






MONTEFIORE NYACK HOSPITAL

SUPPORT GROUPS AND CLASSES **SEPTEMBER 2018**

1 **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: 9/8, 9/15, 9/22, 9/29

2 **MATERNITY CENTER TOUR, SUNDAYS**

Sunday, 12:00 PM






Tour the Montefiore Nyack Hospital Maternity Center.

-  Montefiore Nyack Hospital, Mother/Baby Unit, 2nd Floor
-  Free of charge
-  Registration required
-  Please call 845-348-2660 the day of to confirm tour.
-  Sundays: 9/9, 9/16, 9/23, 9/30

4 **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, x133.
-  Tuesdays: 9/11, 9/18, 9/25

5 **CANCER SURVIVORSHIP SUPPORT GROUP**

Wednesday, 11:00 AM – 12:30 PM






Facilitated by a licensed master social worker, this group offers support and encouragement as members share their experiences in a safe and caring environment.

-  Union Bank Cancer Center, McCormack Conference Room
-  Free of charge
-  Registration welcome
-  To register, call 845-348-8891.
-  Join us the first Wednesday of each month

5 **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: 9/12, 9/19, 9/26

5 **MATERNITY CENTER TOUR, WEDNESDAYS**

Wednesday, 8:00 PM

Tour the Montefiore Nyack Hospital Maternity Center.

-  Montefiore Nyack Hospital, Mother/Baby Unit, 2nd Floor
-  Free of charge
-  Registration required
-  Please call 845-348-2660 the day of to confirm tour.
-  Wednesdays: 9/12, 9/19, 9/26

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6 YOGA FOR MULTIPLE SCLEROSIS PATIENTS


Thursday, 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.


 Thursdays: 9/13, 9/20, 9/27


6 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, Administrative Conference Room (ACR), 1st floor

 Free of charge


 Registration not necessary

 For additional information, call 845-348-2004.


9 BREAST HEALTH AWARENESS FASHION SHOW

Sunday, 12:00 PM – 1:00 PM

Celebrate Breast Health Awareness at the Nyack Street Fair with The Breast Center at Montefiore Nyack Hospital. Stop by The Breast Center's information booths and a fashion show featuring breast cancer survivors wearing fashions from some of Nyack's finest boutiques.

 Downtown Nyack, Main Street by the corner of Cedar Street

 Free of charge

 For more information, call 845-348-2097.

10 LOOK GOOD FEEL BETTER®


Monday, 9:00 AM – 11:00 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.

 Montefiore Nyack Hospital, McCormack Conference Room

 Free of charge

 Registration required

 Pre-register by calling 1-800-227-2345.

11 TRADITIONAL LAMAZE COURSE

Tuesday, 7:00 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.

13 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.

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13 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 Unit, 2nd Floor

 \$50 per couple

 Registration required **download form here.**

 For additional information, call 845-348-2639.

15 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 845-348-2004.


 Day two of class is Sunday, 9/16


15 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: 9/22, 9/29


15 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


 Registration required **fill out form here.**

 For additional information, call 845-348-7505.

17 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 Hospital, McCormack Conference Room

 Free of charge

 Registration required

 Pre-register by calling 914-644-8844, x133.

 Join us the third Monday of each month

18 BREASTFEEDING BASICS

Tuesday, 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 Unit, 2nd Floor

 \$50 per couple

 Registration required **download form here.**

 For additional information, call 845-348-2639.

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20 **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,
Administrative Conference Room (ACR), 1st floor



Free of charge



Registration required



For additional information and to register,
call 845-348-2004.

26 **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 Unit, 2nd Floor



\$65 per couple



Registration required **download form here.**



For additional information, call 845-348-2639.