

Community Health Events

Atlantic Health

July 2026

It's Summertime! Don't Forget to Protect Your Skin and Get Screened. Each year over five million people are diagnosed with skin cancer in the United States. Skin cancer is the most common type of cancer and it is the most preventable. Routine screening and preventive care help detect and prevent skin cancer. Screenings save lives, but only if people get screened. Reach out to your healthcare provider to go over screening options. If you need a provider, call 1-800-247-9580 or visit atlantichealth.org/cancerhides.

VIRTUAL PRESENTATIONS

Sun Safety: Embrace the Summer and Know the Risks! **TUESDAY, JULY 14, 12:00PM**

Summer has arrived and many of us will be outdoors whether it's for work or play. But remember, any outdoor activity may carry risks. Join us to discuss how to safeguard yourself and your loved ones from sun exposure, heat-related issues and physical injuries. Let's make this summer both enjoyable and safe for everyone! Presented by Ashley Raymond, CHES, health educator, Community Health, Atlantic Health Chilton Medical Center.

Lyme Disease **WEDNESDAY, JULY 15, 12:00PM**

This presentation provides a clear, accessible overview of Lyme disease and other tick-borne illnesses from a neurologist's perspective. It explains how these infections can affect your nervous system, reviews common symptoms and warning signs and discusses current approaches to diagnosis and treatment. Attendees

will gain practical knowledge to better recognize risks, seek timely medical care and understand the potential neurological impacts of tick-borne diseases. Presented by John Halperin, MD, Neurology, Atlantic Health Overlook Medical Center.

Summertime Stroke: Hot Weather, Hidden Risks **THURSDAY, JULY 16, 12:00PM**

Join us to learn about early stroke recognition, risk factors and why summer presents unique concerns. Remember, strokes can happen at any age. Presented by Lorrie Koonz, BSN, RN, CEN, EMT, Stroke Program manager, Atlantic Health Hackettstown Medical Center.

Healthy Aging: Staying Strong, Sharp and Independent **TUESDAY, JULY 21, 12:00PM**

Join us to learn practical strategies to support mobility, maintain cognitive health, and reduce the risk of decline as we age. Discover simple habits and helpful tools that promote safety, independence, and confidence in everyday life. Presented by, Rani Gundavarapu, MD, Geriatric and Internal Medicine, Atlantic Health Overlook Medical Center.

Smart Summer Eating for Diabetes **THURSDAY, JULY 30, 12:00PM**

Join us to learn simple strategies for navigating BBQs, vacations, seasonal treats and summer gatherings while keeping blood glucose levels in range. Presented by Dina Hulbert, RDN, CDCES, outpatient dietitian, Atlantic Health Chilton Diabetes and Nutrition Center, Atlantic Health Chilton.

IN-PERSON PRESENTATIONS

Nutrition and Immune Function

WEDNESDAY, JULY 8, 10:00AM

Atlantic Health Newton Medical Center
175 High Street, Newton, NJ

Learn about the relationship between what you eat and how your immune system works. Presented by Cathy Olmstead, MS, RDN, BC-ADM, Atlantic Health.

Talking With Loved Ones About End-of-Life Wishes

WEDNESDAY, JULY 15, 11:00AM

Summit YMCA
67 Maple Street, Summit, NJ

Talking with loved ones about end-of-life wishes can be one of the most meaningful conversations we have. This presentation by Atlantic Health offers practical guidance for starting these discussions, communicating personal values and preferences and helping family members make informed decisions with confidence and peace of mind. Presented by Jessamyn B. Tabakin, MSW, LCSW, ACHP-SW, Palliative Care, Atlantic Health Overlook. Registration is required. To register, visit: <https://www.thesay.org/>

ABCs of Diabetes: a Brief Overview

TUESDAY, JULY 21, 1:00PM

Sussex County Library - Franklin Branch
103 Main Street, Franklin, NJ

Diabetes is a common condition that can seriously impact your quality of life, but just knowing the signs and symptoms can help you manage and prevent further complications. Learn how diabetes impacts a person and what actions you can take to protect yourself! Presented by Trixy Thibodeau, CHES, health educator, Atlantic Health Newton. To register, visit <https://sussexcountylibrary.libcal.com/event/16867680>

Pre-registration is required for all virtual classes and programs.
To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.
To contact Community Health email communityhealth@atlantichealth.org or call 1-844-472-8499, opt #3.



ABCs of Diabetes: a Brief Overview

TUESDAY, JULY 28, 1:00PM

Sussex County Library –
Dorothy Henry Branch
66 NJ-94, Vernon, NJ

Diabetes is a common condition that can seriously impact your quality of life, but just knowing the signs and symptoms can help you manage and prevent further complications. Learn how diabetes impacts a person and what actions you can take to protect yourself! Presented by Trixy Thibodeau, CHES, health educator, Atlantic Health Newton. To register, visit <https://sussexcountylibrary.libcal.com/event/16867685>.

VIRTUAL FITNESS

Strength and Stretch

MONDAYS, 10:00 TO 11:00AM

July 20 through September 28 (no class 9/7) 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/14, 9/21, 9/28

Strength training helps preserve bone density, improve balance and mobility and reduce your risk of falls. Stretching enhances flexibility and range of motion. This class incorporates gentle strength training and stretching to help maintain independence and health. Activities will include standing (seated as necessary) moves and floor mat work. Participants will need a pair of one- to two-pound weights, a mat and a chair (if needed). Instructor: Denise Swan
\$50 for all 10 weeks
Registration closes Sunday 7/19.

Arthritis Exercise Program

MONDAYS, 1:30 TO 2:15PM

July 20 through September 28 (no class 9/7) 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/14, 9/21, 9/28

Join us for a class where you'll engage in a blend of stretching, strength-building and neuro integration exercises. This includes balance and stability activities that heighten your awareness of range of motion and daily life activities, all aimed at protecting your joints. The class is designed to be fun and interactive, with the option to participate in either standing or seated movements. We incorporate weights and stretch bands into our routines for a comprehensive workout experience.

Instructor: Dawn Hanna-Amodio
\$50 for all 10 weeks
Registration closes Sunday 7/19.

Meditation for Mindful Well-Being

MONDAYS, 6:30 TO 7:30PM

July 20 through September 28 (no class 9/7) 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/14, 9/21, 9/28

The art of meditation is to center the mind toward one focus. Experience various mindful contemplative exercises to discover what a sense of well-being means to you.

Instructor: Linda Dumoff
\$50 for all 10 weeks
Registration closes Sunday 7/19.

Yoga for Beginners

TUESDAYS, 9:30 TO 10:30AM

July 21 through September 22
7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/1, 9/8, 9/15, 9/22

New Time This gentle class involves floor and standing poses, focusing on restoring range of motion, stretching and improving breathing and posture. Instructor: Jillian Garber
\$50 for all 10 weeks
Registration closes Monday 7/20.

Strong Core, Better Balance

TUESDAYS, 10:30 TO 11:30AM

July 21 through September 22
7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/1, 9/8, 9/15, 9/22

Join our full-body session, emphasizing core strength and targeting all muscle groups. This routine combines mat-based exercises, stretches and standing balance poses inspired by yoga and Pilates. Expect improved stability, posture and flexibility. Plus, experience a potential sensation of increased height due to posture benefits. It's an effective way to tone your abdomen, glutes and legs without excessive muscle gain and establishes a connection between mind, body and breath, potentially leading to better bone density, lower blood pressure and improved sleep quality. All you need is a cozy mat to start your transformative workout journey! Instructor: Kerri Kerr-Apito
\$50 for all 10 weeks
Registration closes Monday 7/20.

Barre Method

TUESDAYS, 5:30 TO 6:15PM

July 21 through September 22
7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/1, 9/8, 9/15, 9/22

Focusing on core strength, stability and full-body conditioning, this class is a flowing blend that includes weights, innovative upper and lower body movement and stretch to enhance strength and increase flexibility.

Instructor: Denise Swan
\$50 for all 10 weeks
Registration closes Monday 7/20.

Chair Yoga

WEDNESDAYS, 10:30 TO 11:30AM

July 22 through September 23
7/22, 7/29, 8/5, 8/12, 8/19, 8/26, 9/2, 9/9, 9/16, 9/23

This restorative class is done in a chair with stretching, warming up the body and poses that will improve posture and much more.

Instructor: Jillian Garber
\$50 for all 10 weeks
Registration closes 7/21.

Chi Move and Groove Class

WEDNESDAYS, 12:30 TO 1:15PM

July 22 through September 23
7/22, 7/29, 8/5, 8/12, 8/19, 8/26, 9/2, 9/9, 9/16, 9/23

This is a gentle exercise that includes breathing and movements to help us feel connected to our entire body in a lively and flowing way. We will breathe, stretch and move our "chi" energy to create a sense of calm and peaceful awareness, which can improve our health. This enjoyable exercise is a great way to learn about tai chi / qigong principles, whether you're standing or sitting. It's open to everyone who wants to feel more energetic.

Instructor: Dawn Hanna-Amodio
\$50 for all 10 weeks
Registration closes Tuesday 7/21.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health, email communityhealth@atlanticehealth.org or call 1-844-472-8499, opt #3.



Better Bones

THURSDAYS, 10:00 TO 11:00AM

July 23 through September 24

7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24

Work your muscles to increase core strength, overall muscle tone and improve balance. A mat and one-, two- or three-pound handheld weights are needed.

Instructor: Kerri Kerr-Apito

\$50 for all 10 weeks

Registration closes Wednesday 7/22.

Seated and Standing Yoga

FRIDAYS, 10:00 TO 11:00AM

July 24 through September 25

7/24, 7/31, 8/7, 8/14, 8/21, 8/28, 9/4, 9/11, 9/18, 9/25

If you think you can't try yoga because you can't do floor exercise, this class incorporates standing and balancing poses with the support of a chair and gentle stretching and relaxation to realign, re-center and strengthen your mind, body and heart. Modifications will always be available.

Instructor: Jillian Garber

\$50 for all 10 weeks

Registration closes Thursday 7/23.

SUPPORT GROUPS

Breastfeeding Support Group

MONDAYS (VIRTUAL)

TUESDAYS (IN-PERSON)

10:00AM TO 12:00PM

Breastfeeding can be a wonderful experience for both moms and babies. Breast milk is nature's food designed specifically for babies. Breastfeeding has many benefits for moms and babies, helping reduce allergies, ear and respiratory infections, childhood obesity and SIDS. Breastfeeding also helps to prevent women's cancers and type 2 diabetes. Our breastfeeding support group is for new mothers and their babies. The group is free of charge to join and participate, all we ask is for you to register. To register, please visit atlantichhealth.org/events. For more information, please call 908-522-2946 or email overlook.parented@atlantichhealth.org.

Healthy Aging Program at Atlantic Health

This free hotline provides phone and email-based consultation and referral to community services and resources for seniors and caregivers. Call 973-971-5839, email healthyaging@atlantichhealth.org, or visit atlantichhealth.org, keyword "senior services."

Glasser Brain Tumor Center Support Group

1ST AND 3RD THURSDAY OF THE MONTH 5:00 TO 6:00PM (VIRTUAL)

This group offers a safe space to share your thoughts and feelings with others who understand your experience. The group also includes presentations by experts with advice on a variety of topics and an "ask us anything" segment where your questions are fielded by a doctor and nurse practitioner. One family member or friend is invited to participate with you. For more information, contact Janet LeMonnier, LSW, MSW, at janet.lemonnier@atlantichhealth.org or 908-522-5159.

Grief and Loss Support Group

WEDNESDAYS, 12:00 TO 1:00PM

Have you lost a loved one recently and are having difficulties coping? Atlantic Health offers a forum for you to meet with others experiencing loss. For more information, please call Julianna Cummings at 973-753-2718.

New Parent Support Group

FRIDAYS, 12:00 PM TO 1:00PM

VIRTUAL VIA MICROSOFT TEAMS

Are you a new parent? This is a time of joy that comes with a lot of changes and challenges. New parents can sometimes feel alone and isolated. Come join this free and confidential support group where we will talk about how to navigate this exciting and sometimes difficult adjustment to adding a new addition to your family. The group is an opportunity to share resources and receive support during this wonderfully challenging part of your life. Co-parents are welcome to join also! To register, call CONCERN at 973-451-0025.

Información general para dejar de fumar

CADA LUNES, A LAS 11:00AM

¿Quiere dejar de fumar? ¡Le pondemos ayudar! Reúnase con una especialista de dejar de fumar para informarse de las opciones disponibles para usted. No se requiere seguro médico ni otra documentación para participar.

Reunión Virtual de Zoom. Número de identificación para ingresar a la reunión de Zoom: 846 1670 1188. Código de acceso: 397398. Para obtener más información, llame al 1-844-472-8499, opción número 2, o mande un correo electrónico a Communityhealth@atlantichhealth.org.

Ostomy Support Group

2ND MONDAY OF THE MONTH 7:00PM (VIRTUAL)

Area-wide Support Group for Ostomates (people of any age with potential, new or mature ileostomies, colostomies, or continental diversions) and caring supporters. OSGNJ is affiliated with United Ostomy Association of America, Inc. (UOAA). We provide direct aid and mutual support to Ostomates both individually and within a group setting. We conduct support via telephone and e-mail to dialogue and present ourselves as role models to potential and new Ostomates. We arrange programs and activities for Ostomates, spouses, children, parents and their friends, as appropriate. For more information, contact Jo Ann Coar, MSN, RN-BC, A-GNP-C, CWOCA at 973-831-5168.

Stroke Survivors Support Group

3RD THURSDAY OF THE MONTH 2:00 TO 3:00PM

This monthly support group provides the opportunity for stroke survivors to share their lived experiences of navigating recovery. Offered virtually with exception to quarterly in-person meetings, members can expect a welcoming forum to connect with other survivors and learn about community resources. Facilitated by a licensed clinical social worker with occasional guest speakers. Open to survivors of all ages and phases of recovery. To register, please contact Kristen Usher at 908-522-4911 or ahs.strokesupport@atlantichhealth.org.

Stroke Caregivers Support Group

3RD WEDNESDAY OF THE MONTH 2:00 TO 3:00PM

This monthly support group is offered to caregivers of stroke survivors. Held virtually with exception to quarterly in-person meetings, members can expect a welcoming forum to give and receive support from other caregivers, exchange personal experiences and learn about caregiving and stroke-related resources in the community. Facilitated by a licensed clinical social worker with occasional guest speakers. To register, please contact Kristen Usher at 908-522-4911 or ahs.strokesupport@atlantichhealth.org.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health, email communityhealth@atlantichhealth.org or call 1-844-472-8499, opt #3.



Adult Type 1 Diabetes Support Group

**3RD THURSDAY OF THE MONTH
(BIMONTHLY) 7:00 TO 8:00PM**

February, April, June, August, October and December. All virtual meetings and classes are offered free of charge. Share your experiences with others who have type 1 diabetes. The support and encouragement you will receive from your peers plays a key role in helping you adjust to the many changes in living with diabetes. We offer support group meetings and classes to all our patients living with diabetes for an opportunity to compare challenges and successes. To register, please visit atlantichhealth.org/events

Adult Type 2 Diabetes Support Group

**1ST TUESDAY OF THE MONTH
12:00 PM: JANUARY, MARCH, MAY, JULY,
SEPTEMBER AND NOVEMBER
6:00 PM: FEBRUARY, APRIL, JUNE,
AUGUST, OCTOBER AND DECEMBER**

All virtual meetings and classes are offered free of charge. Share your experiences with others who have type 2 diabetes. The support and encouragement you will receive from your peers plays a key role in helping you adjust to the many changes in living with diabetes. We offer support group meetings and education classes to all our patients living with diabetes for an opportunity to compare challenges and successes. To register, please visit atlantichhealth.org/events

Weight Loss Surgery Support Group

3RD TUESDAY OF THE MONTH, 6:00PM

All virtual meetings and classes are offered free of charge. Share your experiences with others who have had weight loss surgery. The support and encouragement you will receive from your peers plays a key role in helping you adjust to the many changes experienced after surgery. We offer support group meetings and classes to give our post-operative patients an opportunity to compare challenges and successes. We encourage people who are thinking about having the surgery to attend. Registration required. Register for each support group you would like to attend. For more information, please call 973-971-7212.

ATLANTIC HEALTH CHILTON MEDICAL CENTER

Arthritis Support Group

4TH THURSDAY OF THE MONTH AT 9:15AM

For more information, please email Christine.Dimovski@atlantichhealth.org.

Breastfeeding Support Group EVERY MONDAY, 11:00AM TO 12:00PM (IN-PERSON)

**EVERY WEDNESDAY, 6:30 TO 7:30PM
(VIRTUAL),**

Join other moms in an informal and welcoming group that supports breastfeeding mothers and their children, up to 6 months. Our lactation consultants will be on hand to answer questions and offer support. Share experiences and make friends! Registration required, no classes on holidays. Free for mothers and their breastfeeding children. To register, please visit atlantichhealth.org/events.

Cancer Group

For people who are newly diagnosed, in treatment and up to two years post treatment. For more information, call 973-831-5311.

Chilton Diabetes Education Support Group

1ST THURSDAY OF THE MONTH, 10:00AM

Atlantic Health Pavilion
2nd Floor, Community Conference Room
242 West Parkway, Pompton Plains, NJ

A Diabetes Support Group can be a valuable resource for people living with diabetes. The Diabetes Education Center at Atlantic Health Chilton Medical Center offers a safe environment for people with diabetes to share their experiences, learn from each other and receive emotional support. It is also a great place to find out information about medical treatments, research and strategies as well as practical tips and resources. Pre-registration is not required. For more information or for weather cancellations please call 973-831-5229

Parent Education and Support Groups

CLASSES AVAILABLE IN PERSON AND VIRTUAL.

To view the 2026 schedule, please visit: <https://events.atlantichhealth.org/#tabs-47623170421866-49393268180747>

ATLANTIC HEALTH MORRISTOWN MEDICAL CENTER

Better Breathers Club

For more information, call 1-800-247-9580.

Dementia Caregiver Support Group

**2ND MONDAY OF EVERY MONTH
1:30PM TO 2:30PM**

435 South Street, Morristown, NJ
Third Floor Conference Room

Caring for someone with memory loss is meaningful—and hard. You don't have to do it alone. Join us for a warm and welcoming space to share experiences, learn practical tips and get support from others who understand. Starting June 8, 2026. Free of charge. To register, please call 973-971-4842. Register for each support group session you would like to attend.

Diabetes Self-Management Education Program

- Thursdays: from 1:00 to 2:30pm
- Thursdays: from 5:00 to 6:30pm
- One Saturday class every month

For information or to schedule an appointment, call 973-971-5524.

Heart Failure Virtual Group

Support group for patients with heart failure or their caregivers that offers support through mutual sharing and education. Run by Ellen Berry, MSW, and Kathy Hollasch, Certified Heart Failure Nurse. For more information, call Ellen Berry at 973-971-7061 or Kathy Hollasch at 973-971-7901.

Morris County Ostomy Support Group

**3RD WEDNESDAY OF THE MONTH
7:00 TO 9:00PM, AVAILABLE IN PERSON
AND VIRTUAL**

3rd Floor Conference Room
435 South Street, Morristown, NJ

The Morris County Ostomy Association holds monthly meetings. The meetings consist of an informal gathering of ostomates and individuals who may be contemplating ostomy-related procedures. The evening also involves an informal talk by a physician, ostomy resource specialists or ostomy vendors. Family and friends are always welcome. Please call 973-971-4039 or email ostomymorris@gmail.com to receive information and meeting notifications. For other support group locations, please visit the United Ostomy Association of America (UOAA) website at www.ostomy.org.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health, email communityhealth@atlantichhealth.org or call 1-844-472-8499, opt #3.



Survivors Post Treatment Group

Open to patients who have completed cancer treatment, as well as caregivers. For more information, please call 973-971-6514 or visit atlantichealth.org/cancerclass.

Sexual Health Center of Atlantic Health Morristown Medical Center 200 South Street, Suite 342 Morristown, NJ

The Sexual Health Center offers low or no-cost testing for sexually transmitted infections, HIV, and hepatitis C, access to treatment, and comprehensive prevention services. It houses a PrEP clinic for HIV prevention, LGBTQ+ competent providers, and compassionate counselors who assist with linkage to benefits, behavioral health, and community services. It's proud to offer a nonjudgmental, confidential, and safe place to receive sexual wellness services. For more information, please call 973-889-6810.

Young Adult Cancer Survivor: Discussion Series

Open to young adult cancer survivors ages 21 to 35 who have completed active treatment. Each month we'll explore and dive into the unique concerns and needs of young adult cancer survivors. This series will provide a supportive space to connect with others to gain practical information and resources. Preregistration required. Please email Erin.Rinaldi@atlantichealth.org. For more information about cancer-related classes and support groups, please visit atlantichealth.org/cancerclass.

ATLANTIC HEALTH OVERLOOK MEDICAL CENTER

Cancer Groups

The Carol G. Simon Cancer Center at Atlantic Health Overlook Medical Center offers free programs for patients and their caregivers both during and after treatment. Programs include support groups and integrative programs like Yoga, Qigong, Meditation and Stress Management. For more information, call Lauren Curtis at 908-522-6168.

Caregiver Programs

Thomas Glasser Caregivers Center at Atlantic Health Overlook offers free programs for caregivers, including:

- TaijiFit, Mondays & Thursdays, 12:00pm

To register and receive a Zoom invitation, please call Marian Teehan or Valerie Gagliano at 908-522-6348.

Healing Your Grieving Heart

TUESDAYS, 2:00 TO 3:00PM

Atlantic Health Overlook Medical Center Caregiver Center Conference Room, Fifth Floor, 99 Beauvoir Avenue, Summit, NJ
Atlantic Health Overlook Medical Center is sponsoring a bereavement support group for those who have experienced a death of a spouse or partner within the last year. The purpose of this group is to provide a safe environment where one can share feelings and experiences and explore ways of coping with the death. The group is led by professionals trained in grief-related issues and is held weekly for six weeks in a welcoming environment. The group is free, but registration is required. For more information and specific dates, please contact: Maggie Brady, MSW, LCSW, OSW-C, oncology social worker, 908-522-5255 or Marian Teehan, MSW, LCSW, coordinator, 908-522-6348.

Ostomy Group

This professionally led group is for ostomy survivors and their families. For a location, schedule and to register, please call 908-522-5552.

ATLANTIC HEALTH NEWTON MEDICAL CENTER

Better Breathers Club

**LAST THURSDAY OF THE MONTH
12:45 TO 2:15PM**

Atlantic Health Newton Medical Center, Romano Conference Center
175 High Street, Newton, NJ

A program for people with chronic lung disease and their loved ones. To register, call Debra Zimmerman, BBC coordinator and COPD educator at Atlantic Health Newton Medical Center at 973-579-8588.

ATLANTIC HEALTH HACKETTSTOWN MEDICAL CENTER

Better Breathers Club

Discuss pulmonary disease and learn how to best manage your chronic lung disease. To register, call 908-979-8797.

Cancer Caregiver Connections

**4TH WEDNESDAY OF THE MONTH
4:00 TO 5:00PM (IN-PERSON)**

Joan Knechel Cancer Center
West Wing Conference Room
First Floor, Room 101
657 Will Grove Street
Hackettstown, NJ

A support and education group for individuals who are caring for a loved one with cancer. Gain insight and connection with other caregivers. Learn practical information and discover effective coping strategies for optimal self-care. Registration is required. For more information, contact 908-441-1534.

Parkinson's Support Group

**3RD TUESDAY OF THE MONTH
3:30 TO 5:00PM (IN-PERSON)**

Atlantic Health Hackettstown Medical Center
Cafeteria Conference Room
651 Willow Grove Street
Hackettstown, NJ

This FREE support group is for individuals living with Parkinson's disease. Care partners are also welcome to attend. If you have questions or would like more information, please contact Marcia: 845-476-1008.

Newly Diagnosed Cancer Group

**2ND WEDNESDAY OF THE MONTH
3:00 TO 4:00PM (IN-PERSON)**

Joan Knechel Cancer Center
West Wing Conference Room
First Floor, Room 101
657 Willow Grove Street
Hackettstown, NJ

For newly diagnosed individuals who are within the first year of cancer treatment. Learn practical tools, gain useful resources, develop positive coping skills, and expand insights on navigating the daily challenges of life with cancer. Registration is required. For more information, contact 908-441-1534.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health, email communityhealth@atlantichealth.org or call 1-844-472-8499, opt #3.



INFORMATION ABOUT THE FLU

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the first and most important step in protecting yourself and your family. Anyone can get the flu, even healthy people. There are many convenient ways to get a flu vaccine, including your primary health care provider, your employer, your local health department, or a retail pharmacy in your community. If you are enrolled with a home care agency, call to ask if they are providing flu vaccines to clients.

For more information, visit atlantichealth.org/flu

LUNG CANCER SCREENING PROGRAM

Lung cancer screening is used to detect the presence of lung cancer in people who may be at risk, but aren't showing signs or symptoms. The goal is to detect lung cancer earlier, when it's easier to cure. The U.S. Preventive Services Task Force (USPSTF) recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. Atlantic Health provides a lung cancer screening program that is covered by Medicare and other commercial insurance companies. For more information, call 1-844-228-LUNG (5864) or visit atlantichealth.org/lungcancerscreening.

PROJECT SEARCH

Atlantic Health is proud to partner with Project SEARCH and provide young adults with the skills and experience needed to achieve meaningful employment.

Together we offer year-long internship opportunities in which students have the chance to explore a career in health care. Interns typically start their day with class time guided by Project Search instructors, followed by hands-on training alongside our employees. After successfully completing the program, students will receive their high school diploma and assistance finding gainful employment with Atlantic Health or another local business.

For more information on Project SEARCH at Atlantic Health Overlook Medical Center, contact Josh Bornstein at jbornstein@ucesc.org or 908-233-9317, ext. 1026.

For more information on Project SEARCH at Atlantic Health Newton Medical Center, contact John O'Hara at johara@sussexesc.org.

Scan QR code



Apply Today



Learn More

ATLANTIC BEHAVIORAL HEALTH ACCESS CENTER

Atlantic Behavioral Health understands that sometimes during your life there is a need for mental health or substance misuse services. Our programs are recovery oriented and person centered using an evidence based, best practice approach. We bring a team of dedicated, skilled professionals who share a commitment to excellence and will join with you to find a path to emotional and mental well-being.

For an Atlantic Behavioral Health referral, call the Access Center at 1-888-247-1400 to be connected to a leading behavioral health provider, or to obtain information on one of our top-rated programs.

INFORMATION ABOUT COVID-19

Visit atlantichealth.org for great information regarding COVID-19. Know how to protect yourself, including how to get the latest vaccine, the signs and symptoms of the virus, what to do if you are sick, and other useful resources. <https://www.atlantichealth.org/services/covid-services>

COMMUNITY RESOURCE DIRECTORY

Browse a comprehensive directory of local community resources and social programs available to support your overall health, such as accessing healthy food, medication assistance, transportation and housing resources, and much more. To find community resources in your area based on your needs and preferences, search by zip code and category or keyword.

To access the directory, visit:
<https://atlantichealth.resources.uniteus.io>

QUIT SMOKING PROGRAM: IT'S NOT QUITTING, IT'S LIVING!

This free program offers an individual assessment of your tobacco dependence by a Certified Tobacco Treatment Specialist, nicotine replacement products at no cost to you and/or a recommendation for medication to help you quit and stay smoke free. Programs may be available in-person or virtually. Space is limited, you must pre-register and have a smoking assessment done to participate in this program. Spanish language quit groups are available.

Atlantic Health Chilton Medical Center
Atlantic Health Hackettstown Medical Center
Atlantic Health Morristown Medical Center
Atlantic Health Newton Medical Center
Atlantic Health Overlook Medical Center

**For more information, please call
1-844-228-LUNG (5864)**

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