

1 **2** **Gilda's Club Living with Cancer Support Group**

TUESDAY, 11:00 A.M. – 12:30 P.M.

Facilitated by a Licensed Clinical Social Worker, this group provides emotional support during and after cancer treatment.

The Breast Center at Nyack Hospital, McCormack Conference Room

Free of charge

Registration required

Pre-register by calling Debbie Vincent at Gilda's Club Westchester, 914.644.8844 x103 or dvincent@gildasclubwestchester.org

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

1 **2** **Free Weight Loss Seminar**

TUESDAY, 5:30 P.M. – 6:30 P.M.

Join Dr. Dominic Artuso for a seminar on surgical weight loss options for individuals who need to lose weight for medical reasons or who have not been successful with other methods of weight loss.

Nyack Hospital, Cafeteria Conference Room

Free of charge

Registration requested

For registration and details, call 845.348.3041

Join us the first Tuesday of each month

1 **2** **Traditional Lamaze Course**

TUESDAY, 6:30 P.M. – 9:00 P.M.

This six 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.

Nyack Hospital, Mother/Baby Unit, 2nd Floor

\$175 per couple

Registration required **download form here**

845.348.2639 for additional information

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

1 **3** **Cancer Survivors Support Group**

WEDNESDAY, 11:00 A.M. – 12:30 P.M.

Feel support and encouragement from this group while learning techniques to cope with life after cancer in a safe, supportive environment.

The Breast Center at Nyack Hospital, McCormack Conference Room

Free of charge

Registration requested

Call Cynthia Duncan, LMSW, 845.348.2984 to register

1 **3** **Yoga for Cancer Patients**

WEDNESDAY, 6:00 P.M. – 7:00 P.M.

Hosted by Nyack Hospital and provided by Kula for Karma, this program is taught by Certified Yoga Instructors and focuses on stress reduction and relaxation.

Nyack Hospital, Cafeteria Conference Room

Free of charge

Registration required

For registration and details, Klara Kovacs 845.348.8592 | kovack@nyackhospital.org

Wednesdays: 1/10, 1/17, 1/24, 1/31

1 **3** **Maternity Center Tours, Wednesdays**

WEDNESDAY, 8:00 P.M.

Take a tour of the Maternity Center at Nyack Hospital.

Nyack Hospital, Mother/Baby Unit, 2nd Floor

Free of charge

Registration required

Please call 845.348.2660 the day of to confirm tour

Wednesdays: 1/10, 1/17, 1/24, 1/31

1 **4** **Lose to Win Support Group**

THURSDAY, 6:00 P.M. – 7:00 P.M.

This weight loss support group meets monthly to weigh in and provide continued support and education in the journey towards weight loss or maintenance.

Nyack Hospital, Administrative Conference Room (ACR), 1st floor

Free of charge

Registration not necessary

For additional information, call 845.348.2004

1 **4** **Yoga for Multiple Sclerosis Patients**

THURSDAY, 6:00 P.M. – 7:00 P.M.

Hosted by Nyack Hospital and provided by Kula for Karma, this program is taught by Certified Yoga Instructors and focuses on stress reduction and relaxation.

Nyack Hospital, Cafeteria Conference Room

Free of charge

Registration required

For registration and details, call 845.348.8880

Thursdays: 1/11, 1/18, 1/25

1 **6** **Food Addicts in Recovery Anonymous, Inc.**

SATURDAY, 8:30 A.M. – 10:00 A.M.

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.

Nyack Hospital, Cafeteria Conference Room

Free of charge

Registration not necessary

For additional information, call Susan at 845.371.2751

Saturdays: 1/13, 1/20, 1/27

1 **7** **Maternity Center Tours, Sundays**

SUNDAY, 12:00 P.M.

Take a tour of the Maternity Center at Nyack Hospital.

Nyack Hospital, Mother/Baby Unit, 2nd Floor

Free of charge

Registration required

Please call 845.348.2660 the day of to confirm tour

Sundays: 1/14, 1/21, 1/28

1 **8** **Gilda's Club Breast Cancer Support Group**

MONDAY, 11:00 A.M. – 12:30 P.M.

Facilitated by a Licensed Clinical Social Worker, this group provides emotional support during and after treatment.

The Breast Center at Nyack Hospital, McCormack Conference Room

Free of charge

Registration required

Pre-register by calling Debbie Vincent at Gilda's Club Westchester, 914.644.8844 x103 or dvincent@gildasclubwestchester.org

Join us the first Monday of each month

1 **11** **Diabetes Support Group, Day**

THURSDAY, 10:00 A.M. – 11:00 A.M.

This group provides support and education to individuals affected by diabetes.

Nyack Hospital, Cafeteria Conference Room

Free of charge

Registration required

For registration and details, call 845.348.2004

1 **13** **New Moms Circle**

SATURDAY, 2:00 P.M. – 3:15 P.M.

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. Spanish speakers are welcome.

Nyack Library

Free of charge

Registration required, call or [register online](#)

For additional information, call 845.358.3370 x228.

1 **17** **Breastfeeding Basics**

WEDNESDAY, 7:00 P.M. – 9:00 P.M.

Learn about the benefits and basics of breastfeeding, including nutrition, storage, pumping, positioning, and use of breastfeeding equipment.

Nyack Hospital, Mother/Baby Unit, 2nd Floor

\$50 per couple

Registration required [download form here](#)

For additional information, call 845.348.2639

1 **18** **Diabetes Support Group, Evening**

THURSDAY, 6:00 P.M. – 7:00 P.M.

This group provides support and education to individuals affected by diabetes.

Nyack Hospital, Administrative Conference Room (ACR), 1st floor

Free of charge

Registration required

For registration and details, call 845.348.2004

1 **20** **Weekend Accelerated Lamaze Series**

SATURDAY 9:00 A.M. – 3:00 P.M.

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 Nyack Hospital's Maternity Center.

Nyack Hospital, Mother/Baby Unit, 2nd Floor

\$175 per couple

Registration required [download form here](#)

For additional information, call 845.348.2639

Day two of class is Sunday, 1/21

1 **22** **Infant Care and Nutrition Class**

MONDAY, 6:30 P.M. – 9:00 P.M.

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.

Nyack Hospital, Mother/Baby Unit, 2nd Floor

\$65 per couple


Registration required [download form here](#)


For registration and details, call 845.348.2639


2 1 Lose to Win Support Group


THURSDAY, 6:00 P.M. – 7:00 P.M.

This weight loss support group meets monthly to weigh in and provide continued support and education in the journey towards weight loss or maintenance.

 Nyack Hospital, Administrative Conference Room (ACR), 1st floor

 Free of charge


 Registration not necessary


 For additional information, call 845.348.2004


2 4 Maternity Center Tours, Sundays

SUNDAY, 12:00 P.M.


Take a tour of the Maternity Center at Nyack Hospital.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 Free of charge

 Registration required

 Please call 845.348.2660 the day of to confirm tour


 Sundays: 2/11, 2/18, 2/25


2 5 Look Good Feel Better®


MONDAY, 9 AM – 11 AM

Look Good Feel Better® is a free of charge program designed for women dealing with hair loss and skin changes due to chemotherapy and radiation. Participants will learn techniques that will help make the most of their appearance while undergoing treatment.

 Nyack Hospital, McCormack Conference Room

 Free of charge

 Registration required


 Pre-register by calling Eric Kelly, 914.644.8844


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 Wednesdays: 2/14, 2/21, 2/28


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 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$50 per couple

 Registration required [download form here](#)


 For additional information, call 845.348.2639

2 12 Infant CPR

MONDAY, 7:30 P.M. – 9:30 P.M.

Two-hour course teaches how to perform CPR on children newborn to 12 months old.

 Nyack Hospital, Mother/Baby Unit, 2nd Floor

 \$50 per couple


 Registration required [download form here](#)


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