

Weight Loss Surgery: The Facts

The Center for Advanced Bariatric Surgery at Mountainside Hospital invites you to learn more about the benefits of weight loss surgery. Find out how this proven procedure can improve your health and lifestyle. Presented by Karl W. Strom, MD, Bariatric Surgeon. Registration is required.

Dates: September 23, October 21, November 18, December 9, 2009 & January 20, 2010

Time: 7:00pm to 9:00pm

Location: Mountainside Hospital

Dates: September 9 & November 10, 2009

Time: 7:00pm to 9:00pm

Location: Livingston Senior and Community Center, 204 Hillside Avenue, Livingston

Dates: October 14 & December 2, 2009

Time: 7:00pm to 9:00pm

Location: Clifton Public Library, Allwood Branch, 44 Lyall Road, Clifton

Overview of Breast Imaging

The Women's Center at Mountainside Hospital offers comprehensive breast screenings and diagnostic mammography services. Join us to learn how, step by step, our full range of imaging services can benefit you and your loved ones. Presented by Madelyn Danoff, M.D. Radiologist. Registration is required.

Date: October 21, 2009

Time: 10:00am to 11:00am

Location: Montclair YMCA, 25 Park Street, Montclair, NJ 07042

Update in Plastic Surgery for Women

This informal discussion will review a broad range of new techniques in both aesthetic and reconstructive surgery available specifically for women. Presented by Ross IS Zbar, M.D. FACS, Plastic Surgeon. Registration is required.

Date: October 28, 2009

Time: 6:30pm to 7:30pm

Location: Mountainside Hospital

Urinary Incontinence - Causes and Treatments

This informative lecture will discuss common causes and treatments for urinary incontinence. Presented by Konstantin Walmsley, M.D., Urologist. Registration is required.

Date: November 9, 2009

Time: 9:30am to 10:30am

Location: Montclair YMCA, 25 Park Street, Montclair, NJ 07042

The Swine Flu:

What does it mean to you?

With the new H1N1 virus continuing to cause illness, hospitalizations and deaths in the US during the normally flu-free summer months and some uncertainty about what the upcoming flu season might bring, knowledge and preparedness is essential. Join us as we address basic information about H1N1 flu, prevention, including how to take care of a sick person and what to do if you get sick. This talk will address all ages. Presented by Dr. Everett W. Schlam, Assistant Director of the Mountainside Family Practice Residency Program and Director of the Travel Medicine Clinic. Registration is required. Childcare and refreshments will be available.

Date: September 29, 2009

Time: 4:30pm to 5:30pm

Location: Mountainside Hospital, Bayberry Café

The Great American Smokeout

With exactly half of the United States now protected by smoke-free laws, and a variety of cessation resources available, there has never been a better time to quit smoking and enjoy the health benefits. Mountainside's Community Health staff will be available to provide information and resources for those ready to quit. Registration is not required.

Date: November 17, 2009

Time: 9:00am to 11:00am

Location: Clifton Municipal Building Lobby, 900 Clifton Avenue, Clifton, NJ 07011

Date: November 19, 2009

Time: 9:00am to 11:00am and 1:00pm to 3:00pm

Location: Mountainside Hospital Lobby

Coping with Stress and Anxiety

This discussion will address mindfulness and techniques to help overcome stress and anxiety. Presented by John Gasiewski, Ph.D, LCSW. Registration is required.

Date: December 7, 2009

Time: 9:30am to 10:30am

Location: Montclair YMCA, 25 Park Street, Montclair, NJ 07042

How to Slow Down the Osteoporosis Process

Take an hour out of your busy schedule for a "lunch and learn" seminar on Osteoporosis and learn what you can do to prevent or slow down the process. Bring your lunch or purchase it in the Highland Bay Café. Presented by Ruth Deitz, M.D., Assistant Director, Mountainside Family Medicine Residency Program. Registration is required.

Date: December 15, 2009

Time: 12:00pm to 1:00pm

Location: Mountainside Hospital

Good Health for the Female Athlete

This informative discussion will address ACL (Anterior Cruciate Ligament) injuries, concussions and other common issues for the female athlete. Proper nutrition for athletes will also be addressed. Presented by Jeffrey Rosenberg, M.D., Director of Mountainside Hospital's Sports Medicine Center & Rose Green, R.D., Registered Dietitian. Registration is required.

Date: January 26, 2010

Time: 6:00pm to 7:00pm

Location: Mountainside Hospital

Diabetes Community Wellness Day

This free event will include speakers on diabetes related topics, glucose screenings and vendor displays of diabetes-related products. Registration is required.

Date: November 14, 2009

Time: Registration and light breakfast at 8:30am, 9:00am to 12:30am

Location: Mountainside Hospital

Diabetes Support Group Meetings

Support group meetings for adults with diabetes and their families and friends. Topics relevant to diabetes self management will be discussed. No registration required.

Dates: September 24, October 22, December 3, 2009 & January 28, 2010

Time: 10:00am to 11:00am

Location: Mountainside Hospital

Diabetes Self-Management Education Classes: Sure Steps to Control

Series of 3 weekly 2 hour group classes covering topics such as diabetes overview, nutrition, exercise, medications, monitoring, foot care and more. Includes a 1-hour individual assessment and a 1-hour individual final assessment class.

Participants are expected to attend all classes in a series. Please call 973-429-6305 for more information.

Registration is required. Fee is covered by most insurance plans, including Medicare.

Dates: A new series will be held each month in September, October & November. No classes in December & January.

Time: September & November- 9:00am to 11:00am; October- 6:00pm to 8:00pm

Location: Mountainside Hospital

Hypnosis for Weight Reduction

No diets, restrictions or feelings of denial. Through hypnotic suggestions and proven behavior modification techniques you will make subtle changes to permanently reduce your weight. Registration is required. Fee: \$70.00/person

Dates: October 1, November 5 & December 3, 2009

Time: 7:00pm to 9:00pm

Location: Mountainside Hospital

Hypnosis for Smoking Cessation

Overcome the desire to smoke and psychological cravings using group hypnosis and behavior modification techniques. Registration is required. Fee: \$70.00/person.

Date: November 18, 2009

Time: 7:00pm to 9:00pm

Location: Mountainside Hospital

Healing Stitches

This ongoing support group is for knitters or crocheters of all levels of skill and experience with a cancer diagnosis. Focus of the group is to provide a healing environment to discuss life, knitting and the pursuit of happiness. For more information, please call 973-429-6038.

Dates: Every Wednesday

Time: 1:00pm to 3:00pm

Location: Mountainside Hospital

Beginner's Yoga

This 6-week session series is for the beginner who has no experience with yoga. These sessions offer instructions in a basic series of postures/sustained stretches designed to create a familiar and balanced physical routine. Presented by Omni Kitts Ferrara, Yoga Instructor & Owner of the Kula at Yoga Montclair. Fee: \$65.00/per person for the 6 week session (paid in advance). Registration is required.

Dates: October 1 to November 5, 2009

Time: 5:00pm to 6:00pm

Location: Mountainside Hospital

Value your Voice: Voice Care and Disorders in Children and Adults

Learn about vocal use, misuse and abuse. Learn how to pamper your voice and prevent voice disorders, as well as what to do if you have a disorder. Presented by Jean Israel, M.A., CCC-SLP, Benita Fishbein, MA, CCC-SLP and Maria Schembari, MS, CCC-SLP Speech-Language Pathologists. Registration is required.

Date: November 11, 2009

Time: 6:00pm to 7:00pm

Location: Mountainside Hospital

Registration is required for all lectures. To register, please visit www.mountainsidenow.com or call 1-888-973-4MSH.

Do you have a suggestion for a Community Health program? Would you like to receive information about services and programs? We'd love to hear from you! Send us an e-mail: info@mountainsidehosp.com.