

Morristown Medical Center Health Pavilion

EVENTS for **November 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 *Caring for Aging Loved Ones Presentation	2 *Prediabetes & Diabetes Information Presentation	3	4 *New Vitality Line Dancing
7 *Heartsaver Training	8	9 *Understanding Memory Loss Presentation	10 *CPR Training	11 *New Vitality Line Dancing
14	15 *Walk with A Doc *Brown-Bag Check Up *Medicare Overview	16	17 *Veins & Me Presentation	18 *New Vitality Line Dancing
21	22 *CPR Training	23	24 HAPPY THANKSGIVING	25
28	29 *ACLS Renewal	30		



In November:

- Visit Morristown Medical Center Health Pavilion Kiosk on Friday, November 18th and Friday, November 25th - 10am to 4pm at the Rockaway Townsquare Mall, 2nd Floor near the Elevator, to hear about all programs and services.

All Events are held at*:

**Morristown Medical Center Health Pavilion, 3rd Floor,
333 Mount Hope Avenue, Rockaway, NJ 07866**

November	Time	Event Title	Event Overview	Presenter	Requirements, Details	Additional Information
1	5:30pm-6:30pm	Caring for Aging Loved Ones	Healthy Aging Coordinator will discuss caregiver issues, eldercare services, tips on navigating difficult conversations and more	Rebecca Abenante, MA, MSW, LSW, ASW-G Healthy Aging Coordinator	No fee. Registration is Preferred:	Registration preferred: 800-247-9580
2	6:00pm-7:00pm	Prediabetes and Diabetes Information and Education	Overview of diabetes prevention, risk factors, diet, resources available	Adult Diabetes and Endocrine Institute and the YMCA, Diabetes Prevention Program	No fee. Registration is Preferred: 1-800-247-9580	Healthy snacks will be provided.
4, 11, 18	4:30pm-5:30pm	Line Dancing	New Vitality Program to support a healthier lifestyle	New Vitality	Fee of \$6/session or \$50 for all 10 weeks (Starts October 7). Registration not required. Contact 800-247-9580 with questions.	
7, 10, 22, 29	Varies	EMT Training, CPR Training, ACLS, Heartsaver Class	Professional Class	Atlantic Training Center	Registration required. Contact 908-522-2323 with questions and/or to enroll.	
9	10:30am-11:30am	Understanding Memory Loss	Overview of Alzheimer's disease and normal age-related memory loss	Alzheimer's New Jersey	No fee. Registration Required	Contact 888-280-6055 to register
15*	8:30am-9:30am	Walk & Talk With A Doc. A 3-month series, attend one, two or all.	A Specialist will be joining you on your morning walk at Rockaway Mall	Mark Tratenberg, DO, Rheumatologist	No fee. Registration Required.	Contact 800-247-9580. Breakfast will be served. December 14 with Clifford M Sales, MD, FACS, Vascular Surgeon January 24 with Dana M Holwitt, MD, FACS, Breast Surgeon
15	10:00am-12:30pm	Brown-Bag Check Up	Pharmacist will review your prescriptions, supplements and dosage	Morristown Medical Center Pharmacist	No fee, No Registration. Program is for anyone taking any medications and/or supplements.	Contact 800-247-9580 with questions. If you are unable to attend, next offered on December 1, 1pm-3:30pm
15	2:00pm-3:30pm	Medicare Overview of Home Care & Hospice Benefits	Information Medicare coverage if you need home care or hospice	Michele Cameron, RN Atlantic Home Care and Hospice	No fee. Registration preferred. 800-247-9580	Healthy snacks will be provided.
17	6:30pm-8:00pm	Veins and Me	An overview of why legs ache, how to walk further	Michael Ombrellino, MD, FACS Vascular Surgeon	No fee. Registration preferred: 800-247-9580.	Healthy snacks will be provided.