



MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JUNE 2018


2 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 of charge

-  Registration not necessary


-  Call 845-371-2751 for more information.


-  Saturdays: 6/9, 6/16, 6/23, 6/30


2 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: 6/9, 6/16, 6/23, 6/30


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


3 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: 6/10, 6/17, 6/24


4 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.


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


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


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JUNE 2018


6 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 845-348-8592.

 Join us the first Wednesday of each month.


6 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.


 Wednesdays: 6/13, 6/20, 6/27

6 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: 6/13, 6/20, 6/27

7 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 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: 6/14, 6/21, 6/28

7 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.

9 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, 6/10


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JUNE/JULY 2018


14 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.


18 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.

20 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.

23 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.

 Nyack Library

 Free of charge

 Registration required **fill out form here.**


 For additional information, call 845-358-3370, x228.

23 BREASTFEEDING BASICS


Saturday, 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.

1 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: 7/8, 7/15, 7/22, 7/29


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JULY 2018


3 GILDA'S CLUB LIVING WITH CANCER SUPPORT GROUP


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 Tuesdays: 7/10, 7/17, 7/24, 7/31

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 \$175 per couple

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4 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

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

 Wednesdays: 7/11, 7/18, 7/25


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 Registration welcome


 To register, call 845-348-8592.

12 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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Monday, 11:00 AM – 12:30 PM

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 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

19 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.


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES JULY 2018

21 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.

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 \$175 per couple

 Registration required **download form here.**

 For additional information, call 845-348-2639.


 Day two of class is Sunday, 7/22

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 Registration required **fill out form here.**


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

 \$65 per couple


 Registration required **download form here.**

 For additional information, call 845-348-2639.

27 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.