

# Special Events

# Community Calendar

## EMS Education Series

Thursday, March 22  
7:00 PM  
**PATIENT ASSESSMENT REVIEW**

Call 732.745.8600, x6671 to register.  
FREE Parking, FREE CEUs,  
FREE Dinner.

## National Sisters Together

Move More, Eat Better Program  
Blood Pressure Screening  
Saturday, March 3  
9:00 AM – 10:00 AM  
Sister Marie de Pazzi  
Conference Center



Annual fun-filled family event sponsored by Magic 98.3 FM and The Children's Hospital at Saint Peter's University Hospital.

Saturday, March 17  
11:00 AM – 3:00 PM  
College Avenue Gym  
Rutgers University,  
New Brunswick

Visit [magic983.com](http://magic983.com) for more information • Admission is FREE!

## American Cancer Society Look Good Feel Better Program

March 19 and Sept. 24  
Women undergoing treatment can have free makeovers.  
732.951.6303

## American Diabetes Association

### Diabetes Alert Day

Community Health Services staff will provide FREE health screenings.

### Thursday, March 22

1:00 PM – 4:00 PM

Sister Marie de Pazzi  
Conference Center

### Thursday, March 29

Noon – 2:00 PM

Saint Peter's University Hospital's  
Family Health Center

Saint Peter's University Hospital Auxiliary presents



## Fashion Runway 2018

Annual fashion show sponsored by the Saint Peter's Auxiliary benefiting the Saint Peter's Breast Center.

### Saturday, March 24

10:00 AM – 3:30 PM

The Pines, Edison

Call 732-745-8588 for more information.

For more information or to register for a program, call the contact number listed or visit [saintpetershcs.com/Events](http://saintpetershcs.com/Events)  
Most programs are FREE unless noted; please call for information.

## Cancer Support

### Bone Marrow Transplant Support Group

For patients who have had an allogeneic transplant.

In person  
March 15 • 2:00 PM – 3:30 PM

By phone  
March 6 • 6:30 PM – 8:00 PM

Call 732.235.8522 to register. • FREE

### Breast Cancer Support Group

March 5 and 19 • 7:00 PM – 8:30 PM

Registration required.  
Rutgers Cancer Institute of New Jersey  
Deborah Leif, MSW, LCSW  
732.235.7011 • FREE

### Gynecologic Cancer Support Group

March 13 • 7:00 PM – 8:30 PM

Rutgers Cancer Institute of New Jersey  
732.235.6792 • FREE

### Latinos with Cancer Support Group

March 10 • 10:00 AM – 1:00 PM

Sister Marie de Pazzi Conference Center  
Light lunch will be served. Free, but registration requested. Sessions conducted in Spanish. Call 908.658.5400 for more information. • FREE

### Life after Cancer Support Group

March 8 • 6:00 PM – 7:30 PM

Call 732.235.6792 to register. • FREE

### Living with Cancer Support Group

March 14 and 28 • 7:00 PM – 8:30 PM

Rutgers Cancer Institute of New Jersey  
Barbara Hale, LCSW • 732.235.7557 • FREE

## Support Groups

### Alzheimer's/Dementia Caregiver Support Group

March 13 • 10:00 AM – 11:30 AM

Saint Peter's Adult Day Center  
200 Overlook Drive, Monroe Township  
Rachel Kallish, MPA, CSW, CALA  
609.655.6853 • FREE

### Craniofacial Teen Girls

For ages 11 to 17 • Meets Sundays, monthly.  
Call 732.745.8600, x 8113 for information.

### MyGoal Autism Family Support Group

March 11 • 3:00 PM – 5:00 PM

877.886.9462 • FREE

### SHARE Support Group

(for those who have suffered miscarriage, stillbirth or neonatal death)

March 15 • 7:00 PM – 9:00 PM

First-floor employee cafeteria conference room. Irina Mariano-Brown, MSW, LCSW  
732.745.8522 • FREE

### Spouse/Partner Caregiver Support Group

March 8 • 1:30 PM – 3:00 PM

Saint Peter's Adult Day Center  
200 Overlook Drive, Monroe Township  
Stephanie Fitzsimmons, EdD, MSN, RN, APRN-BC  
732.745.8600, x8662 • FREE

## Community Health Services



For more information about screenings and educational programs, or the CHS corporate flu shot program, please call 732.745.8600, x8903

### Blood Pressure/Blood Sugar Screenings

March 5 • 2:00 PM – 3:30 PM

Franklin Public Library, Somerset • FREE

March 7 • 11:00 AM – 12:30 PM

Raritan Valley YMCA, East Brunswick

March 7 • 2:30 PM – 3:30 PM

DeForest B. Soaries, Jr. Residences at Somerset • Residents only • FREE

March 9 • 9:00 AM – 10:00 AM

New Brunswick Senior Center, New Brunswick • Members only • FREE

March 9 • 11:30 AM – 12:30 PM

Elijah's Promise, New Brunswick • FREE

March 13 • 10:00 AM – 11:30 AM

Somerset County Senior Wellness Center Basking Ridge

March 21 • 1:00 PM – 2:00 PM

Milltown Senior Center • Members only • FREE

March 27 • 10:30 AM – 12:30 PM

Monroe Senior Center, Monroe • FREE

### Blood Pressure/Blood Sugar/Cholesterol Screenings

March 3 • Noon – 2:00 PM

Blood Pressure/Blood Sugar Screenings ShopRite, Spotswood

### Blood Pressure/Blood Sugar/Weight Screenings/Nutritional Counseling

March 16 • 10:00 AM – 11:30 AM

Maher Manor, Old Bridge • Residents only

FREE

### Community Talk

March 14 and 21 • 3:45 PM – 4:45 PM

Nutrition Lecture • Catholic Charities Youth Enrichment Services Early Learning Center • Staff only. • FREE

### Falls Prevention Presentation

March 1 • 1:30 PM – 2:30 PM

Monroe Senior Center, Monroe Township Members only • FREE

March 21 • 9:30 AM – 10:30 AM

Edison YMCA • Members only • FREE

### Health Fair

March 4 • 11:45 AM – 1:45 PM

Saint James the Less Parish, Jamesburg

FREE

### #EndOverdose

FREE COMMUNITY EDUCATION PROGRAM

Community Perspectives on the Opioid Epidemic: What You Need to Know

March 21, 2018  
6:30 PM – 8:30 PM  
Sister Marie de Pazzi Conference Center  
6:00 PM  
Registration and Light Refreshments  
6:30 PM – 8:30 PM  
A parent's personal story, laws and law enforcement, drug trends, red flags and other warning signs.  
RVP by March 13 to Maria Lino at [mlino@saintpetershcs.com](mailto:mlino@saintpetershcs.com) or call 888.682.8636.

SAVE THE DATE: April 24, 2018  
The Opioid Crisis: Getting on the Road to Recovery

## Diabetes Support/Education\*

### Diabetes Self-Management Education

Mondays or Tuesdays  
Registration and doctor's prescription required. • 732.339.7630

### Gestational Diabetes Self-Management Education

Wednesdays or Thursdays  
Registration and a doctor's prescription required. 732.339.7630

### Diabetes Support Group

March 14 • 9:00 AM – 10:00 AM  
Saint Peter's University Hospital's Center for Ambulatory Resources (CARES) • FREE

### For Adults

The Diabetes and Hypertension Center at Saint Peter's University Hospital's Family Health Center • 123 How Lane, New Brunswick  
Call 732.339.7672 for more information. • FREE

English: March 13 • Noon – 1:00 PM

Spanish: March 6 • Noon – 1:00 PM

### For Children and Families Who Face the Challenges of Type 1 Diabetes

March 18 • 3:00 PM – 5:00 PM  
Call 732.745.8600, x8610 for more information.  
FREE

## Parent Education

For information, fees and registration, visit [saintpetershcs.com/parented](http://saintpetershcs.com/parented) or call Parent Education at 732.745.8579.

### Baby Care

March 5 and 12 • 7:00 PM – 9:30 PM

March 31 • 9:00 AM – 1:00 PM

### Breastfeeding Class

March 10 • 9:00 AM – 11:30 AM

### Breastfeeding Support Group

March 2 • 1:00 PM – 2:30 PM

### Marvelous Multiples

March 5, 12 and 19 • 7:00 PM - 9:00 PM

### New Mom Support Group

March 2 • Noon – 1:00 PM

Refreshments are served.

### Prenatal Yoga and Exercise Class (four-week sessions)

Wednesdays and Fridays

7:00 PM – 8:30 PM

Registration required.

### Prepared Childbirth/Lamaze Classes

Includes maternity services tour

Wednesday and Thursday Evenings (series)

Saturday and Sunday (single day)

Registration required.

### Sibling Class

March 10 • 12:30 pm – 1:30 pm

Need a doctor? To find a Saint Peter's physician, call 1.855.SP.MY.DOC (1.855.776.9362).

Also available, online scheduling with select Saint Peter's Healthcare System physicians via Zocdoc at [BookMySPDoc.com](http://BookMySPDoc.com)

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



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Catholic hospital sponsored by the Diocese of Metuchen

State-designated children's hospital and regional perinatal center

