



capitahealth

UPCOMING HEALTH PROGRAMS

Committed to improving your health and the well-being of our community, Capital Health specialists and medical experts proudly offer year-round educational classes and events — almost all at no cost. Class sizes are limited, so register early.

To register: Call **609.394.4153** or visit capitalhealth.org/events

Preventing Colon Cancer: What You Should Know

Thursday, March 16, 2023 | 6 p.m.

Zoom meeting

Dr. Ashlee Godshalk Ruggles, a colorectal surgeon from Capital Health Surgical Group, and Dr. Mark Saxena from Capital Health – Gastroenterology Specialists will discuss the risk factors for colon cancer, options for screening and how screening reduces the risk of colon cancer.

Gentle Yoga for Beginners

Wednesdays, March 22 and 29, 2023 | 6 p.m.

Capital Health Medical Center – Hopewell

Certified yoga instructor Marsha Rudolph specializes in teaching a gentle form of yoga that emphasizes breathing and stretching to reduce stress, increase flexibility, and improve posture and balance. Wear comfortable clothing and bring a mat or towel.

Rollin' Colon Colorectal Awareness Day

Wednesday, March 22, 2023 | 11:30 p.m. – 1:30 p.m.

Capital Health Medical Center – Hopewell

Featuring a giant, inflatable walk-through colon, information tables, giveaways, and expert medical staff.

Conscious Eating Strategies

Monday, March 27, 2023 | 6 p.m.

Zoom meeting

Registered dietitian Mindy Komosinsky will discuss strategies to help you listen to your body, develop healthy eating habits, be more satisfied, and stay healthy!

Maximizing Brain Health

Thursday, March 30, 2023 | 6 p.m.

Zoom meeting

Dr. Rajiv Vyas from Capital Health – Behavioral Health Specialists will share strategies to keep your brain focused, reduce memory loss, and steps you can take to reduce cognitive decline.

Family & Friends CPR Training

Friday, April 7, 2023 | 10 a.m. or 2 p.m. session

Capital Health – EMS Education

Mercer Professional Center at Pennington

2480 Pennington Road, Suite 107, Pennington, NJ

Capital Health EMS Education staff will teach you how to perform CPR on adults, children, and infants, and how to help people who are choking. This free course is designed for those who want to learn CPR but do not need a completion card.

Introduction to Tai Chi

Wednesday, April 26, 2023 | 6 p.m.

Capital Health Medical Center – Hopewell

Robert Langley, a tai chi instructor from the Capital Health Wellness Center, will help you experience tai chi for the first time! Please wear comfortable clothing. Tai chi is a form of exercise that helps reduce stress, release tension, and improve breathing, balance, coordination, and sleep.

Brain Aneurysm FAQs

Thursday, April 27, 2023 | 6 p.m.

Zoom meeting

Dr. Pratit Patel from Capital Institute for Neurosciences will answer your questions about brain aneurysms, including symptoms, signs, and causes that could lead to an aneurysm.

Oh, My Aching Head!

Monday, May 1, 2023 | 6 p.m.

Zoom meeting

Join Dr. Dwayne Brown, director of the Comprehensive Headache Center at Capital Institute for Neurosciences, will discuss the diagnosis and treatment of the most common headache disorders, including migraine, tension and cluster headaches.

continued on other side

Attendees are required to wear facemasks at health care facilities except when actively eating or drinking, in compliance with Centers for Disease Control & Prevention and New Jersey Department of Health guidelines. Subject to change.

Capital Health Medical Center – Hopewell One Capital Way, Pennington, NJ 08534, NJ PURE Conference Center
Capital Health – Hamilton 1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619



capitahealth

UPCOMING HEALTH PROGRAMS

Committed to improving your health and the well-being of our community, Capital Health specialists and medical experts proudly offer year-round educational classes and events — almost all at no cost. Class sizes are limited, so register early.

To register: Call **609.394.4153** or visit capitalhealth.org/events

continued from other side

Sleep, Nutrition and Diabetes

Thursday, May 4, 2023 | 6 p.m.

Zoom meeting

Join registered dietitian Mindy Komosinsky to discuss the relationship between sleep and blood glucose levels. Learn helpful strategies to improve them both. Dr. Subooha Zafar, from Capital Health Center for Sleep Medicine, will present a general overview of sleep disorders and treatments.

AARP Smart Driver Course

Monday, May 8, 2023 | 9 a.m. – 3 p.m.

Capital Health Medical Center – Hamilton

Learn defensive driving strategies and rules of the road. You must be 18 years of age or older and have a valid driver's license to attend. Upon completion, you will receive a certificate to send to your insurance company. Cost is \$20 for AARP members and \$25 for non-members. Pay cash or check (made payable to AARP only) at the door.

Coping with School Shootings:

Taking Care of Yourself and Your Child

Thursday, May 11, 2023 | 6 p.m.

Zoom meeting

Join Dr. Kristina McGuire and licensed social worker Sarah Contor from Capital Health – Behavioral Health Specialists to learn about the far-reaching psychological impact of school shootings and support and coping strategies for children and families.

Prevention, Detection and Treatment of Stroke

Monday, May 15, 2023 | 6 p.m.

Zoom meeting

Join Dr. Pratit Patel, a Capital Health neurologist, to learn about stroke risk factors, prevention, early detection and the latest treatment options.

Introduction to Tai Chi

Wednesday, May 17, 2023 | 6 p.m.

Capital Health Medical Center – Hopewell

Robert Langley, a tai chi instructor from the Capital Health Wellness Center, will help you experience tai chi for the first time! Please wear comfortable clothing. Tai chi is a form of exercise that helps reduce stress, release tension, and improve breathing, balance, coordination, and sleep.

Cancer Prevention: Current Screening and Diet Recommendations

Monday, June 5, 2023 | 6 p.m.

Capital Health Medical Center – Hopewell and Zoom meeting

Dr. Cataldo Doria, medical director of Capital Health Cancer Center, and medical oncologist Dr. Arturo Loaiza-Bonilla will discuss why early detection and prevention are important and the latest cancer screening recommendations. Melissa Phelps, a registered dietitian and board-certified specialist in oncology nutrition, will also share tips for healthy eating to prevent cancer.

Welcome to Medicare

Thursday, June 8, 2023 | 2 p.m.

Capital Health Medical Center – Hopewell

Mary McGeary, director of the NJ State Health Insurance Assistance Program, a Medicare information program sponsored by the NJ Department of Human Services, will discuss 2023 Medicare benefits and comparing health and drug plans for the best coverage for new retirees.

Babysitting Class

Friday, August 25, 2023 | 9 a.m. – 3 p.m.

Capital Health Medical Center – Hamilton

Capital Health's Community Health Education Department and the Mercer County 4-H Program will teach this all-day program designed for students in sixth grade and up. The program covers safety, emergencies, playtime, basic first aid and CPR. Bring a bag lunch. Cost \$25. Preregistration and prepayment required.

Attendees are required to wear facemasks at health care facilities except when actively eating or drinking, in compliance with Centers for Disease Control & Prevention and New Jersey Department of Health guidelines. Subject to change.

Capital Health Medical Center – Hopewell One Capital Way, Pennington, NJ 08534, NJ PURE Conference Center
Capital Health – Hamilton 1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619