

WELLNESS EVENTS

September/October 2025

AGING WELL

Advance Directives & POLST

THU. Sep 11 (10 am) Robbinsville

FRI. Sep 12 (11 am) Montgomery

WED. Sep 17 (12:30 pm) South Brunswick

WED. Oct 15 (7 pm) Virtual

Find out the differences between advance directives and the POLST form.



Virtual Dementia Tour

MON. Sep 15 (6 pm) Princeton

Join us for a 30-minute interactive experience to help you better understand dementia.

Healthy Aging & Nutrition

TUE. Sep 16 (12 pm) Cranbury

Learn nutrition tips on antioxidants and gut health to support healthy aging.

Speech Therapy & More

TUE. Sep 16 (1 pm) Montgomery

Discover how speech therapy improves communication, swallowing, and quality of life.

Memory & Communication

WED. Sep 24 (7 pm) Princeton

Discover practical ways to support cognitive health.

CarFit

MON. Sep 29 - South Brunswick

Ensure your vehicle is adjusted for comfort, control, and safety in a free 20-min check.

Osteoporosis & Osteopenia

TUES. Oct 7 - 23 (6 pm) Plainsboro

A 6-session series with strategies to improve bone health, posture, strength, and balance.

WELLBEING

Grandparenting 101

MON. Sep 22 (7 pm) Plainsboro

Learn about changing birth environment, safety updates, SIDS, and car seat laws.

Ten Key Exercises for Health

WED. Oct 8 (6:30 pm) Virtual

Learn simple exercises to stay strong and pain-free.

Understanding Breast Health

THU. Oct 9 (5:30 pm) Plainsboro

Learn key breast health tips for early detection of breast cancer.

Caring for the Whole Self

THU. Oct 16 (6:30 pm) Virtual

Learn strategies to support your emotional well-being while managing chronic illness.



ACTIVE LIVING

Autumn Equinox Nature Walk

WED. Sep 17 (5:30 pm) West Windsor

Celebrate fall with a walk in Mercer County Park.

Chair Yoga

MON. Sep 22 (10:30 am) Cranbury

Gentle Yoga

WED. Sep 24 (10:30 am) Plainsboro

Tranquil Trail Walk

THU. Oct 16 (6 pm) East Windsor

Enjoy an evening walk through Reinhardt Forest.



KIDS CORNER

Safe Sitter

SAT. Sep 13 (9 am) Princeton

Babysitters, 11–13, learn safety and caregiving skills.

Yikes! A Puberty Talk for Boys

THU. Oct 23 (7 pm) Princeton

Boys, ages 9–12, will learn about the changes in adolescence.

WOMEN'S PROGRAMS

Self-Defense (Basic)

WED. Oct 8, 15, 22 & 29 (6 pm) Hopewell

Build confidence by learning and practicing safety strategies and self-defense techniques.

Aerosol Self-Defense

TUE. Oct 14 & 21 (6 pm) Princeton

Learn how to use pepper spray and other aerosol products for protection.

HOBBIES FOR HEALTH

Beginner Crochet

THU. Oct 23 (10 am) Cranbury

Try a new hobby and learn the basics of crochet.



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CHILDBIRTH & FAMILY



PREGNANCY CLASSES

Accelerated Birthing Basics

SAT. Sep 20 (9 am) Plainsboro

HypnoBirthing

SAT. Oct 4 - 25 (9 am) Hamilton

Birthing Basics

TUE. Oct 7 - 28 (7 pm) Plainsboro

Baby Care

WED. Sep 10 (7 pm) Plainsboro

TUE. Sep 30 (7 pm) Plainsboro

WED. Oct 29 (7 pm) Plainsboro

Pregnancy & Postpartum Support Group

MON. Sep 8 (7 pm) Virtual

MON. Oct 6 (7 pm) Virtual

POSTPARTUM CLASSES

Bright Beginnings

Wednesdays (11 am) Princeton

Breastfeeding Support Group

Fridays (11 am) East Windsor

Car Seat Safety Checks

SAT. Sep 13, 20, 27, Oct 4, 18, 25
Hamilton (by appointment)

Daddy Boot Camp

SAT. Oct 4 (9 am) Plainsboro

Safe Infant Sleep

THU. Oct 9 (6:30 pm) Virtual



SUPPORT GROUPS

Breast Cancer Group

TUE. Sep 9, Oct 14 (6 pm) Virtual

Head & Neck Cancer Group

WED. Sep 17, Oct 15 (12 pm) Virtual

Mindful Movement

Thursdays (10 am) Plainsboro

Bereavement Support Group

MON. Sep 15, Oct 20 (11:30 am) Virtual

UNITE Perinatal Loss Support Group

WED. Oct 1 (7 pm) Virtual



Weight-loss Surgery Support Group

WED. Sep 17, Oct 15 (6:30 pm) Virtual

TUE. Oct 7 (6:30 pm) Virtual

Journey Back Stroke Support Group

THU. Sep 11, Oct 9 (2:30 pm) Virtual

Diabetes Support Group

WED. Oct 15 (2 pm) Monroe

EMERGENCIES, CPR & FIRST AID

Mental Health First Aid for Fire & EMS

MON. Sep 8 (8 am) Princeton

Stop the Bleed

WED. Sep 10 (6 pm) Montgomery

Is It An Emergency?

FRI. Sep 19 (1 pm) Monmouth Junct

Family & Friends CPR

SAT. Sep 20 (10 am) Princeton

WED. Oct 29 (6 pm) Montgomery

BLS Renewal

TUE. Oct 14 (9 am) Hamilton

THU. Oct 16 (6 pm) Princeton

THU. Oct 30 (6 pm) Hamilton

BLS Provider

WED. Oct 1 (9 am) Montgomery

Mental Health First Aid - Adult

MON. Oct 6 & 13 (6 pm) Hamilton

Pet CPR & First Aid

WED. Oct 8 (6 pm) Montgomery



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SCAN TO SIGN UP
FOR CLASSES!

