

MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES NOVEMBER 2021

1 HALLOWEEN CANDY EXCHANGE

Monday, 3:30 PM – 5:30 PM

Children 12 years of age and younger can trade in their Halloween candy for a teddy bear at the Nyack Library located at 59 South Broadway in Nyack. Learn about the importance of healthy eating to prevent diabetes from representatives of the Hospital's Community and Health Awareness Department.

 Nyack Library

 Free of charge

4 HOME CARE OPTIONS FOR CAREGIVERS

Thursday, Noon – 1:00 PM

November is National Caregivers Month. In this live online discussion, representatives from Montefiore Nyack's Home Care and Community Health and Wellness Departments will offer tips to caregivers and share information about the Hospital's Home Care services.

 Chat via Zoom

 Free of charge

 Registration required. [To register, please click here.](#)

4 BREASTFEEDING BASICS

Thursday, 7:00 PM – 7:00 PM

Live virtual class to prepare for the first weeks and months of breastfeeding your baby. Learn the benefits of Breastfeeding and Breastmilk, including milk production, positioning, latching, pumping, breastmilk storage, feeding strategies, etc. This class is taught by an International Board Certified Lactation Consultant (IBCLC).

 Zoom Webinar

 There is a \$50 fee to participate. Class price bundles available.

 Registration deadline is 3 business days prior to the event. [Register / enroll online here.](#)

 For more information, please contact Patti S. Guzmán at guzmanps@montefiorenyack.org or Community Health and Wellness at 845-348-2639.

 Additional Dates: 12/2

6 NEW MOMS CIRCLE MEET UP!

Saturday, 10:00 AM – 11:15 AM

Parent support group welcoming all who are expecting, have babies, toddlers and/or young children! Join us to connect with others in community and enjoy open circle discussion. Weather permitting, this event will be held outdoors. *BYO Blanket* for safe, social distancing. In the event of rain, this meeting will be held via

Topic: "Count, Group, and Compare" with special guest speaker, Lynnette Marshall, Nyack Schools Basics Coordinator and early childhood educator, who will teach fun and simple activities to build your child's math and thinking skills. Becoming good at math begins long before a child enters school. Infants are wired to learn simple math ideas, including small numbers, patterns and making comparisons. You don't need to be a math teacher to start preparing your child to be a problem

 Nyack Memorial Park (Gazebo area)
Depew Avenue, Nyack, NY

 Free of charge

 Registration closes one day before the day of the meeting. Space is limited. To RSVP/register, email Patti S. Guzmán at guzmanps@montefiorenyack.org or call 845-348-2639.

 In the event of rain, this meeting will be held via Zoom
Meeting ID: 961 6991 6344
[Click here for Zoom link](#)

 Additional Dates: 11/20, 12/04

MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES NOVEMBER 2021

11 DIABETES SYMPOSIUM FOR HEALTHCARE PROVIDERS

Thursday, 8:00 AM – 3:00 PM

Diabetes has grown to become one of the most important public health concerns of our time. The number of affected people has quadrupled in the last three decades. It therefore comes as no surprise that this rapidly emerging epidemic is giving rise to a profusion of diabetes-related complications. As diabetes is a systemic disease, its effects are felt in virtually all parts of the body. Complications include: heart disease, stroke, kidney, nerve and eye damage as well as problems of the foot. Preventive care or follow-up care of these comorbidities have the potential to improve health outcomes, reduce disease and mortality in the population and decrease health care costs.

 Meeting via Zoom

 Free of charge

 Registration required. [To register, please click here.](#)

13 WEEKEND ACCELERATED LAMAZE CLASS

Saturday, 10:00 AM – 1:00 PM

Sunday, 10:00 AM – 1:00 PM

Live virtual two-day course to prepare expectant parents for childbirth and the hospital experience. Covers the same information as Traditional Lamaze condensed into one weekend. This class is taught by a Certified Childbirth Educator (LCCE).

 Zoom Webinar

 There is a \$100 fee to participate.
Class price bundles available.

 Registration deadline is 3 business days prior to the event. [Register / enroll online here.](#)

 For more information, contact Patti S. Guzmán at guzmanps@montefiorennyack.org or
Community Health and Wellness at 845-348-2639.

 Additional Dates: 12/11 - 12/12

13 MONTEFIORE NYACK HOSPITAL HEALTH FAIR AT NYACK LIBRARY

Saturday, 10:00 AM – 3:00 PM

Meet representatives from our Community Health and Wellness Department at the Nyack Library to learn more about cancer prevention and treatment; healthy eating; joints and bone health; diabetes; wound care; Alzheimer's disease; organ donation; medications; multiple sclerosis; and heart health.

 Nyack Library

 Free of charge

 No registration required. For more information, contact
Community Health and Wellness at 845-348-2639.

17 INFANT CARE AND NUTRITION

Wednesday, 7:00 PM – 9:00 PM

Live virtual class designed for first-time parents includes the basics of holding, diapering, bathing, swaddling, sleep patterns, infant feeding basics, choosing a pediatrician, infant safety and pet issues. This class is taught by a Certified Childbirth Educator (LCCE).

 Zoom Webinar

 There is a \$50 fee to participate.
Class price bundles available.

 Registration deadline is 3 business days prior to the event. [Register / enroll online here.](#)

 For more information, contact Patti S. Guzmán at guzmanps@montefiorennyack.org or
Community Health and Wellness at 845-348-2639.

 Additional Dates: 12/15

MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES NOVEMBER 2021

18 TYPE 2 DIABETES SUPPORT GROUP

Thursday, Noon – 1:00 PM

This monthly support group provides a safe space for people with diabetes to come together to share coping strategies, learn from one another, feel more empowered to manage their condition and gain a sense of community. Join on the phone or via Zoom for video.

 Via Zoom Conference Call (Phone)

 Free of charge

Registration is NOT required.

To join, dial: 845-348-8200
Meeting number: 87690#
Attendee Access Code: 751953#

 For more information, email
romad@montefiorenyack.org.

 Additional Dates: 12/16

18 DIABETES MANAGEMENT (SPANISH ONLY)

Thursday, Noon – 1:00 PM

Como tratar la diabetes de la forma más fácil y efectiva. Aprenda trucos para sobrellevar la diabetes y tener una vida saludable. (How to treat diabetes in the easiest and most effective way. Learn tips for coping with diabetes and living a healthy life.)

 Zoom Webinar

 Free of charge

 Registration required. [To register, please click here.](#)

20 NEW MOMS CIRCLE MEET UP!

Saturday, 10:00 AM – 11:15 AM

Parent support group welcoming all who are expecting, have babies, toddlers and/or young children! Join us to connect with others in community and enjoy open circle discussion. * BYO Blanket* for safe, social distancing.

Topic: "Movement & Play" Children are born curious about the world around them. In this discussion, a special guest speaker will teach parents ways to pay attention to their infant or toddler's interests to help them learn through play and exploration.

 Nyack Memorial Park (Gazebo area)
Depew Avenue, Nyack, NY

 Free of charge

Registration closes one day before the day of the meeting. Space is limited. To RSVP/register, email Patti S. Guzmán at guzmanps@montefiorenyack.org or Community Health and Wellness at 845-348-2639.

In the event of rain, this meeting will be held via Zoom
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[Click here for Zoom link](#)

 Additional Dates: 12/4

23 INFANT CPR

Tuesday, 1:00 PM – 3:00 PM

Live virtual class teaches how to perform CPR on babies, newborn to 12 months old. This class is taught by a Certified American Heart Association Instructor.

 Zoom Webinar

 There is a \$50 fee to participate.
Class price bundles available.

 Registration deadline is 3 business days prior to the event. [Register / enroll online here.](#)

 For more information, contact Patti S. Guzmán at guzmanps@montefiorenyack.org or Community Health and Wellness at 845-348-2639.

 Additional Dates: 12/7