

Wellness Programs and Events

FITNESS PROGRAMS

Registration is required for the following programs. To register, go to www.ShoreHealthToday.com or call 609/653-4600.

Zumba

Zumba is a dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting and effective fitness system. Zumba creates a party-like atmosphere that provides a non-intimidating opportunity for non-dancers, new exercisers and those who have previously hesitated to participate in group classes. All students can feel comfortable knowing that they can just go with the flow and enjoy the party!

This is a six-week series.

Mondays, May 10 to June 21 (no class May 31)

5 to 6 p.m.

6:15 to 7:15 p.m.

SMH Conference Center

\$45

Spinning

This class is a low-impact, cardiovascular workout simulating cycling through hills and flatlands at varying levels of resistance and speed. It's a calorie-burning, energizing and fun workout! *This is a six-week series.*

Thursdays, May 6 to June 10

5 to 6 p.m.

Greate Bay Racquet and Fitness Club

90 Mays Landing Road, Somers Point

\$45



Yoga

Practice Hatha Yoga by learning postures, breath control and relaxation/meditation. This class is an attempt to balance mind and body via physical exercise, controlled breathing and the calming of the mind through relaxation and meditation. The postures in this class are easy and can be adapted to different ability levels. Participants are required to bring a yoga mat. *This is a six-week series.*

Wednesdays, May 26 to June 30

5 to 6 p.m.

6:15 to 7:15 p.m.

SMH Conference Center

\$45

Pilates

This course provides the foundation to build core strength in your abdomen, legs and back. Wear comfortable clothing and bring a mat. *This is a six-week series.*

Tuesdays, May 4 to June 8

6 to 7 p.m.

SMH Conference Center

\$45

WELLNESS WORKSHOPS

Registration is required for the following programs. To register, go to www.ShoreHealthToday.com or call 609/653-4600.

Skin Cancer

With summer upon us, it's important to know the precautions we should take when under the sun. Dermatologist Anthony Campo, MD, will discuss skin cancer, proper sun protection and vitamin D.

Thursday, May 13

6 p.m.

SMH Conference Center

FREE

Varicose Veins

Varicose and spider veins are common medical conditions. Surgeon James Herrington, MD, will discuss the diagnostic work-up as well as treatment options and minimally invasive procedures.

Wednesday, May 19

6 p.m.

SMH Conference Center

FREE



IN THE PUBLIC INTEREST

FREE Blood Pressure Screenings

Shore Memorial Hospital Prenatal Services Building. Call **609/653-4500**.
Fridays, 11 a.m. to 1 p.m.

Shore Memorial Thrift Shop,
Somers Point. Call **609/653-8374**.
**Second Wednesday of every month,
11 a.m. to 1 p.m.**

Egg Harbor Township Community Center
Call **609/272-8179**.
**First and third Monday of every
month, 9:30 to 10:30 a.m.**

Vascular Health Screening

Fast, painless screenings are available to check for life-threatening cardiovascular conditions such as heart disease and stroke. Screenings last approximately 30 minutes and include carotid ultrasound to detect stroke risk factors, aorta ultrasound to detect aneurysms, and ankle/brachial indices to detect arterial disease in the legs. Call **609/927-8069** to schedule an appointment.
**Thursdays, May 6, June 3,
July 1 and Aug. 5
8 a.m. to 3:30 p.m.**
**Shore Memorial Egg Harbor Township
Outpatient Center
\$95**



Medical Explorers

For high school students interested in medical careers. Must be 14 years of age and at least a freshman. Call **609/653-3724** for more information.
**First and third Wednesday of
every month, 6:30 to 8 p.m.**

FREE Physician Referrals

Shore Memorial's FREE Physician Referral Service is available 24 hours a day, seven days a week. To find a doctor, call **609/653-4600**, or visit **www.ShoreDoctors.com**.

Surgical Education Programs

Shore Memorial Neck and Spine Surgery Education Program. Call **609/653-3512**.
**Second and fourth Thursday of every
month, 4 to 5 p.m.**

Shore Memorial Joint Replacement Education. Call **609/653-3512**.
**Third Thursday of every month,
4 to 5 p.m.**

Smoking Cessation

Shore Memorial Hospital's QuitCenter offers counseling with trained tobacco dependence treatment specialists. You'll receive updated information on nicotine replacement therapies, which are available at a discount price. For an information packet, call **609/653-3440**.

Heartsaver First Aid

The Heartsaver First Aid Course teaches rescuers the knowledge and psychomotor skills they need to recognize emergencies at the worksite and give first aid. This course is designed for anyone whose work may involve interaction with the public, such as law enforcement officers, firefighters, flight attendants and lifeguards, and for those who are required to take this course as part of their employer's effort to comply with the Occupational Safety and Health Administration. For more information, call the Life Support Training Center at **609/653-3962** or e-mail **trainingcenter@shorememorial.org**.
**Saturday, Sept. 25
10 a.m. to 2 p.m.**
**Canale Training Center, Egg Harbor
Township
\$60 course fee plus \$15 book fee**

ESPRIT DE SHORE

Esprit de Shore provides an opportunity for the members of the Center for Women's Health, their friends and business associates to get together each month for networking, a brief presentation and luncheon. The presentations are interesting, the food is good and the people are great. Join us anytime by calling the Center for Women's Health at **609/653-3900** for a reservation.

**Third Wednesday of every month
Noon**
**Greate Bay Country Club, Somers Point
\$15 (includes lunch)**

Luncheon Presentation Schedule

May 19: The Emergency Room: When and Why to Use It, presented by William Schumacher, MD
June 16: Women and Stroke Prevention, presented by Alex Wazeter, CNRN, and

Deb Dagrosa, RN

July 21: Diabetes and Aging, presented by Felicia Ensminger, RN, Diabetes Educator
Aug. 18: What You Should Know About Your Kidneys, presented by Fran Hatcher, RN, Nurse Manager, Dialysis

AUXILIARY

The Auxiliary of Shore Memorial is a forum for social interaction, meeting new friends and networking. Members have the opportunity to participate in and contribute to a wide range of events and activities. The Auxiliary welcomes all who have a desire to make a difference for the future of Shore Memorial Hospital. Call **609/653-4646** for a membership application.

Upcoming Auxiliary Fundraisers

May 17: Ladies' Golf Tournament, Atlantic City Country Club

June 2: D. Allen Stretch Golf Tournament, Harbor Pines Golf Club
July 9: Kids Swim, Linwood MRA
Sept. 21: Thrift Shop Fashion Show, Greate Bay Country Club

Shore Memorial Auxiliary Thrift Shop Locations

Somers Point Shopping Plaza
275 New Road, Somers Point
609/653-8374

South Shore Plaza
232 S. Shore Road, Marmora
609/624-7670

Harbor Village Square
Ocean Heights Avenue and Zion Road,
Egg Harbor Township
609/601-2710

FAMILY LIFE SERVICES

Preregistration is required for the following programs. Call **609/653-3238**. Classes are taught by Connie Tyree, RN, MSN, IBCLC, Susan Somers, RN, BSN, IBCLC, CCE, or Patricia Jaggie, RN, IBCLC, CCE.

Preparation for Childbirth and Early Parenting (Seven-Week Series)

This seven-week series will help prepare couples for the birth of their baby and the early parenting experience. Practice sessions on relaxation, breathing, conditioning exercises and other coping techniques for labor are combined with discussion of the labor and birth process and possible medical interventions. Care and characteristics of the newborn and a session on breastfeeding and nurturing are included, along with a tour of the Maternity Care Center. *Please call to inquire about registering for a single breastfeeding class.*

Wednesdays, May 26 to July 7

Wednesdays, July 28 to Sept. 8

Wednesdays, Oct. 20 to Dec. 1

Thursdays, June 24 to Aug. 5

Thursdays, Sept. 2 to Oct. 14

Thursdays, Oct. 28 to Dec. 16
(no class Nov. 25)

7 to 9 p.m.

4W Classroom

\$110 per couple

Preparation for Childbirth (Single Session)

A single session for those couples who would like to focus solely on the labor and birth. Registrants are invited to participate in a breastfeeding class at no additional charge.

Saturday, July 24

9 a.m. to 3:30 p.m.

4W Classroom

\$110 per couple

Baby and Me: Sibling Preparation Class

This single-session “celebration” of your child’s journey to becoming a big brother or sister serves to reinforce your own preparations as a parent. Through crafts, games, discussion and puppetry, children learn more about their new role in the family. A tour of the Maternity Care Center is included and refreshments are served. Children must be at least 3 years old to participate.

Monday, July 19

Monday, Oct. 18

6 to 7:30 p.m.

4W classroom

\$25 for first child; \$15 subsequent children in the same family

Mom to Mom

Gather with other moms to socialize, network and support one another while making lasting friendships for their children and themselves. This group is facilitated by a social worker and a registered nurse.

Every Monday

1 to 2 p.m.

Jenkins Room

Refreshments served

FREE



THE CENTER FOR WOMEN'S HEALTH

JOIN the Center for Women's Health TODAY and start enjoying the many benefits that our members receive!

- Subscription to our newsletter
- Buying club membership, entitling you to discounts at participating area businesses
- “Esprit de Shore”—Monthly luncheon with guest speaker (\$15 per person)
- Discounted admission to the Center for Women's Health Annual Conference
- Periodic mailings of educational information regarding specific health concerns—plus schedules of upcoming workshops, screenings and seminars

Upon receipt of the enrollment form and your \$10 annual membership fee, we will send you a personalized membership card.

Mail to: The Center for Women's Health at Shore Memorial Hospital
1 East New York Ave.
Somers Point, NJ 08244

Membership Enrollment Form

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

E-mail address: _____

Home phone: _____

Work phone: _____





CANCER RECOVERY AND SUPPORTIVE SERVICES

Shore Memorial Cancer Center offers a full range of supportive and continuing care services. Please call **609/653-3585** for information.

American Cancer Society's "Look Good ... Feel Better"

Enhance your appearance by learning to use makeup techniques, turbans and scarves.

By appointment only

Call your local ACS at 800-ACS-2345

**Shore Memorial Cancer Center,
Second Floor**

FREE

Live, Laugh, Love Boutique

For patients undergoing cancer treatment, the boutique is a calming place to be fitted for a wig or to select a specially designed hat or scarf. To schedule a wig fitting, call **609/653-3585**.

Monday to Friday

10 a.m. to 2 p.m.

**Shore Memorial Cancer Center,
Second Floor**

Breast Health Navigation Program

If you are having any breast procedures or have concerns about your breast health, call our certified breast care nurse at **609/653-3772**.

Living at the Shore with Lymphedema

Join Jennifer Brooks, PT, for educational sessions on lymphedema management. For more information or to register, call **609/653-3512**.

Thursdays, June 10 and Aug. 12

7 p.m.

**Shore Memorial Cancer Center,
Second Floor**

FREE

FREE Screenings for Breast, Cervical, Colon and Prostate Cancers

As lead agency for the NJ Cancer Education and Early Detection Program in Atlantic County, Shore Memorial's Cancer Community Outreach Department will arrange free cancer screenings for people who meet the program's eligibility requirements. To qualify, you must be age appropriate, uninsured or underinsured, and have a limited income. For more information, call **609/653-3484**.

Penn Lung Center at Shore Memorial

The Penn Lung Center at Shore Memorial provides lung cancer and other lung disease patients access to a multidisciplinary team of specialists from University of Pennsylvania Health System and Shore Memorial. For more information, call **609/653-3222** or toll free at **888-428-LUNG (5864)**.

Foot Reflexology

For patients diagnosed with cancer, foot reflexology helps reduce stress and promote healing. Betty Burke, certified reflexologist, conducts these sessions. To schedule an appointment, call **609/653-3585**.

**Fourth Wednesday of every month
9 to 10 a.m., 10 to 11 a.m., 11 a.m. to
noon, 1 to 2 p.m., 3 to 4 p.m.**

**Shore Memorial Cancer Center,
Second Floor**

\$40 per session



Gilda's Club South Jersey

For FREE cancer support for the whole family, call Gilda's Club for a calendar of monthly activities at **609/926-2699**.



Celebration of Life Party

All people who have been diagnosed with cancer recently or in the past are invited to attend this fun event. Enjoy a delicious brunch, giveaways and entertainment. Family and friends are welcome. Registration is required. Call **609/653-3585**.

Sunday, June 6

11 a.m. to 1 p.m.

DiOrio Hall

FREE