



# MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES **SEPTEMBER 2019**


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

## 3 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: 9/10, 9/17, 9/24

## 4 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: 9/11, 9/18, 9/25

## 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

 Registration required

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


 Wednesdays: 9/4, 9/11, 9/18, 9/25

## 5 LOSE TO WIN SUPPORT GROUP

**Thursday, 6:00 PM – 7:00 PM**

This weight loss support group meets once a week for eight weeks to weigh in and provide continued support and education in the journey towards weight loss or maintenance.

 Montefiore Nyack Hospital, Cafeteria Conference Room

 Free of charge

 Registration recommended

 For additional information, call 845-348-2004.

 10/3

## 7 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: 9/14, 9/21, 9/28


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## 8 BREAST HEALTH AWARENESS FASHION SHOW

**Sunday, 2:00 PM**

The Breast Center is partnering with the Nyack Chamber of Commerce to raise breast health awareness by hosting a fashion show featuring breast cancer survivors and physicians. Guest Emcee will be Kacey, co-Host of The Mike & Kacey in The Morning Show on 100.7 WHUD. Meet representatives from The Breast Center and Highland Medical P.C. from 10:00 am to 5:00 pm.

 Stage will be located at Main and Cedar Streets across from Veteran Park Gazebo in downtown Nyack

 Free of charge


 No registration required. All are welcome to watch.


 For more information, call 845-348-2097.

## 10 TRADITIONAL LAMAZE COURSE

**Tuesday, 6:30 PM – 9:00 PM**

This 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.


 9/17, 9/24, 10/1, 10/8, 10/15

## 11 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.

 10/16, 11/14

## 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 Ground Floor

 Free of charge


 Registration required

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

## 14 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.

 Every Saturday through March 2020

## 14 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, 9/15


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## 14 GREAT NYACK GET TOGETHER

**Saturday, 12:00 PM – 6:00 PM**

The Prenatal Center will be hosting a table with information on its different education programs and support groups.

 Memorial Park, Nyack, NY

 Free of charge; open to the community.


 No registration is required.


 For additional information, call 845-348-2639.

## 16 INFANT CPR

**Monday, 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.


 10/17


## 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 Ground Floor

 Free of charge


 Registration required


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

## 25 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.

## 27 FALL PREVENTION AWARENESS DAY


**Friday, 10:00 AM – 4:00 PM**

Presented by the Trauma and Paramedicine Departments, this community event will include blood pressure screenings, medication review, balance and gait education, nutrition information, diabetes education, home safety review and more.

 Montefiore Nyack Hospital, Cafeteria Conference Room Ground Floor

 Free of charge; open to the community.

 No registration is required.

 For additional information, call 845-348-2043.