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

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

**HOLD THE DATE: NATIONAL SENIOR HEALTH & FITNESS DAY 2020**
The 28th annual one-day event, featuring speakers, screenings, information tables, fitness classes, refreshments, giveaways and other fun activities.

*Wednesday, May 27, 9:30am to 1:00pm*
Wayne YMCA, 1 Pike Drive, Wayne

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**EXERCISE**

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

*Mondays, January 20 to March 23; AND/OR Wednesdays, January 22 to March 25, Noon to 12:45pm*

*Wayne YMCA, 1 Pike Drive, Wayne*

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

*Waynesides, January 22 to March 25, 1:00 to 1:45pm*

*Wayne YMCA, 1 Pike Drive, Wayne*

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

*Waynesides, January 21 to March 24, 5:30 to 6:15pm*

*Wayne YMCA, 1 Pike Drive, Wayne*

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

*Waynesides, January 23 to March 26, 7:00 to 7:45pm*

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

*Waynesides, January 29 to April 1, 5:30 to 6:30pm*

*$80 for all 10 weeks*

**ZUMBA® FITNESS**
Combining low- and high-intensity moves, this is a total body workout that combines all elements of fitness – cardio, muscle conditioning, balance, flexibility ... and FUN.

*Thursdays, January 23 to March 26, 5:45 to 6:45pm*

*$80 for all 10 weeks*

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**LITE & FIT**
Light strength training, some chair exercises, no floor work. Bring a light set of handheld weights.

*Waynesides, January 27 to March 30, Noon to 12:45pm*

*New York Sports Club, 1481 Route 23 South, Butler*

**MUSCLES IN MOTION**
Increase your core strength and overall muscle tone. Bring a mat and handheld weights. Resistance equipment will be provided.

*Waynesides, January 27 to March 30, 4:30 to 5:30pm*

*$80 for all 10 weeks*

**POUND®**
An 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. For all fitness levels. Bring a mat.

*Waynesides, January 23 to March 26, 7:00 to 7:45pm*

*$80 for all 10 weeks*

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**ZUMBA® GOLD AT CHILTON**

**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.

*Waynesides, January 20 to March 23, 11:00 to 11:45am*

*$50 for all 10 weeks*

**ZUMBA® TONING**
This class blends body-sculpting techniques and Zumba moves into one

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Unless otherwise noted, all Chilton programs take place at Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains.
calorie-burning, strength-training class. Bring a set of light handheld weights. 

**Wednesdays, January 22 to March 25, 7:00 to 8:00pm**

**$80 for all 10 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**

**ARTHRITIS AQUATICS PROGRAM**
(JOINT-FRIENDLY)
Exercise without putting excess strain on your joints. Bring a lock, towel and swim cap to the class.

**Thursdays, January 23 to March 26, 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 20 to March 23, 1:30 to 2:15pm OR 2:30 to 3:15pm**

**$50 for all 10 weeks**

**HATHA YOGA**
Integration of body, mind and breath. Bring a yoga mat. Yoga blocks not required but recommended.

**Tuesdays, January 21 to March 24, 6:30 to 7:30pm**

**$80 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, January 27 to March 16, 6:30 to 7:30pm**

**$64 for all eight 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. **To register, call 973-831-5311.**

**Saturdays, January 18 to March 7, 9:45 to 10:45am**

**Chilton Medical Center, Collins Pavilion, 97 West Parkway, Pompton Plains**

**OTHER HEALTH PROGRAMS**

**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 11, 10:00am**

**DREAMING OF A GOOD NIGHT’S SLEEP**
Join us for an in-depth look at sleep disorders, their consequences and the latest treatment options. Open Q&A will follow the presentation. Lakeview Rehabilitation & Care Center will provide a light breakfast. Presented by Alicyn Link, RPSGT.

**Friday, March 13, 11:00am**

**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 United States. Join us to learn about ways to improve your eating habits, what to eat, and what to

*Unless otherwise noted, all Chilton programs take place at Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains.*
avoid to reduce your risk of developing this disease. Oakland Rehabilitation Center will provide a light, healthy breakfast. Presented by Danielle Colombo Buonforte, RD.  
Wednesday, March 4, 2:00pm

GENDER MATTERS: THE IMPACT ON HEART HEALTH  
Although heart disease is the leading cause of death among both sexes, the incidence, risk factors, symptoms and treatment options vary. Learn about the differences as well as lifestyle modifications to lower your risk. After the presentation, participants will have the opportunity to walk through a giant inflatable heart exhibit. Presented by Michele Gilbert, MSN, NP-C.  
Wednesday, February 19, 11:00am  
Wayne YMCA, 1 Pike Drive, Wayne

IS YOUR LIFE IN THE SLOW LANE OR FAST LANE? CHECK YOUR THYROID  
This presentation highlights the purpose and function of the thyroid gland, explains the meaning behind under and overactive thyroid, and in addition describes goiter and thyroid nodules. Presented by Uzma Shafqat, MD.  
Wednesday, January 29, 7:00pm  
Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains

SLEEP YOUR WAY TO BETTER HEALTH  
This presentation focuses on techniques and tools for you to get the sleep of your dreams. Participants will learn do’s and don’ts for bedtime behaviors, sleep hygiene strategies, and relaxation techniques to aid in a better night of sleep. Presented by Alicia Camlibel-Carey, PhD.  
Monday, March 5, 7:00pm  
Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains

TAME THE PAIN  
Learn the risks of prescription opioid use and the array of evidence-based, opioid-free pain management options for older adults. This program will help to reduce or discontinue opioid use by teaching healthy skills and alternatives such as physical therapy and yoga. Learn the skills to ensure healthier aging while managing your pain. Participants will enjoy refreshments and giveaways as well. Presented by NewBridge Services.  
Wednesday, March 25, 10:00am

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

LIFE ENRICHMENT

FROM SUFFRAGE TO THE ERA: NEW JERSEY WOMEN IN AMERICAN POLITICS  
Join us during Women's History Month and learn about the pioneers who set the stage for the political success of today's New Jersey women. Presented by Jim DelGiudice.  
Wednesday, March 4, 10:00am  
$5

GEORGE AND BARBARA BUSH: THE LOVE OF A LIFETIME  
It was love at first sight for both of them at a dance in Greenwich, Conn. Spanning over seven decades, George and Barbara Bush’s love affair had a profound effect on those closest to them. Join us for this special Valentine’s Day program to hear stories of their courtship, marriage, heartaches, and devotion to duty, family, and a life of service to others. Presented by Glenn W. LeBoeuf.  
Friday, February 14, 10:00am  
$5

THE HEALING ART OF WRITING  
In this five-week workshop, allow the creative process to work its magic in a safe and supportive environment, as we explore aspects of finding our own style and voice. Course is limited to 10 participants. Presented by Dianne Herald DiMella.  
Mondays, March 9 to April 6, 11:00am to 12:30pm  
$25 for all five weeks  
Atlantic Health Pavilion, Second Floor, Community Outreach Conference Room

LUCRETIA COFFIN MOTT: QUAKER MINISTER, ABOLITIONIST AND SUFFRAGIST  
Join us as we visit with women’s rights advocate Lucretia Mott, who joined Elizabeth Cady Stanton in calling together the first women’s rights convention in Seneca Falls, N.Y. In this program, Mrs. Mott will examine the list of grievances in the Declaration of Sentiments, a list that clearly detailed the lack of rights “enjoyed” by women in the United States and how much they would have to overcome before ever attaining the Elective Franchise – The Vote. This program is funded by the New Jersey Council for the Humanities. Presented by Kim Hanley of the American Historical Theatre.  
Friday, March 20, 11:00am

Unless otherwise noted, all Chilton programs take place at Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains.
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, April 7 to 28, 9:15am to 12:30pm Passaic County Police Academy, 214 Oldham Road, Wayne

**HEART-HEALTHY SNACKS**
Snacks do not have to be loaded with fat, sugar and sodium. Join us for American Heart Month to learn about healthy snacks that taste delicious, will keep you on the right track and are actually good for you. Sampling and recipes included. Presented by Heather Shasa, MS, RD.
*Friday, February 7, 10:00am*

**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 such as including more fiber in your diet for long-term benefits to your heart. Sampling and recipes included. Presented by Natalie Gillett, MS, RD.
*Wednesday, February 12, 10:00am*

**WINTER BLUES? BOOST YOUR MOOD WITH FOOD**
Feeling blue – or maybe just a little blah? Learn how to give your outlook on life a lift with mood-boosting foods and dietary strategies to help improve your mood with food. No foods a miracle cure, but a diet full of fruits, veggies, whole grains, and lean protein can work wonders when it comes to filling you up, energizing your body, and just generally helping you feel your best. Recipes and tasting included. Presented by Tara Bonanno, MPH, RD.
*Friday, February 21, 10:00am*

Looking for a special way to impact your community? The Chilton Medical Center Auxiliary always welcomes new members. Call 973-831-5345 for more information about the auxiliary at our next meeting.

**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 of patient care. For more information about the Chilton Auxiliary or the Brick Walk Project, call 973-831-5345.

**ANNUAL MAY EVENT**
ROBERT ERIC’S PIANO MAN!
Please join us as we celebrate Older Americans Month with Robert Eric’s Piano Man! This tribute performance of Billy Joel’s greatest hits includes early classics as well as more recent hits from Billy’s career of almost 50 years. Robert Eric has received applause from the Piano Man himself as an opening act for Billy Joel. This guy looks, sounds, talks, acts and plays just like him!
*Thursday, May 14, 7:00pm
$20
Wayne YMCA, 1 Pike Drive, Wayne*
**EXERCISE**

**GENTLE YOGA**
Gentle yoga class for older adults. Mostly chair and standing poses. 
*Wednesdays, January 29 to March 25, 10:30 to 11:30am*  
*$45 for all nine weeks*

**INTERMEDIATE YOGA**
This yoga class is for those who are comfortable with mat and standing poses. Please bring a mat. 
*Wednesdays, January 29 to March 25, 12:30 to 1:30pm*  
*$45 for all nine weeks*

**INTRODUCTION TO T’AI CHI CHIH**
A series of gentle, non-martial movements that can be done by anyone regardless of age or physical condition.  
*Tuesdays, February 25 to March 17, 11:00am to noon*  
*$20 for all four dates*  
*435 South Street, 3rd Floor Conference Room, Morristown*

**LITE & FIT**
Light strength training. Bring a light set of handheld weights to the first class.  
*Thursdays, January 23 to March 12, 10:00 to 11:00am*  
*$40 for all eight weeks*  
*Municipal Complex, 50 Woodland Avenue, Morris Township*

**ZUMBA® GOLD**
Dance your way to increased stamina, balance and fitness with this fun class featuring international rhythms.  
*Fridays, January 31 to March 6, 1:30 to 2:15pm*  
*$35 for all six weeks*

**HEALTH**

**EMERGENCIES OF THE HEART**
Come learn what heart conditions and symptoms require emergency attention, prevention, and when to use urgent care vs. the emergency room. Presented by emergency medicine physician, David Schreck, MD.  
*Tuesday, February 11, 6:00pm*  
*Lakeland Hills YMCA, 100 Fanny Road, Mountain Lakes*

**INTERMEDIATE YOGA**
This yoga class is for those who are comfortable with mat and standing poses. Please bring a mat.  
*Wednesdays, January 29 to March 25, 12:30 to 1:30pm*  
*$45 for all nine weeks*

**GENDER MATTERS: THE IMPACT ON HEART HEALTH**
Although heart disease is the leading cause of death among both sexes, the incidence, risk factors, symptoms and treatment options vary. Learn about the differences as well as lifestyle modifications to lower your risk. After the presentation, participants will have the opportunity to walk through a giant inflatable heart exhibit.  
*Thursday, February 13, 10:00am to 1:00pm*  
*Madison YMCA, 111 Kings Road, Madison*

**MEMORY CHANGES AS WE AGE**
We will discuss what changes to memory are normal with aging, and what may be a sign of something more serious. Breakfast provided before presentation. Presented by cognitive neurologist Anjali Patel, MD.  
*Tuesday, April 7, 9:30am*  
*Arden Courts of Whippany, 18 Eden Lane, Whippany*

**MEMORY SCREENING**
Morristown Medical Center will be offering free, confidential memory screenings to the community. For information, call 973-971-5839.  
*Friday, March 27*

**THE FACTS ON FATS**
Fat is an essential building block of your body, but the key is choosing the right kind of fat. Learn the facts on good and bad fats.  
*Monday, February 3, 11:00am*

**TEA AND TALK: PERFECTING POSTURE**
Sip some tea (or coffee) and enjoy an educational program on postural awareness for everyday activities.  
*Thursday, February 13, 1:00pm*  
*Randolph YMCA, 14 Dover Chester Road, Randolph*

**WOMEN’S HEALTH FORUM**
Join us for a panel of speakers focusing on hot topics in women’s health.  
*Saturday, February 15, 10:00am to Noon*

**LIFE ENRICHMENT**

**AARP SMART DRIVER COURSE**
Learn new strategies or refresh your knowledge. Completion of this course may qualify you for a reduction in your insurance premium or point reduction.  
*Thursday, March 26, 9:00am to 3:30pm*  
*$15 for AARP members; $20 for all others, payable to AARP.*

**FOSTERING CONNECTIONS: FARM LIFE, 1920**
Visit Fosterfields Living Historical Farm to dive into the history of the farm. Interactive program includes a hands-on demo with historic kitchen gadgets, and a sneak peek at the new exhibit, Well Played.  
*Tuesday, March 31, 10:00am*  
*$5*  
*Fosterfields Living Historical Farm, 73 Kahdena Road, Morristown*

**NUTRITION**

**IN PARTNERSHIP WITH OUR LOCAL SHOPLITES**

**THE FACTS ON FATS**
Fat is an essential building block of your body, but the key is choosing the right kind of fat. Learn the facts on good and bad fats.  
*Monday, February 3, 11:00am*

**IMMUNE BOOSTERS**
Stop those sniffles. Join us to explore the nutrients and foods that can help boost your immune system this cold and flu season.  
*Tuesday, January 28, 11:00am*  
*435 South Street, Third Floor Conference Room, Morristown*
EXERCISE

INTRODUCTION TO GENTLE YOGA
Gentle yoga class for older adults. Mostly chair and standing poses, but class is modified based on attendees. 
Fridays, January 24 to February 28, 10:00 to 11:00am
$30 for all six weeks
Chatham Senior Center, 58 Meyersville Road, Chatham

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. Call for more information.
$20 for all four weeks
Atlantic Rehabilitation, 550 Central Avenue, New Providence

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. Call for more information.
$15 for all three weeks
SAGE Eldercare, 290 Broad Street, Conference Room, Summit

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

LIFE ENRICHMENT

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, March 18, 2:00pm
Millburn Public Library, 200 Glen Avenue, Millburn

WINTER WALKING AND DRIVING SAFETY
Winter weather can increase our risk for accidents and falls. Join us for a presentation by TransOptions on safety tips for every day and how you can stay safe and mobile during the winter.
Thursday, January 16, 10:00am
Summit Community Center, 100 Morris Avenue, Summit

NUTRITION

EAT RIGHT: FABULOUS FIBER AND MORE
March is National Nutrition and Colorectal Cancer Month. Join us for a talk on plant-based diets, how fiber helps with colorectal health and tips for eating well. Includes a store tour and healthy cooking demonstration. Presented by Danielle D’Elisis, MS, RD.
Tuesday, March 10, 10:00am
ShopRite of Garwood, 563 North Avenue, Garwood

THE FACTS ON FATS
Fat is an essential building block of your body, but the key is choosing the right kind of fat. Learn the facts on good and bad fats. Presented by Tory Stroker, RD.
Tuesday, February 11, 12:30pm
Chatham Senior Center, 58 Meyersville Road, Chatham

IMMUNE-BOOSTING FOODS
Stop those sniffles. Join us to explore the nutrients and foods that can help your immune system keep strong during this cold and flu season.
Monday, January 27, 10:00am
ShopRite of Union, 2401 US Highway 22 West, Union
**EXERCISE**

**CHAIR YOGA**
Uses a chair to help open, align, stretch and strengthen your body. Heavy emphasis on breathing techniques and relaxation.
Mondays, January 27 to March 16, 1:00 to 2:00pm
$48 for all eight weeks
First United Methodist Church, 111 Ryerson Avenue, Newton

**GENTLE YOGA**
A gentle practice that combines breath work and postures for balance, meditation and relaxation. A mat and blanket are needed for this class.
Thursdays, January 30 to March 19, 2:00 to 3:00pm
$40 for all eight weeks
Sparta Health & Wellness, 89 Sparta Avenue, Sparta

**ZUMBA® GOLD**
This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.
Thursdays, January 30 to March 19, 11:00am to Noon
$48 for all eight weeks
First United Methodist Church, 111 Ryerson Avenue, Newton

**HEALTH**

**HEALTHY SKIN CARE**
Join us for an introduction to the beauty adviser program at the Chester ShopRite and learn about a step-by-step beauty regimen. Tips and tricks will be shared as well. Presented by Lizeth Navarro Toledano, Beauty Advisor, ShopRite of Chester.
Friday, February 14, 10:00am

**YOGA NIDRA**
Yoga Nidra or “yogic sleep” is a practice of deep conscious rest. During this program, you will be guided through a series of inquiries much like a guided meditation. Practitioners are in a very relaxed but alert state. Presented by Julie Lain, E-RYT.
Friday, February 21, 2:00 to 2:45pm

**NUTRITION**

**MARCH INTO GOOD HEALTH**
In honor of National Nutrition Month, this program will discuss general nutrition and how to make informed choices. Presented by Lauren T. Bath, RDN.
Thursday March 12, 1:00pm

**POWER UP WITH PROTEIN**
Learn the importance of protein, the different sources and how to incorporate it into your daily diet. Presented by Lauren T. Bath, RDN.
Thursday, February 27, 1:00pm

**PLANT-BASED EATING**
Learn the components of a healthy plant-based diet. Presented by Lauren T. Bath, RDN.
Monday, March 30, 2:00pm

**LIFE ENRICHMENT**

**A GRATEFUL HEART: LIVING GRATEFULLY**
Gratitude is a powerful force, and it has the ability to change your life. It is a source of inspiration that anyone can tap into and use to promote appreciation for all that life has to offer. Join us to learn simple practices and ways to cultivate a deeper sense of gratitude. Presented by Julie Lain, E-RYT.
Friday, March 6, 2:00pm

**WALKING AND DRIVING SAFELY IN A WINTER WONDERLAND**
Snow and ice challenge our ability to walk and drive safely during the winter. Learn how to navigate winter conditions confidently and safely. Presented by Denis Kelleher, TransOptions.
Friday, January 31, 10:00am

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

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, January 28 to March 17, 1:30 to 2:30pm
$40 for all eight weeks

QIGONG
Focus on health, wellness, increased energy and stress management while also improving mobility and flexibility. Tuesdays, January 28 to March 17, 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 working to improve balance and overall fitness. Wednesdays, January 29 to March 18, 11:00am to Noon
$40 for all eight weeks

LIFESTYLE CHANGES FOR PREDIABETES AND DIABETES
Learn what you can do to help prevent, postpone or manage diabetes. Presented by Jane DeWitt, MS, RD, Manager, Food and Nutrition Services. Wednesday, January 29, 1:00pm

HEALTHY SKIN CARE
Join us for an introduction to the beauty advisor program at the Chester ShopRite and learn about a step-by-step skin regimen. Tips and tricks will be shared as well. Presented by Lizeth Navarro Toledano, Beauty Advisor, ShopRite of Chester. Monday, February 10, 11:00am

LIFE ENRICHMENT

AARP SMART 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. Wednesday, February 26, 9:00am to 3:00pm
$15 for AARP members; $20 for all others, payable to AARP at the door

EATING FOR A HEART-HEALTHY LIFESTYLE
Learn heart-healthy nutrition therapy related to sodium, fats, omega-3 fatty acids and triglycerides. Also, learn to properly read food labels as well as interpret bloodwork results. Presented by Jane DeWitt, MS, RD, Manager, Food and Nutrition Services. Wednesday, February 19, 1:00pm

A HEALTHY GUT
The human gut is complex and has a huge impact on whole-body health. Join us to learn how the gut affects health. Presented by Jane DeWitt, MS, RD, Manager, Food and Nutrition Services. Wednesday, March 18, 1:00pm

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

New Vitality | Preregistration is required for all programs. Call 1-844-472-8499. Winter 2020 | 9
Support Groups

HEALTHY AGING PROGRAM AT ATLANTIC HEALTH SYSTEM
Free hotline provides phone and email-based consultation and referral to community services and resources for seniors and caregivers. Call 973-971-5839, email HealthyAging@atlantichealth.org or visit us online at atlantichealth.org, keyword "senior services."

Chilton Medical Center

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

ARTHITIS SUPPORT GROUP
For more information, call 973-831-5367.

BEREAVEMENT SUPPORT GROUP
Funded by the 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
Evening and daytime support groups. For more information, call 973-831-5229.

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

Newton Medical Center

BETTER BREATHERS CLUB
A program by the American Lung Association for people with chronic lung disease and their loved ones. To register, call 975-579-8373.

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. Preregistration is required – call 973-579-8341.

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

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

Overlook Medical Center

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
For more information about the group, call 908-522-4652.

STROKE SUPPORT GROUP
For more information and to register, call 1-800-247-9580.

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 908-441-1258.

HEALTHY HEARTS GROUP
For people with cardiac disease, such as congestive heart failure, high blood pressure and coronary artery disease. To register, call 908-850-6819.

MS SELF-HELP GROUP OF WARREN COUNTY
For more information, call Cynthia at 908-645-3802 or Michele at 908-727-3542.
TO REGISTER FOR ALL CLASSES:
1. Tear out and complete this registration form. Check box for class(es) desired.
2. Make your check payable to Atlantic Health System. Mail the completed form along with your check to:
   Chilton Medical Center
   ATTN: NEW VITALITY
   97 West Parkway
   Pompton Plains, NJ 07444

(You will not receive a confirmation notice – be sure to mark your calendar accordingly.)

3. If you are registering for other people, please list their addresses and telephone numbers as well. If you are only registering for FREE classes, you may call the New Vitality office at 1-844-472-8499.

4. Exercise classes are nonrefundable after the first class and subject to change without notice due to weather or other issues beyond our control. New Vitality will make every effort to make up a cancelled class but reserves the right not to refund the class if a makeup date cannot be scheduled.

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

Name(s)

____________________________________________________

Address(es)                                                 City/State/ZIP

____________________________________________________

Daytime Phone                                               Cellphone

____________________________________________________

Email Address                                               Total Enclosed $

____________________________________________________

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

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

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

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

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

Witness

Signature of Participant                                  Date
<table>
<thead>
<tr>
<th>Course</th>
<th>Fee</th>
<th>Days and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>AQUACISE</td>
<td>$60 per session</td>
<td>Mondays AND/OR Wednesdays</td>
</tr>
<tr>
<td>AQUACISE, LEVEL 2</td>
<td>$60</td>
<td></td>
</tr>
<tr>
<td>ARTHRITIS AQUATICS PROGRAM</td>
<td>$60</td>
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<tr>
<td>ARTHRITIS EXERCISE PROGRAM</td>
<td>$50</td>
<td>1:30pm OR 2:30pm (check one)</td>
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<tr>
<td>BARRE METHOD</td>
<td>$80</td>
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<tr>
<td>BETTER BONES – BEGINNER</td>
<td>$60</td>
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<tr>
<td>BETTER BONES – INTERMEDIATE</td>
<td>$60 per session</td>
<td>Tuesdays AND/OR Thursdays</td>
</tr>
<tr>
<td>HATHA YOGA</td>
<td>$80</td>
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<tr>
<td>LITE &amp; FIT</td>
<td>$50 per session</td>
<td>Mondays AND/OR Tuesdays AND/OR</td>
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<tr>
<td>MEDITATION FOR MINDFUL WELL-BEING</td>
<td>$64</td>
<td>Thursdays</td>
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<tr>
<td>MUSCLES IN MOTION</td>
<td>$80</td>
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<tr>
<td>POUND®</td>
<td>$80</td>
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<tr>
<td>THE POWER HOUR</td>
<td>$80</td>
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<tr>
<td>T’AI CHI CHIH – BEGINNER</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>T’AI CHI CHIH – INTERMEDIATE</td>
<td>$50</td>
<td></td>
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<tr>
<td>YOGA – BEGINNER</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>YOGA – INTERMEDIATE</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>ZUMBA® FITNESS (Pompton Plains)</td>
<td>$80</td>
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<tr>
<td>ZUMBA® GOLD (Pompton Plains)</td>
<td>$50</td>
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<tr>
<td>ZUMBA® GOLD (Wayne)</td>
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<tr>
<td>ZUMBA® GOLD TONING (Pompton Plains)</td>
<td>$50</td>
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<tr>
<td>ZUMBA® TONING (Pompton Plains)</td>
<td>$80</td>
<td></td>
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<tr>
<td>BOOSTING YOUR IMMUNITY DURING THE WINTER MONTHS</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>COLON HEALTH UPDATE</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>DREAMING OF A GOOD NIGHT’S SLEEP</td>
<td>$60</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.
<table>
<thead>
<tr>
<th>Morristown Medical Center</th>
<th>Overlook Medical Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>GENTLE YOGA</td>
<td>INTRODUCTION TO GENTLE YOGA</td>
</tr>
<tr>
<td>FEE: $45</td>
<td>FEE: $30</td>
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<tr>
<td>INTERMEDIATE YOGA</td>
<td>INTRODUCTION TO T'AI CHI CHIH</td>
</tr>
<tr>
<td>FEE: $45</td>
<td>FEE: $20</td>
</tr>
<tr>
<td>INTRODUCTION TO T'AI CHI CHIH</td>
<td>INTRODUCTION TO ZUMBA® GOLD</td>
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<tr>
<td>FEE: $20</td>
<td>FEE: $15</td>
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<tr>
<td>LITE &amp; FIT</td>
<td>CHUCKLES, CHORTLES AND GIGGLES: THE BENEFITS OF LAUGHTER FOR SENIORS</td>
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<tr>
<td>FEE: $40</td>
<td>COLD VS. FLU</td>
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<tr>
<td>ZUMBA® GOLD</td>
<td>EAT RIGHT: FABULOUS FIBER AND MORE</td>
</tr>
<tr>
<td>FEE: $35</td>
<td></td>
</tr>
<tr>
<td>AARP SMART DRIVER COURSE</td>
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<tr>
<td>FEE: $15 FOR AARP MEMBERS; $20 FOR ALL OTHERS, PAYABLE TO AARP</td>
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</tr>
<tr>
<td>EMERGENCIES OF THE HEART</td>
<td></td>
</tr>
<tr>
<td>THE FACTS ON FATS</td>
<td></td>
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<tr>
<td>FOSTERING CONNECTIONS: FARM LIFE, 1920</td>
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<tr>
<td>FEE: $5 AT THE DOOR</td>
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<tr>
<td>GENDER MATTERS: THE IMPACT ON HEART HEALTH</td>
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<tr>
<td>IMMUNE BOOSTERS</td>
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<tr>
<td>MEMORY CHANGES AS WE AGE</td>
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<tr>
<td>TEA AND TALK: PERFECTING POSTURE</td>
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<tr>
<td>WOMEN’S HEALTH FORUM</td>
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<td></td>
<td></td>
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<tr>
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</tr>
<tr>
<td>THE FACTS ON FATS</td>
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<tr>
<td>GENDER MATTERS: THE IMPACT ON HEART HEALTH</td>
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<tr>
<td>IMMUNE-BOOSTING FOODS</td>
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<tr>
<td>LUNCH AND LEARN: HEART-HEALTHY LIVING</td>
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</tr>
<tr>
<td>WINTER WALKING AND DRIVING SAFETY</td>
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</tr>
</tbody>
</table>

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

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

- CHAIR YOGA
  FEES: $48

- GENTLE YOGA
  FEES: $40

- ZUMBA® GOLD
  FEES: $48

- GENDER MATTERS: THE IMPACT ON HEART HEALTH

- A GRATEFUL HEART: LIVING GRATEFULLY

- HEALTHY SKIN CARE

- MARCH INTO GOOD HEALTH

- MUSIC AND THE BRAIN: LET THE MUSIC PLAY ON, PLAY ON

- PLANT-BASED EATING

- POWER UP WITH PROTEIN

- THYROID NODULES AND THYROID CANCER

- WALKING AND DRIVING SAFELY IN A WINTER WONDERLAND

- YOGA NIDRA

Hackettstown Medical Center

- CAREGIVERS SUPPORT AND RESOURCE GROUP

- EATING FOR A HEART-HEALTHY LIFESTYLE

- GENDER MATTERS: THE IMPACT ON HEART HEALTH

- A HEALTHY GUT

- HEALTHY SKIN CARE

- LIFESTYLE CHANGES FOR PREDIABETES AND DIABETES MANAGEMENT

- TECHNOLOGY FOR SENIORS

- THYROID NODULES AND THYROID CANCER

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.
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

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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!