Community Calendar - Fall 2022

Mountainside Medical Center is now hosting in-person events!

SPECIAL EVENTS

October 6, 6-9PM
Woman to Woman: Welcoming Wellness
IL Tulipano, 1131 Pompton Avenue, Cedar Grove
This special event provides women in our community with a unique opportunity to learn about the medical concerns and solutions from women providing care. Health screenings will also be available.

October 15, 11AM – 12:30PM
My Dad & the Dragon: A Community Book Reading and Conversation
This special event is for families affected by Cancer.

PARENT EDUCATION CLASSES

Oct. 17, Nov. 14 & Dec. 12, 7-10 PM
Infant Care and Safety Class
Expectant parents learn about care, safety, growth and development of infants.

Oct. 19, Nov. 16 & Dec. 7, 7-10 PM
Breastfeeding Class
Basics of breastfeeding.

Oct. 22, Nov. 19 & Dec. 10, 9AM - 4:30PM
Prepared Childbirth Class
This class prepares the expectant mother and her support person for the birthing experience.

NUTRITION

Lecture Series: Health Starts with YOU!

October 19, 2-3PM
Session 1- Portion Distortion

November 2, 2-3PM
Session 2- EveryBODY Benefits from Staying Active

November 16, 2-3PM
Session 3- Nutrition and Diabetes

November 30, 2-3PM
Session 4- Celiac Disease: Life Can Be Sweet without Wheat

CANCER CARE

October 25, 6-7PM
Skin Cancer: Sun Safety All Year Round
Skin Cancer does not take a day off. Protection is key.
Speaker: Shuja Shafqat, MD

ORTHOPEDICS

November 2, 1-2PM
Move to Improve!
Is Joint pain limiting your daily activities?

November 18, 11AM -12PM
Joint Health 101
We will address the most common joint pain issues people face every day. Speaker: Randolph Sanchez, MD

HEALTH SCREENINGS

Oct 5, Nov 2, Dec 7, 10AM – 12PM,
Blood Pressure and Glucose Screenings
West Caldwell Shop Rite, 540 Passaic Avenue
No need to fast and registration is not required.

Oct 18, Nov 22, Dec 20, 11AM – 1PM,
Blood Pressure and Glucose Screenings
Montclair Public Library- 50 South Fullerton Avenue
No need to fast and registration is not required.

Oct 12, Nov 9, Dec 14, 10AM – 12PM,
Blood Pressure and Glucose Screenings
Nutley Shop Rite, 437 Franklin Avenue
No need to fast and registration is not required.

Oct 19, Nov 16, Dec 14, 10AM – 12PM,
Blood Pressure and Glucose Screenings
Belleville Shop Rite, 726 Washington Avenue
No need to fast and registration is not required.

Scan QR code to register.

All Events will take place at Mountainside Medical Center, unless otherwise noted.
Registration is required and most lectures have virtual options.
To register, call 1-800-560-9990, or visit www.mountainsidehosp.com/events