



# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JANUARY 2019


## 2 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: 1/9, 1/16, 1/23, 1/30


## 2 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: 1/9, 1/16, 1/23, 1/30


## 2 MATERNITY CENTER TOUR, WEDNESDAYS

**Wednesday, 8:00 PM**


Tour the Montefiore Nyack Hospital Maternity Center.

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

 Free of charge

 Registration required

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


 Wednesdays: 1/9, 1/16, 1/23, 1/30


## 3 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, McCormack Conference Room

 Free of charge

 Registration not necessary

 For additional information, call 845-348-2004.


## 5 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: 1/12, 1/19, 1/26

## 5 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: 1/12, 1/19, 1/26


# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JANUARY 2019

## 6 MATERNITY CENTER TOUR, SUNDAYS

**Sunday, 12:00 PM**


Tour the Montefiore Nyack Hospital Maternity Center.

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

 Free of charge

 Registration required


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


 Sundays: 1/13, 1/20, 1/27

## 8 LIFE WITH CANCER SUPPORT GROUP


**Tuesday, 11:00 AM – 12:30 PM**


This weekly, cancer-focused support group, facilitated by a Licensed Social Worker, offers a space to process and share your experience with cancer while gaining support and insight from others who can relate.

 Montefiore Nyack Hospital, McCormack Conference Room, Cancer Center, 1st Floor

 Free of charge. Open to the community.

 Pre-registration required


 To register, call 845-348-8891.

 Tuesdays: 1/15, 1/22, 1/29

## 8 TRADITIONAL LAMAZE COURSE

**Tuesday, 6:30 PM – 9:00 PM**


This five 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 Classroom, 2nd Floor, Mother/Baby Unit

 \$175 per couple

 Registration required **download form here.**

 For additional information, call 845-348-2639.

 Tuesdays through 2/5/2019.

## 10 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.

## 14 YOGA FOR MULTIPLE SCLEROSIS PATIENTS


**Monday, 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.

 Mondays: 1/21, 1/28

## 16 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 Classroom, 2nd Floor, Mother/Baby Unit

 \$50 per couple

 Registration required **download form here.**


 For additional information, call 845-348-2639.


# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JANUARY 2019


## 17 BREASTFEEDING BASICS


**Thursday, 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 Classroom, 2nd Floor, Mother/Baby Unit

 \$50 per couple


 Registration required **download form here.**


 For additional information, call 845-348-2639.

## 19 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


 Pre-registration required


 To register, call 845-348-7505 or email [ThePrenatalCenter@montefiorenyack.org](mailto:ThePrenatalCenter@montefiorenyack.org).

## 23 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 Classroom, 2nd Floor, Mother/Baby Unit

 \$65 per couple

 Registration required **download form here.**

 For additional information, call 845-348-2639.


## 26 WEEKEND ACCELERATED LAMAZE CLASS

**Saturday, 10:00 AM – 4:00 PM**

**Sunday, 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 Classroom, 2nd Floor, Mother/Baby Unit

 \$175 per couple

 Registration required **download form here.**

 For additional information, call 845-348-2004.

 Day two of class is Sunday, 1/27