

# The LiveWell Center

## Anne Vogel Family Care & Wellness Center

200 Wyckoff Rd • Suite 1200 • Eatontown, NJ 07724

The LiveWell Center is a hub for all things wellness for our community members of any age. With an emphasis on education, we offer **FREE** workshops on nutrition, childbirth, postpartum, prevention of chronic diseases and much more.

### Health & Wellness Programs

The LiveWell Center offers a wide variety of health programs and activities for individuals of all ages:

- Chronic Disease Prevention and Support
- Nutrition
- Mental Health
- Physical Movement
- Physician Panels

Please visit [rwjbh.org/mmccalendar](http://rwjbh.org/mmccalendar) to view and register for events.



### The WEforum Demonstration Kitchen

Run by our Registered Dietitian, our Dorothea and Jon Bon Jovi Nutrition Education Programming in the state-of-the-art WEforum Demonstration Kitchen will help you on your healthy eating journey. Programs include:

- Baby's First Foods
- Kids Snack Time and Teen Cooking
- Adult Cooking Demonstrations and Cook-alongs

For questions or to learn more, please email [LiveWellCenter@rwjbh.org](mailto:LiveWellCenter@rwjbh.org) or call 862.781.3597.

**RWJ**Barnabas  
HEALTH

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Medical Center**  
LiveWell Center

## Support Groups

**Need a shoulder to lean on?** The LiveWell Center and RWJBarnabas Health offer support groups for you and your family such as:

- Bereavement & Caregiver Support Group
- Cardiac, Pulmonary, and Stroke Support Group
- Tobacco & Nicotine Recovery Cessation Groups
- RWJBH Oncology Support Community
- Breastfeeding Support Group



## The Better Health Program

Better Health is a free membership program available to older adults who want to improve their health and well-being. As a member, you can take advantage of many exclusive benefits designed to help you take charge of your health including:

- Nutrition Lectures and Cooking Demonstrations
- Physical Activity Programs
- Physician Panels
- Health Education
- Unique Social Events

For more information on the Better Health Program, please contact [Anna.Busler@rwjbh.org](mailto:Anna.Busler@rwjbh.org) or call 862.781.3818.

## SafeKids

Monmouth Medical Center is proud to lead Safe Kids Monmouth/Ocean. Watch for events such as safety workshops to help prevent childhood injuries, babysitting basics, and cars-seat checkups.



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