

FREE COMMUNITY CLASSES & EVENTS

OCEAN COUNTY

KEEP GETTING

NOVEMBER					
			1	2	
3	4	5	6	7	8
9	10	11	12	13	14
15	16	17	18	19	20
21	22	23	24	25	26
27	28	29	30		

- Tuesday, November 5**
Stroke: Am I at Risk? 11:00 a.m. - Noon
 Join our health expert as they discuss the signs, symptoms, and risk factors of a stroke. Learn how B.E.F.A.S.T increases a person's chance of recovery and information that you can share with your family and friends so that they too can B.E.F.A.S.T.
 HMH - Conference Rm, 279 Mathistown Rd, Little Egg Harbor
- Tuesday, November 5**
Living with Arthritis 2 - 3:00 p.m.
 Join our experts as they discuss an overview of arthritis, covering its definition, most common types, signs and symptoms, and impact on daily activities.
 Stafford Library, 12 N Main Street, Manahawkin
- Monday, November 11**
Living with Pelvic Floor Dysfunction 1 - 2:00 p.m.
 Join Laurie Kane, M.D., Urogynecologist, as she discusses bladder leaks, overactive bladder, and pelvic floor weakness/prolapse. Also learn when and why you should see a urogynecologist.
 SOMC Beach Plum Room, 1140 Rte 72, Manahawkin

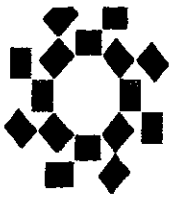
- Tuesday, November 12**
Managing Stress During the Holiday Rush 11:00 a.m. - Noon
 Join us as we learn about the causes of stress and how to manage it. Useful tips & helpful information about how to cope will be shared. Let the holiday season be joyous as you learn to deal with holiday stress.
 Brick Library, 307 Chambersbridge Rd, Brick
- Thursday, November 14**
Understanding Heart Failure 2 - 3:00 p.m.
 Join us as we learn how heart failure develops, the causes of heart failure, the signs and symptoms to report and current treatment. Learn what you can do to prevent or manage heart failure.
 Lavallette Library, 112 Jersey City Avenue, Lavallette
- Thursday, November 14**
SOMC Diabetes Awareness Fair 5:30 - 8:30 p.m.
 Join us as we raise awareness on diabetes. Many vendors will be present. Wellness screenings available.
 Southern Ocean Medical Center, 1140 Rte 72, Manahawkin
- Tuesday, November 19**
Memory Loss vs Alzheimer's Disease 11:00 a.m. - Noon
 Learn the difference between normal and abnormal memory loss vs. Alzheimer's disease and tips to help keep your mind sharp. Memory Screenings will be available from 10:30 a.m. - 12:30 p.m.
 Little Egg Harbor Library, 290 Mathistown Rd, LEH
- Tuesday, November 19**
Eating for your Heart with the DASH and Mediterranean Diet 10:30 - 11:30 a.m.
 Join our Registered Dietitian, as she shares advice on foods that can help your heart health and long-term healthy life-style by following the Mediterranean and Dash diet.
 Stafford Library, 12 N Main Street, Manahawkin

- Wednesday, November 20**
Diabetes and You 10 - 11:00 a.m.
 Join our expert educators as they discuss the signs, symptoms complications, medications and much more related to diabetes. In addition, learn how diet and exercise can help with prevention and management of diabetes to lead a better quality life.
 Barnegat Library, 112 Burr Street, Barnegat
- Friday, November 22**
Managing Pre-Diabetes during the Holiday Season 11:00 a.m. - Noon
 The holidays can make healthy eating difficult when a person has Pre-diabetes. Can making changes prevent me from becoming diabetic? Join us for this informative program and learn about early warning signs, symptoms and changes you can make to better choices and lead a healthier life.
 Lavallette Library, 112 Jersey City Avenue, Lavallette
- Wellness Screenings**
 Screenings to include: Blood pressure, pulse, BMI, glucose, cholesterol & stroke risk assessment. *Nurse onsite.
Fasting Not Required.
- Friday, November 8, 11 a.m. - 1 p.m.**
 Wellpoint, 100 Clifton Ave, Lakewood
- Wednesday November 20, 11 a.m - 1 p.m**
 Fulfill, 1769 Hooper Ave, Toms River

Scan the QR code below for information on all upcoming classes & events or go to the link:

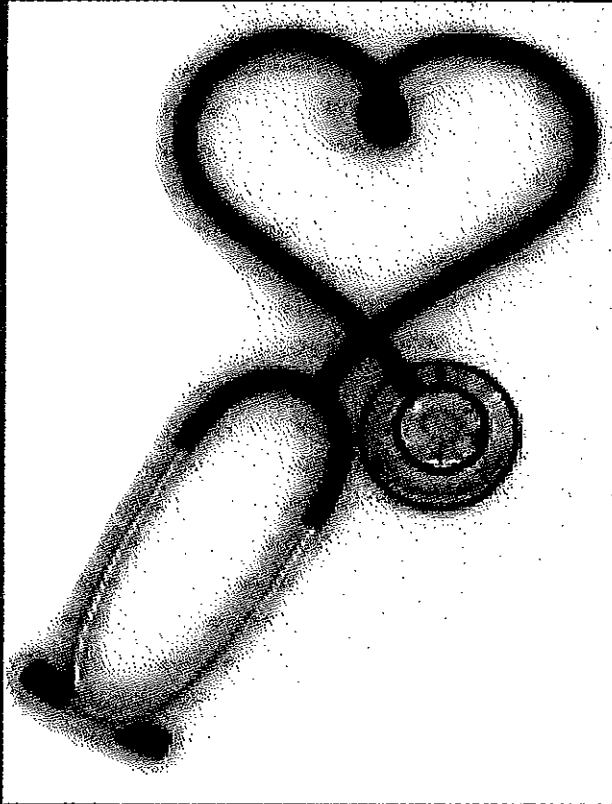


HMHforU.org/events



Hackensack
Meridian *Health*

KEEP GETTING BETTER



TUESDAY
NOVEMBER 5, 2024
11:00 a.m. - Noon

Hackensack Meridian Health
Conference Room
279 Mathistown Rd
Little Egg Harbor

Stroke: Am I At Risk?

Join our health expert as they discuss the signs, symptoms, and risk factors of a stroke. Learn how B.E.F.A.S.T increases a person's chance of recovery and information that you can share with your family and friends so that they too can B.E.F.A.S.T.

[Click here](#) to register or call
1-800-560-9990



LIVING WITH ARTHRITIS

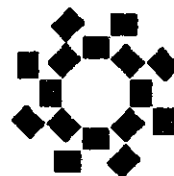
Join our rehabilitation expert and learn why it's important to keep yourself moving, as well as exercises you can do while living with arthritis. Interactive program with opportunities to ask questions for the speaker.

**Tuesday,
November 5, 2024
2 - 3 p.m.**

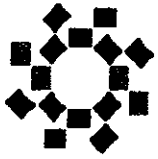
for more info
or call 1-800-560-9990

***Ocean County Library
Stafford Branch
129 N. Main Street
Manahawkin, NJ***

Keep Getting Better



**Hackensack
Meridian Health**



Hackensack
Meridian *Health*



LIVING WITH PELVIC FLOOR DYSFUNCTION

Join Laurie Kane, M.D.,
Urogynecologist, as she
discusses bladder leaks,
overactive bladder, and pelvic
floor weakness/prolapse. Also
learn when and why you
should see a urogynecologist.

Monday,
November 11, 2024
1- 2 pm

*Southern Ocean Medical
Center - Beach Plum Room
1140 Rte 72 West
Manahawkin, NJ*

Register by visiting
[HMHforU.org/events](https://www.HMHforU.org/events)
or call 1-800-560-9990

KEEP GETTING BETTER

Understanding Memory Loss Vs. Alzheimer's Disease



Ocean County Library
Little Egg Harbor Branch
290 Mathistown Rd.
Little Egg Harbor

November 19, 2024
10:30 a.m. - 12:30 p.m.

SCREENINGS

11:00 a.m. - Noon.

LECTURE

Do you wonder what
the difference is
between age related
and abnormal
memory loss?

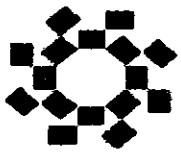
Join us to learn
more & gain
useful tips on what
you can do to keep
your brain active.

*FREE screenings
provided

To register [Click here](#)
or call 1-800-560-9990



Hackensack
Meridian Health



Hackensack
Meridian *Health*



Eating for your heart with the DASH and Mediterranean Diet

Join our registered dietician as she shares advice on foods that can help your heart health and long-term healthy eating style.

TOPICS WE WILL EXPLORE:

- Sources of antioxidants to include in your diet
- Eating healthier fats
- Key Components of a Mediterranean diet and DASH diet

NOVEMBER 20, 2024

2 - 3:00 p.m.

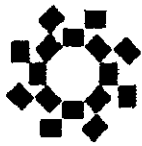
OCEAN COUNTY LIBRARY

Stafford Branch

129 N. Main Street

Manahawkin, NJ

**For more info [click here](#)
or call 1-800-560-9990**



Hackensack
Meridian Health

DIABETES AND YOU

Join our certified diabetes educators to learn the signs, symptoms, complications, medications and much more related to diabetes.

SPEAKERS:

Robert Hildebrandt, MBA, RDN,
CDCES

Robbin Sneddon, MSN, RN,
BC-ADM, AHN-BC, CDCES
Diabetes and Nutrition Education
Center of SOMC

**Wednesday
November 20, 2024
10 - 11 a.m.**

For more info and to register
or call
1-800-560-9990

**Ocean County Library -
Barnegat Branch
112 Burr Street
Barnegat, NJ**