

Wellness Programs and Events

WELLNESS PROGRAMS

Preregistration is required for the following programs. Call **609/653-4500**.

Pilates

Relax and build core strength in your abdomen, legs and back at the same time. A certified instructor teaches this eight-week class. Wear comfortable clothing and bring a mat and Pilates ball.

**Mondays, Sept. 8, 15, 22, 29
and Oct. 6, 13, 20, 27
6 to 7 p.m.
SMH Conference Center
\$40 for eight classes**

T'ai Chi Level I

Our certified instructor (trained by the Arthritis Foundation) will teach you the basic movements that make up the practice of T'ai Chi.

**Wednesdays, Sept. 3, 10,
17, 24 and Oct. 1, 8
5:15 to 6:15 p.m.
SMH Conference Center
\$30 for six classes**

T'ai Chi Level II

This program is designed for students who have already completed the Arthritis Foundation T'ai Chi Level I course. In this series, our certified instructor will focus on the second set of movements that make up the practice of T'ai Chi.

**Wednesdays, Oct. 15, 22,
29 and Nov. 5, 12, 19
5:15 to 6:15 p.m.
SMH Conference Center
\$30 for six classes**



Kickboxing

This energizing class offers a one-two punch that will have you in shape in no time.

**Mondays, Nov. 17, 24 and Dec. 1, 8, 15
5 to 6 p.m.
SMH Conference Center
\$25 for five classes**

Arthritis Foundation Exercise Program

This program is designed to increase flexibility, strength and endurance for people living with arthritis. Our certified instructor teaches in a group setting that provides a friendly, fun and supportive atmosphere.

**Fridays, Sept. 12, 19, 26 and
Oct. 3, 10, 17, 24, 31
10 to 11 a.m.
Somers Point Senior Center
\$40 for eight classes**

Smoking Cessation

Shore Memorial Hospital's QuitCenter offers counseling with our certified tobacco treatment specialists. You may choose from group sessions or individual counseling. We provide updated information on Nicotine Replacement Therapies and offer the Nicoderm[®] patch, Nicorette[®] gum and the Commit[®] lozenge at a discount price.

For a FREE information packet, call **609/653-3440**.





FAMILY LIFE SERVICES

Preregistration is required for the following programs. Call **609/653-3238**.

Prepared Childbirth and Early Parenting

This seven-week series addresses the concerns of prospective parents and is taught by registered nurses certified in childbirth education and lactation.

Thursdays, Sept. 4 to Oct. 16
Wednesdays, Oct. 8 to Nov. 19
Thursdays, Nov. 6 to
Dec. 18 (no class Nov. 27)
7 to 9 p.m.
4th Stainton Classroom
\$110 per couple

Baby & Me—Sibling Preparation Class

Help your child welcome a little brother or sister. Through discussion, film and a tour of the Maternity Care Center, Patricia Jaggie, RN, CCBE, IBCLC, will help prepare children 2½ through 8 for the arrival of a new baby. Refreshments served.

Tuesday, Oct. 21
6:30 to 8 p.m.
Confirm room upon registration.
\$25 for first child, \$15
additional children

TLC Postpartum Support Group

Feeling overwhelmed by your new baby? We can help. Bring your baby and join other new mothers to learn practical ways to get through this stressful time.

Call **609/926-4229** for more information.

Every Monday
1 to 2:30 p.m. Confirm room
upon registration.
Free

ESPRIT de SHORE

Esprit de Shore provides an opportunity for 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. It's that simple! Feel free to join us anytime. Just call the Center for Women's Health to make your reservation at **609/653-3900**.

Luncheon Presentation Schedule

Third Wednesday of every month
Noon

Greate Bay Country Club,
Somers Point
\$15; includes lunch

Aug. 20: Advances in Breast Cancer Treatment, presented by Carter McCormack, MD, surgeon

Sept. 17: Diagnosing and Treating Thyroid Nodulars—presented by Leonard Galler, MD, FACS, surgeon

Oct. 15: Shore Memorial Health Foundation Lightkeeper's Society, presented by Denise Daily, Lightkeeper Coordinator

Nov. 19: Shore Tomorrow – The Campaign for Shore Memorial Hospital, presented by Bill Elliott, Health Foundation Executive Director

WELLNESS LECTURES

Diagnosing and Treating Thyroid Nodulars

Presented by Leonard Galler, MD, FACS
 Registration is required. Call **609/653-3900**.

Wednesday, Sept. 17
Greate Bay Country Club
Noon
\$15 (includes lunch)

Reducing Childhood Obesity

Kristina Liwoch will provide useful facts and strategies to help you understand and deal with childhood obesity. Registration is required. Call **609/653-4500**.

Thursday, Oct. 9
SMH Conference Center
5:30 p.m.
Free

Sleep Disorders in Children

A representative from SleepCare will share the signs and symptoms of common sleep disorders in children and the sleep studies that are now available for children as young as three at Shore Memorial's Center for Sleep Medicine. Registration is required. Call **609/653-4500**.

Thursday, Oct. 16
SMH Conference Center
5:30 p.m.
Free

Lightkeeper's Society

Presented by Denise Daily, Lightkeeper coordinator, Shore Memorial Health Foundation. Registration is required. Call **609/653-3900**.

Wednesday, Oct. 15
Greate Bay Country Club
Noon
\$15 (includes lunch)

An Introduction to Reflexology

Certified reflexologist Betty Burke, RN, will present a basic overview along with an interactive demonstration on how the art of reflexology can reduce stress and promote healing in your life. Registration is required. Call **609/653-4500**.

Thursday, Nov. 13
SMH Conference Center
5 p.m.
Free

Shore Tomorrow—The Campaign for Shore Memorial Hospital

Presented by Bill Elliott, Executive Director Shore Memorial Health Foundation. Registration is required. Call **609/653-3900**.

Wednesday, Nov. 19
Greate Bay Country Club
12 p.m.
\$15 (includes lunch)

CANCER RECOVERY AND SUPPORT SERVICES

Shore Memorial Cancer Center offers a full range of supportive and continuing care services. Please call **609/653-3585** for more information on supportive care, education for patients and their families, survivor programs and services in our community.

Breast Health Navigation Program

If you are having any breast procedures or have concerns about your breast health, call the breast health navigator at **609/653-3772**.

Living at the Shore with Lymphedema

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

Every second Thursday of even months
7 p.m.

Shore Memorial Cancer Center,
Second Floor
Free



American Cancer Society "Man to Man" Prostate Cancer Support Group

The Prostate Cancer Support Group helps men with prostate cancer cope with changes resulting from their diagnosis.

Every second Tuesday of the month
7 p.m.

Shore Memorial Cancer Center,
Second Floor
Free

JOIN 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

Join today! Please complete the enrollment form and mail with your \$10 annual membership fee, and we will send you a personalized membership card.

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

Membership Enrollment Form

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

E-mail address: _____

Home phone: _____

Work phone: _____

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 led by Taine Pechet, MD, a thoracic surgeon from University of Pennsylvania Health System. This dedicated team includes specialists from Shore Memorial and a nurse navigator, who assists patients through the healthcare system, from suspicious finding to diagnosis and treatment, eliminating barriers to care. For more information, call **609/653-3222** or toll-free at **888-428-LUNG (5864)**.

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 programs and activities. The Auxiliary welcomes all who have a caring heart and strong desire to make a difference for the future of Shore Memorial Hospital. Join today! Call **609/653-4646**.

Thrift Shop Locations

Interested volunteers, donors and customers are welcome to call or visit either location for more details.

Somers Point Shopping Plaza

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

Cedar Square Shopping Center

2087 South Route 9, units 6 & 7,
Seaville, **609/624-7670**

Upcoming Events

For more details on the following, call **609/653-4646**

Thrift Shop Fashion Show,

Greate Bay Country Club, Somers Point; Sept. 16

Fall 50/50 Raffle, Harbor Pines Golf Club; Oct. 10

Tree of Lights, Shore Memorial Hospital; Dec. 7

Reflexology

Foot reflexology sessions are available for cancer patients and people with chronic conditions. The physical act of massage and gentle pressure on the feet can help reduce stress and promote healing. Certified reflexologist Betty Burke, RN, conducts each 45-minute session. To schedule a session, call the Cancer Center at **609/653-3585**.

**Fourth Wednesday of each 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**

Live, Laugh, Love Boutique

Our goal is to make your cancer journey as healing and comfortable as possible. The Live, Laugh, Love Boutique offers hats, wigs and turbans free of charge to anyone undergoing cancer treatments. Wig fittings are available Monday through Friday, 10 a.m. to 2 p.m. Many local vendors display a sampling of their cancer-related products, such as mastectomy supplies and prostheses. Educational information and resources are also available. For more information, or to schedule a wig fitting appointment, call **609/653-3585**.

Look Good ... Feel Better

Enhance your appearance by learning to use makeup techniques, wigs, turbans and scarves. This program is sponsored by the American Cancer Society (ACS) and is held every third Monday of each month on the second floor of the Shore Memorial Cancer Center. To make an appointment, call your local American Cancer Society at **800-ACS-2345**.

Gilda's Club South Jersey

This free support community is for men, women and children living with cancer, and their families and friends. Shore Memorial Cancer Program encourages people diagnosed with cancer and their families to become members of Gilda's Club. For a free calendar and to learn more, call Gilda's Club South Jersey at **609/926-2699**.

Cancer Screenings

The NJ Cancer Education and Early Detection Program provides free screenings for breast, cervical, colon and prostate cancers. To qualify, you must be age appropriate, uninsured or underinsured and have a limited income. For further information, call the NJ Cancer Education and Early Detection Program for Atlantic County at Shore Memorial Cancer Center at **609/653-3484**



IN THE PUBLIC INTEREST

Blood Pressure Screenings

■ Shore Memorial Hospital Prenatal Services Building. Call **609/653-4500**.

Every Friday from 11 a.m. to 1 p.m.

■ Shore Memorial Thrift Shop, Somers Point

Call **609/653-8374**.

Every second Wednesday from 11 a.m. to 1 p.m.

Shore Memorial Hospital Joint Replacement Education

Call **609/653-3512** to register.

**Every third Thursday
4 to 5 p.m.**

Shore Memorial Hospital Lymphedema Support Group

Call Jennifer Brooks at **609/653-3512** for details.

Smoking Cessation

Shore Memorial Hospital QuitCenter. Call **609/653-3440**.