



# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES OCTOBER 2018


## 2 GILDA'S CLUB LIVING WITH CANCER SUPPORT GROUP


**Tuesday, 11:00 AM – 12:30 PM**


Facilitated by a licensed clinical social worker, this group provides emotional support during and after cancer treatment.

 The Breast Center at Montefiore Nyack Hospital, McCormack Conference Room

 Free of charge

 Registration required

 Pre-register by calling 914-644-8844, x133.


 Tuesdays: 10/9, 10/16, 10/23, 10/30

## 2 DIABETES PREVENTION PROGRAM

**Tuesday, 3:00 PM – 4:00 PM**

This program meets weekly for 16 weeks and is for people with prediabetes, a history of gestational diabetes, or who are at high risk for diabetes.

 Montefiore Nyack Hospital, McCormack Conference Room

 Free of charge


 Registration required

 Call 845-348-2004 for more information.


## 3 PARKINSON'S DISEASE SUPPORT GROUP

**Wednesday, 10:00 AM – 11:00 AM**


This free support group includes a chair exercise component for those who can participate.

 Palisades Center, 1000 Palisades Center Drive, West Nyack, NY 10994, Raso Community Room, Level 4

 Free of charge

 Registration is requested.


 For additional information, call 845-348-2004.

 Wednesdays: 10/10, 10/17, 10/24, 10/31

## 3 CANCER SURVIVORSHIP SUPPORT GROUP

**Wednesday, 11:00 AM – 12:30 PM**

Facilitated by a licensed master social worker, this group offers support and encouragement as members share their experiences in a safe and caring environment.

 Union Bank Cancer Center, McCormack Conference Room

 Free of charge

 Registration welcome


 To register, call 845-348-8891.


 Join us the first Wednesday of each month

## 3 YOGA FOR CANCER PATIENTS

**Wednesday, 6:00 PM – 7:00 PM**


Hosted by Montefiore Nyack Hospital and provided by Kula for Karma, this program is taught by a certified yoga instructor with advanced cancer training and focuses on stress reduction and relaxation. To participate, a prescription is required from a medical provider. Mats, props, and chairs are provided.

 Montefiore Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration required

 To register, call 845-348-8592.

 Wednesdays: 10/10, 10/17, 10/24, 10/31

## 3 MATERNITY CENTER TOUR, WEDNESDAYS


**Wednesday, 8:00 PM**


Tour the Montefiore Nyack Hospital Maternity Center.

 Montefiore Nyack Hospital, Mother/Baby Unit, 2nd Floor

 Free of charge

 Registration required

 Please call 845-348-2660 the day of to confirm tour.


 Wednesdays:  
10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28


# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES OCTOBER 2018


## 4 YOGA FOR MULTIPLE SCLEROSIS PATIENTS

**Thursday, 5:00 PM – 6:00 PM**

Hosted by Montefiore Nyack Hospital and provided by Kula for Karma, this program is taught by a certified yoga instructor with advanced cancer training and focuses on stress reduction and relaxation. To participate, a prescription is required from a medical provider. Mats, props, and chairs are provided.

 Montefiore Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration required


 For registration and details, call 845-348-8880.


 Thursdays: 10/11, 10/18, 10/25

## 4 LOSE TO WIN SUPPORT GROUP

**Thursday, 6:00 PM – 7:00 PM**

This weight loss support group meets monthly to weigh in and provide continued support and education in the journey towards weight loss or maintenance.

 Montefiore Nyack Hospital, Administrative Conference Room (ACR), 1st floor

 Free of charge

 Registration not necessary

 For additional information, call 845-348-2004.

## 6 FOOD ADDICTS IN RECOVERY ANONYMOUS, INC.


**Saturday, 10:00 AM – 11:00 AM**

This is a twelve step program for people suffering from problems with food. FA has helped people recover from obesity, bulimia, and various obsessions with food for decades.

 Montefiore Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration not necessary


 Call 845-371-2751 for more information.


 Saturdays: 10/13, 10/20, 10/27


## 6 MAMAS MARAVILLOSAS

**Saturday, 10:00 AM – 11:30 AM**


Mamas Maravillosas helps Latina mothers reduce their risk of type 2 diabetes by supporting them in losing weight. Spanish-speaking women who are overweight and are at-risk for diabetes are welcome to join this program.

 Town of Ramapo Cultural Arts Center, Community Room, 6 Dr. Berg Lane, Spring Valley, NY

 Free of charge

 Registration required

 To register, call 845-348-3057 (Spanish) or 845-348-2004.


 Saturdays: 10/13, 10/20, 10/27

## 7 MATERNITY CENTER TOUR, SUNDAYS

**Sunday, 12:00 PM**


Tour the Montefiore Nyack Hospital Maternity Center.

 Montefiore Nyack Hospital, Mother/Baby Unit, 2nd Floor

 Free of charge

 Registration required

 Please call 845-348-2660 the day of to confirm tour.

 Sundays: 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25

## 11 DIABETES SUPPORT GROUP (DAYTIME)


**Thursday, 10:00 AM – 11:00 AM**

This group provides support and education to individuals affected by diabetes.

 Montefiore Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration required


 For additional information and to register, call 845-348-2004.


# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES OCTOBER 2018


## 14 BLOW AWAY CANCER 5K RUN/WALK

**Sunday, 9:00 AM**

Proceeds of this 5K run/walk will support the comprehensive breast cancer and screening programs offered at The Breast Center at Montefiore Nyack Hospital.

 Montefiore Nyack Hospital

 \$20 for youth (18 and younger);  
\$25 per entry before 10/8; \$30 day of race

 Registration required **fill out form here.**


 Call 845-353-3333 for more information.


## 16 TRADITIONAL LAMAZE COURSE

**Tuesday, 6:30 PM – 9:00 PM**


This six week course prepares expectant parents for the labor and delivery process. Topics include relaxation, breathing, and coaching techniques. Participants will also tour the Maternity Center.

 Montefiore Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$175 per couple

 Registration required **download form here.**


 For additional information, call 845-348-2639.


 Tuesday: 11/20

## 17 BREASTFEEDING BASICS


**Wednesday, 7:00 PM – 9:00 PM**

Prepare for the first days and weeks of breastfeeding your baby. Learn the benefits and basics of breastfeeding, including positioning, nutrition, storage, pumping, milk storage, using and maintaining breastfeeding equipment and strategies for returning to work.

 Montefiore Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$50 per couple

 Registration required **download form here.**


 For additional information, call 845-348-2639.


 Sunday: 11/10, 10:00 AM – 12:00 PM


## 18 DIABETES SUPPORT GROUP (EVENING)


**Thursday, 6:00 PM – 7:00 PM**

This group provides support and education to individuals affected by diabetes.

 Montefiore Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration required


 For additional information and to register, call 845-348-2004.

## 18 INFANT CPR


**Thursday, 7:30 PM – 9:30 PM**


A two-hour course to help family members perform Cardiopulmonary Resuscitation (CPR) on children, ages newborn to 12 months.

 Montefiore Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$50 per couple

 Registration required **download form here.**

 For additional information, call 845-348-2639.

 Wednesday: 11/28, 3:00 PM – 5:00 PM

## 20 WEEKEND ACCELERATED LAMAZE CLASS

**Saturday, 9:00 AM – 3:00 PM**


This class is ideal for the couple with limited time to attend childbirth classes. Class will cover relaxation and breathing methods, coaching techniques, and a tour of Montefiore Nyack Hospital's Maternity Center.

 Montefiore Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$175 per couple

 Registration required **download form here.**

 For additional information, call 845-348-2004.


 Day two of class is Sunday, 10/21  
Next class: 11/17 and 11/18


# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES OCTOBER 2018


## 20 NEW MOMS CIRCLE SUPPORT GROUP


**Saturday, 11:00 AM – 12:15 PM**


Bring your child, ages 0 – 18 months and join a supportive and respectful group discussion led by a registered nurse and lactation consultant on various newborn and infant topics.

 The Prenatal Center at Montefiore Nyack Hospital, 258 High Street, Nyack, NY 10960

 Free of charge

 Registration required **fill out form here.**


 For additional information, call 845-348-7505.


 Saturday: 11/17


## 22 GILDA'S CLUB BREAST CANCER SUPPORT GROUP


**Monday, 11:00 AM – 12:30 PM**

Facilitated by a licensed clinical social worker, this group provides emotional support during and after cancer treatment.

 The Breast Center at Montefiore Nyack Hospital, McCormack Conference Room

 Free of charge

 Registration required

 Pre-register by calling 914-644-8844, x133.


 Join us the third Monday of each month

## 24 INFANT CARE AND NUTRITION CLASS

**Wednesday, 6:30 PM – 9:00 PM**

This class is designed for first-time parents. Topics include the basics of holding, diapering, bathing, swaddling, sleeping patterns, infant feeding basics, choosing a pediatrician, infant safety, and pet issues.

 Montefiore Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$65 per couple

 Registration required **download form here.**


 For additional information, call 845-348-2639.

 Wednesday: 11/28

## 26 FREE CANCER SCREENINGS


**Friday, 8:00 AM – 3:30 PM**

The Breast Center at Montefiore Nyack Hospital will offer free breast exams, mammography, and if needed, pelvic exams with PAP tests for women ages 40 and over with no insurance or who are underinsured.

 The Breast Center at Montefiore Nyack Hospital, Union Bank Cancer Center

 Free

 Registration is requested, walk-ins welcome

 To register, please call 845-348-8551. Spanish-speaking assistance available, 845-348-8582.