompton Plains, NJ 07444

4. Programs and exercise classes are subject to change – you will be notified by telephone or email upon registration of any cancellations or changes.

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 $

(Email required for virtual class access.)

CONSENT AND WAIVER FOR PARTICIPATION IN ATLANTIC HEALTH SYSTEM’S NEW VITALITY EXERCISE PROGRAMS (IN-PERSON OR VIRTUAL)

I, ___________________________ hereby consent to become a participant in the Atlantic Health System’s New Vitality exercise class (in-person or virtual) 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.

I understand it is my responsibility to consult my physician or other appropriate health care provider before starting any fitness program. I understand that if I am concerned about the appropriateness of any exercises in the New Vitality class, 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 voluntary participation in the session(s) (in-person or virtual) and I wish to assume the risk. Accordingly, I agree that I will not hold New Vitality, Atlantic Health System (Chilton Medical Center, Hackettstown Medical Center, Morristown Medical Center, Newton Medical Center and/or 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 exercise program (in-person or virtual).

Witness

________________________________________________________

Signature of Participant              Date
## Virtual Exercise Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>AQUACISE</td>
<td>Mondays AND/OR Wednesdays</td>
<td>CALL FOR INFORMATION</td>
</tr>
<tr>
<td>AQUACISE, LEVEL 2</td>
<td></td>
<td>CALL FOR INFORMATION</td>
</tr>
<tr>
<td>ARTHRITIS AQUATICS PROGRAM</td>
<td></td>
<td>CALL FOR INFORMATION</td>
</tr>
<tr>
<td>ARTHRITIS EXERCISE PROGRAM</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>BARRE METHOD</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>BETTER BONES – BEGINNER</td>
<td>Tuesdays AND/OR Thursdays</td>
<td>$50</td>
</tr>
<tr>
<td>BETTER BONES – INTERMEDIATE</td>
<td></td>
<td>$50 PER SESSION</td>
</tr>
<tr>
<td>CHAIR YOGA WITH JULIE</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>GENTLE YOGA WITH JILLIAN</td>
<td></td>
<td>$30</td>
</tr>
<tr>
<td>INTERMEDIATE YOGA WITH JILLIAN</td>
<td></td>
<td>$30</td>
</tr>
<tr>
<td>HATHA YOGA</td>
<td></td>
<td>$50</td>
</tr>
<tr>
<td>LITE &amp; FIT</td>
<td>Tuesdays AND/OR Thursdays</td>
<td>$40 PER SESSION</td>
</tr>
<tr>
<td>MEDITATION FOR MINDFUL WELL-BEING</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>MUSCLES IN MOTION</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>THE POWER HOUR</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>QIGONG</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>T’AI CHI WITH STAN</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>T’AI CHI CHIH – INTERMEDIATE</td>
<td></td>
<td>$50</td>
</tr>
<tr>
<td>YOGA – BEGINNER</td>
<td></td>
<td>$50</td>
</tr>
<tr>
<td>YOGA – INTERMEDIATE</td>
<td></td>
<td>$50</td>
</tr>
<tr>
<td>ZUMBA® FITNESS</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>ZUMBA® GOLD</td>
<td></td>
<td>$40</td>
</tr>
<tr>
<td>ZUMBA® GOLD TONING</td>
<td></td>
<td>$40</td>
</tr>
</tbody>
</table>

**Chilton Medical Center**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>THE ABCDs OF MEDICARE</td>
<td></td>
</tr>
<tr>
<td>ARTHRITIS 101</td>
<td></td>
</tr>
<tr>
<td>ARTHRITIS AND YOUR DIET</td>
<td></td>
</tr>
<tr>
<td>BE FAST FOR STROKE</td>
<td></td>
</tr>
<tr>
<td>BUILDING BETTER BONES: NUTRITION FOR BONE HEALTH</td>
<td></td>
</tr>
<tr>
<td>CALLING ALL GRANDPARENTS</td>
<td></td>
</tr>
<tr>
<td>ESTATE PLANNING AND ASSET PROTECTION</td>
<td></td>
</tr>
<tr>
<td>FLAVOR YOUR LIFE WITH FRESH HERBS</td>
<td></td>
</tr>
<tr>
<td>GENDER MATTERS: HEART DISEASE AND THE SEXES</td>
<td></td>
</tr>
<tr>
<td>GUIDE TO GLAUCOMA</td>
<td></td>
</tr>
<tr>
<td>HEALTHY EATING TIPS FOR SENIORS</td>
<td></td>
</tr>
<tr>
<td>KNOWING HOW TO BE FAST WHEN IT COMES TO STROKE</td>
<td></td>
</tr>
<tr>
<td>LONG-TERM CARE OPTIONS</td>
<td></td>
</tr>
<tr>
<td>OLD GLORY: HISTORY OF THE AMERICAN FLAG</td>
<td>$5</td>
</tr>
<tr>
<td>PROSTATE HEALTH: CANCER AND BEYOND</td>
<td></td>
</tr>
<tr>
<td>SENIOR POLICE ACADEMY</td>
<td></td>
</tr>
</tbody>
</table>

*IN CASE OF SEVERE INCLEMENT WEATHER, IT IS THE RESPONSIBILITY OF THE REGISTRANT TO CALL 1-844-472-8499 FOR A RECORDED MESSAGE INDICATING CANCELLATION OF CLASS/PROGRAM.*
### Morristown Medical Center
- BE FAST FOR STROKE
- GLUTTON FOR GLUTEN?
- GRANDPARENTS DAY
  - $5, PAYABLE AT THE DOOR
- VIRTUAL RECIPE DEMO: SMART SUMMER SALADS
- TEA AND TALK: HIPS AND KNEES
- VIRTUAL – WHAT’S CHANGED SINCE I STARTED DRIVING?

### Overlook Medical Center
- VIRTUAL – ASK THE PHARMACIST: MEDICATION SAFETY
- BE FAST FOR STROKE
- CARFIT FOR ADULTS
  - TO SCHEDULE AN APPOINTMENT, CALL 1-844-472-8499.
- VIRTUAL – CHUCKLES, CHORTLES AND GIGGLES: THE BENEFITS OF LAUGHTER FOR SENIORS
- EAT RIGHT: FABULOUS FIBER AND MORE
- SWEET SUMMER TREATS
- VIRTUAL – 10 WARNING SIGNS OF ALZHEIMER’S

---

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.
<table>
<thead>
<tr>
<th>Newton Medical Center</th>
<th>Hackettstown Medical Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>○ BE FAST FOR STROKE</td>
<td>○ BACK IN TIME: HISTORY OF THE</td>
</tr>
<tr>
<td>○ FOUR PILLARS OF HEALTH</td>
<td>SUBMARINE CSA H.L. HUNLEY</td>
</tr>
<tr>
<td>○ FRAUD AGAINST SENIOR CITIZENS</td>
<td>○ JULY 30 OR</td>
</tr>
<tr>
<td>○ HEALTHY AGING: WISE PROGRAM</td>
<td>○ AUGUST 13</td>
</tr>
<tr>
<td>TO REGISTER, CALL 973-383-4787, EXT. 231.</td>
<td>○ BE FAST FOR STROKE</td>
</tr>
<tr>
<td>○ HEALTHY EATING FOR GRANDPARENTS AND GRANDCHILDREN</td>
<td>○ FOOD ALTERNATIVES: WHAT'S WHAT?</td>
</tr>
<tr>
<td>○ HOW TO KEEP DRIVING LONGER AND SAFELY</td>
<td>○ HEALTHY COOKING WITH FRUITS AND VEGETABLES</td>
</tr>
<tr>
<td>○ MUSIC AND THE BRAIN: LET THE MUSIC PLAY ON, PLAY ON</td>
<td>○ HEALTHY EATING FOR GRANDPARENTS AND GRANDCHILDREN</td>
</tr>
<tr>
<td>○ PLAN AHEAD FOR THE WINTER</td>
<td>○ SUMMER EMERGENCIES</td>
</tr>
<tr>
<td>○ SUMMER EMERGENCIES</td>
<td></td>
</tr>
</tbody>
</table>

**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.**
Support Groups

Chilton Medical Center

ALZHEIMER’S NJ CAREGIVERS SUPPORT GROUP
For more information, call 973-831-5367.

ARTHRITIS SUPPORT GROUP
Virtual meeting – call 1-844-472-8499 for information and to register.

BEREAVEMENT SUPPORT GROUP
Funded by Chilton Medical Center Auxiliary. For more information, call 973-831-5367.

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.

DIABETES EDUCATION AND SUPPORT GROUP
Daytime and evening support groups. For more information, call 973-831-5229.

OSTOMY SUPPORT GROUP OF NORTH JERSEY
For more information, call 973-831-5168 or 973-831-5303.

Morristown Medical Center

CAREGIVER CAFÉ
The Café is a place for caregivers to gather, unwind and connect with one another. For dates and to register, call 973-993-1160, ext. 534.

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

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM
For information or to schedule an appointment, call 973-971-5524.

MALE CAREGIVER SUPPORT GROUP
For more information, call Peter at 973-214-1572 or Alzheimer’s NJ at 1-888-280-6055.

STROKE SUPPORT GROUP AND STROKE CAREGIVERS MEETING
For more information, call 973-971-4412 or email gayle.walker-cillo@atlantichealth.org.

YOUNGER-ONSET ALZHEIMER’S SUPPORT GROUP
For those diagnosed at age 65 or younger. For information, call Suzanne at 973-580-0697 or Alzheimer’s NJ at 1-888-280-6055.

Overlook Medical Center

ALZHEIMER’S NJ SUPPORT GROUP
For more information, call 1-888-280-6055.

CAREGIVER PROGRAMS
Thomas Glasser Caregivers Center at Overlook offers free programs for caregivers, including QiGong, art and music therapy. For information, call 908-552-6348.

OSTOMY SUPPORT GROUP
Supported by the Union County Chapter of the OAA. For more information, call 908-522-0552.

Newton Medical Center

ALZHEIMER’S NJ SUPPORT GROUP
For more information, call 1-888-280-6055.

BETTER BREATHERS CLUB
A program by the American Lung Association for people with chronic lung disease and their loved ones. To register, call 973-579-8373.

CANCER SUPPORT GROUP
For those living with or affected by cancer, meets every month. To preregister and for meeting location, call 973-579-8620.

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

MS SELF-HELP GROUP OF SUSSEX COUNTY
For more information, call 973-440-0103 or email tammyquesius@gmail.com.

STROKE SUPPORT GROUP
Offers support for persons recovering from a stroke. For information and to preregister, call 973-579-8620.

Hackettstown Medical Center

BETTER BREATHERS CLUB
Discuss pulmonary disease and learn how to best manage your chronic lung disease. To register, call 908-979-8797.

DIABETES SUPPORT GROUP
Guest speakers, group discussion, cooking demonstrations. For information or to register, call 908-979-8848.

HEALTHY HEARTS GROUP
For people with any form of cardiac disease. To register, call 908-850-6819.

MS SELF-HELP GROUP OF WARREN COUNTY
For more information, call Cynthia at 908-645-3802 or Michele at 908-727-3542.

New Vitality | Preregistration is required for all programs. Call 1-844-472-8499. Summer 2020 | 15
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.

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

**NEW: Reduce in-person contact with eCheck-In**

One Patient, One Record,
One Atlantic Health System.

To learn more, go to atlantichealth.org/mychart

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