



Community Calendar- Spring 2024

SPECIAL EVENTS

Registration is required.

Cancer Prevention and Detection

April 22, 5pm to 6pm

Mountainside Medical Center (Hybrid)

Learn about behaviors that may increase the risk of Cancer and the importance of early detection.

Speaker: Benson Kahiu, DNP, Christine Dupray, RN and Safieh Mohammadi-Jaros, RN

Oral Health

April 25, 12pm to 1pm

Montclair Public Library

How to keep your mouth healthy. The importance of oral health and oral cancer prevention and detection.

Speaker: Dr. Caroline Roberto & Yvonne Goldman, RDH

<https://montclairlibrary.libnet.info/event/10355638>

Mental Health and Stress Relief

May 7, 5pm to 6pm

(Virtual)

Take control of your mental health. Learn about stress relief techniques.

Speaker: Tara Fries, LCSW

Osteoarthritis & Osteoporosis Prevention and Detection

May 9, 12pm to 1pm

Bloomfield Public Library

Get strong and healthy bones. Osteoarthritis & Osteoporosis prevention tips and how to detect it.

Speaker: Jamie Welsh, PT, DPT

<https://bccls.libcal.com/event/12196003>

Register Now!

**All Events will take place at
Mountainside Medical Center,
Unless otherwise noted.**

To register, call 1-800-560-9990, or visit
www.mountainsidehosp.com/events

Scan QR code to register.



PARENT EDUCATION CLASSES

Now in Person

Apr. 8, May. 13, Jun. 10, 7-9:30 PM

Infant Care and Safety Class

Expectant parents learn about care, safety, growth and development of infants.

**Apr. 10, May. 8, Jun. 5,
7PM-9:30 PM**

Breastfeeding Class

Basics of breastfeeding.

**Apr. 20, May. 18, Jun. 8,
9AM -4PM**

Prepared Childbirth Class

This class prepares the expectant mother and her support person for the birthing experience.

Apr. 20, May 18, Jun. 8

3:30pm-4:15pm

Apr. 9, 16, & 30, May 14 & 28, and Jun. 11 & 25

5:30pm-6:15pm

Tours of Birthing Center

Staff-guided tours of the birthing center.

Feel free to ask questions.

May 14, 6:30 -7:30 PM

The Partner Plan

How to Support Your Partner during the Pregnancy.

WELLNESS SCREENINGS

No need to fast and registration is not required.

Apr. 2 & Jun. 4, 10AM – 12PM

Blood Pressure and Glucose Screenings

Little Falls ShopRite, 171 Browertown Rd.

Apr. 12 & Jun. 14, 10AM – 12PM

Blood Pressure and Glucose Screenings

Glen Ridge Public Library, 240 Ridgewood Ave

Apr. 16 & Jun. 18, 11AM – 1PM

Blood Pressure and Glucose Screenings

Montclair Public Library, 50 South Fullerton Avenue.

Apr. 17 & Jun. 19, 10AM – 12PM

Blood Pressure and Glucose Screenings

Belleville Shop Rite, 726 Washington Avenue

May 1, 10AM – 12PM

Blood Pressure and Glucose Screenings

West Caldwell Shop Rite, 540 Passaic Avenue

May 8, 10AM – 12PM

Blood Pressure and Glucose Screenings

Nutley Shop Rite, 437 Franklin Avenue

May 22, 12AM -2 PM

Glucose Screenings

Bloomfield Public Library, 90 Broad Street