

Wellness Programs and Events

FITNESS PROGRAMS

Preregistration is required for the following programs. Call **609/653-4500**. Registration fees cannot be refunded after first class.

Pilates

This six-week course taught by certified instructor JoAnne Barbieri, CFN, provides the foundation to build strength in your abdomen, legs and back. Wear comfortable clothing and bring a mat and Pilates ball.

Mondays, Sept. 14, 21, 28 and Oct. 5, 12, 19
5 to 6 p.m.

SMH Conference Center
\$30 for six classes

Yoga

Practice Hatha Yoga by learning postures, breath control and relaxation/meditation. Our certified instructor, Mary Mayrosh, brings over 20 years of experience guiding this class in 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.

Wednesdays, Sept. 16, 23, 30,
Oct. 7, 14, 21, 28 and Nov. 4
6:30 to 7:30 p.m.

SMH Conference Center
\$40 for eight 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.

Thursdays, Sept. 3, 10, 17, 24 and Oct. 1
10:30 to 11:30 a.m.

SMH Conference Center
\$25 for five classes

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!

Thursdays, Sept. 3, 10, 17, 24 and Oct. 1, 8
5 to 6 p.m.

SMH Conference Center
\$30 for six classes

Line Dancing

Learn country, soul and Philly line dance steps. Have fun and exercise at the same time. For beginner dancers only.

Mondays, Sept. 14, 21, 28 and Oct. 5, 12, 19
5:15 to 6:15 p.m.

SMH DiOrio Hall
\$30 for six classes

Body Sculpting

With the use of a stability ball, our certified instructor will teach you the proper way to condition your body to obtain the results you desire. This program is the perfect combination of exercises to maximize your workout routine. Stability ball and light free weights are required.

Mondays, Nov. 2, 9, 16, 30 and Dec. 7, 14
5 to 6 p.m.

SMH Conference Center
\$30 for six classes

Tilton Fitness

Whether you're looking to start a new workout program or add some variety to your routine, the fitness experts at Tilton Fitness—Shore Memorial's fitness partner—can help you get started.

Call **609/FITNESS** or visit
www.tiltonfitness.com.





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, 11 a.m. to 1 p.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 **609/653-4500** to schedule an appointment.

Thursdays, Sept. 10 and 24
7:30 a.m. to 4 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 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, 4 to 5 p.m.

Smoking Cessation

Shore Memorial's QuitCenter offers counseling with certified tobacco treatment specialists. Nicotine replacement therapies are available at a discount price. For an information packet, call **609/653-3440**.

Heartsaver CPR/AED

This course teaches all lay rescuers how to give CPR, use an AED and provide relief from choking. It is designed for people who may have to respond to cardiovascular emergencies in the workplace and for all lay rescuers who are required to obtain documentation showing completion of a CPR course that includes AED. This course is not intended for those who give direct patient care. Call **609/653-3962** to register.

Thursday, Oct. 15
5 to 9 p.m.
SMH Conference Center
\$60 course fee, plus \$15 book fee

Aromatherapy for Health Professionals

A certification course for licensed health professionals on the use of aromatherapy in a variety of clinical practice settings. To register, call **609/653-3868**. Contact hours are available. For more information, visit www.rjbuckle.com/aroma.html.

Module 1: Sept. 26, 27, 2009
Module 2: Jan. 9, 10, 2010
Module 3: April 10, 11, 2010
Module 4: Sept. 11, 12, 2010
Certification exam: Nov. 6, 2010
9 a.m. to 6 p.m.
\$375 per module, plus book and essential oil kit. Certain discounts apply.

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

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.

Thursdays, Sept. 3 to Oct. 15
Wednesdays, Oct. 7 to Nov. 18
Thursdays, Oct. 29 to Dec. 17
(no class on Nov. 26)
7 to 9 p.m.
4th Stainton Classroom
\$110 per couple

Nursing Your Baby

Get breastfeeding off to a good start. Bring your partner or another support person and learn the benefits of breastfeeding and how to do it properly. *(For those registered for the Preparation for Childbirth series, this class is incorporated and separate registration is not necessary.)*

Wednesday, Sept. 2
Thursday, Oct. 1
Wednesday, Nov. 4
Thursday, Dec. 3
7 to 9 p.m.
4th Stainton Classroom
\$20 per family

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.

Monday, Oct. 19

6 to 7:30 p.m.

4th Stainton Classroom

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

Mom to Mom

Get together with other moms and share your experiences. New moms are encouraged to bring their babies. Valet parking is available for your convenience. Call **609/926-4229** for information.

Every Monday

1 to 2 p.m.

Jenkins Room

FREE

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. 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**.

Third Wednesday of every month

Noon

**Greate Bay Country Club, Somers Point
\$15 (includes lunch)**

Luncheon Presentation Schedule

Sept. 16: All You Wanted to Know about Deep Vein Thrombosis, Pulmonary Embolism, Heparin and Coumadin, presented by James W. Herrington, MD, FACS, surgeon

Oct. 21: Recent Updates on Total Hip Replacement, presented by Stephen Zabinski, MD, division director of orthopedic surgery

Nov. 18: Advances for the Surgical Treatment of Colon Cancer, presented by Leonard Galler, MD, FACS, chairman, department of surgery

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

Sept. 15: Thrift Shop Fashion Show and Luncheon, Greate Bay Country Club
\$45 per person

Dec. 6: Tree of Lights, Shore Memorial Hospital lobby. *This holiday season, the Auxiliary is inviting you to designate a light in honor or remembrance of your loved one.*

Shore Memorial Auxiliary Thrift Shop Locations

Somers Point Shopping Plaza

275 New Road
Somers Point
609/653-8374

Cedar Square Shopping Center

2087 South Route 9
Seaville
609/624-7670

Harbor Village Square

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

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 E. 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.

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

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

**Thursdays, Oct. 8 and Dec. 10
7 p.m.**

**Shore Memorial Cancer Center,
Second Floor
FREE**

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**

Shore Memorial Cancer Center's "Showcase of Services"

Learn how the Shore Memorial Cancer Center is helping fight cancer through prevention, early detection, staging, treatments and clinical trials. Staff members will also be available to speak with you one-on-one about the technology, treatment options, supportive care services and patient navigation programs available at the Cancer Center. To register, call **609/653-3585**.

**Thursday, Sept. 17
10 a.m. to 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)**.

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**

Foot Reflexology

For patients diagnosed with cancer and other chronic conditions, 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 each month
9 to 10 a.m., 10 to 11 a.m., 11 a.m. to noon,
1 to 2 p.m., 2 to 3 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 their monthly activities at **609/926-2699**.