



MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES MAY 2018

1 GILDA'S CLUB LIVING WITH CANCER SUPPORT GROUP

Tuesday, 11:00 AM – 12:30 PM


Facilitated by a licensed clinical social worker, this group provides emotional support during and after cancer treatment.

 The Breast Center at Montefiore Nyack Hospital, McCormack Conference Room

 Free of charge

 Registration required

 Pre-register by calling 914-644-8844

 Tuesdays: 5/8, 5/15, 5/22, 5/29

1 FREE WEIGHT LOSS SEMINAR

Tuesday, 5:30 PM – 6:30 PM

The Bariatric Center at Montefiore Nyack Hospital hosts free monthly workshops on weight loss options available to those individuals who need to lose weight for medical reasons or who have not been successful with other methods of weight loss.

 Montefiore Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration is requested


 For additional information, call 845-348-3041.


2 CANCER SURVIVORSHIP SUPPORT GROUP


Wednesday, 11:00 AM – 12:30 PM

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

 Union Bank Cancer Center, McCormack Conference Room

 Free of charge

 Registration welcome

 To register, call 845-348-8592 or email kovacsk@nyackhospital.org.


 Join us the first Wednesday of each month

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 Certified Yoga Instructors and focuses on stress reduction and relaxation.

 Montefiore Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration welcome

 To register, call 845-348-8592 or email kovacsk@nyackhospital.org.

 5/9, 5/16, 5/23, 5/30

3 YOGA FOR MULTIPLE SCLEROSIS PATIENTS


Thursday, 6:00 PM – 7:00 PM

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

 Montefiore Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration required


 For registration and details, call 845-348-8880.

 Thursdays: 5/10, 5/17, 5/24, 5/31

3 LOSE TO WIN SUPPORT GROUP

Thursday, 6:00 PM – 7:30 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, Administrative Conference Room (ACR), 1st floor

 Free of charge

 Registration not necessary

 For additional information, call 845-348-2004.

MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES MAY 2018

5 FOOD ADDICTS IN RECOVERY ANONYMOUS, INC.


Saturday, 10:00 AM – 11:30 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

 Registration not necessary


 Call Susan at 845-371-2751 for more information.

 Saturdays: 5/12, 5/19, 5/26


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: 5/12, 5/19

Montefiore Nyack Hospital
160 North Midland Avenue
Nyack, NY 10960
montefiorenyack.org

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.


10 GIRLS NIGHT OUT IN PIERMONT


Thursday, 5:00 PM – 10:00 PM

Sponsored by Montefiore Nyack Hospital, this evening event will help promote Breast Health Awareness. Robbi Kempner, MD, FACS, breast surgeon and medical director of The Breast Center at Montefiore Nyack Hospital, will discuss breast health screenings.

 Ned Kelly and Company, 458 Piermont Avenue, Piermont, NY

 Free of charge

 Registration not required

 For information, call 845-348-2097.

11 FREE CANCER SCREENINGS


Friday, 8:00 AM – 3:30 PM

The Breast Center at Montefiore Nyack Hospital will offer free breast exams, mammography, and if needed, pelvic exams with PAP tests for women ages 40 and over with no insurance or who are underinsured.

 The Breast Center at Montefiore Nyack Hospital

 Free

 Registration is requested, walk-ins welcome

 To register, please call 845-348-8551
Spanish-speaking assistance available, 845-348-8582.

12 NEW MOMS CIRCLE SUPPORT GROUP

Saturday, 2:00 PM – 3:15 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. Spanish speakers are welcome.

 Nyack Library

 Free of charge

 Registration required **fill out form here.**

 For additional information, call 845-358-3370 x228


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES MAY 2018

14 32ND ANNUAL NORTHEASTERN ANESTHESIA & MONTEFIORE NYACK HOSPITAL MEDICAL STAFF GOLF CLASSIC


Monday

Hosted by the Montefiore Nyack Hospital Foundation, proceeds will benefit Montefiore Nyack Hospital's Transformation Project which will include a new and expanded Emergency Department and create a Medical Village for patients with non-emergent conditions.

 Rockland Country Club,
380 Route 9W, Sparkill, NY 10976

 Call 845-353-3333 for ticket information.

 Registration required

 For additional information and to register, call 845-353-3333 or visit the [golf classic website](#).

17 DIABETES SUPPORT GROUP (EVENING)


Thursday, 6:00 PM – 7:00 PM

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.

17 BREASTFEEDING BASICS

Thursday, 7:00 PM – 9:00 PM

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

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

 \$50 per couple

 Registration required [download form here](#).


 For additional information, call 845-348-2639.


19 WEEKEND ACCELERATED LAMAZE CLASS

Saturday, 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 Unit, 2nd Floor

 \$175 per couple

 Registration required [download form here](#).

 For additional information, call 845-348-2639.

 Day two of class is Sunday, 5/20

21 GILDA'S CLUB BREAST CANCER SUPPORT GROUP

Monday, 11:00 AM – 12:30 PM

Facilitated by a licensed clinical social worker, this group provides emotional support during and after cancer treatment.

 The Breast Center at Montefiore Nyack,
McCormack Conference Room

 Free of charge

 Registration required

 Pre-register by calling Eric Kelly at 914-644-8844.


 Join us the third Monday of each month

21 INFANT CARE AND NUTRITION CLASS

Monday, 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 Unit, 2nd Floor

 \$65 per couple

 Registration required [download form here](#).

 For additional information, call 845-348-2639

MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES **MAY 2018**

29 TRADITIONAL LAMAZE COURSE

Tuesday, 6:30 PM – 9:00 PM

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.



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



\$175 per couple



Registration required **download form here.**



For additional information, call 845-348-2639.



Tuesdays: 6/5, 6/12, 6/19, 6/26