

(Continued from other side)

### Becoming a Parent

The two-evening class is designed to prepare you for the realities of becoming a parent, with special emphasis on coping during the first three months of your baby's life. A tour of the Birthing Center is included in the class. Registration is required. Fee: \$80.00/couple.

Dates: September 22 & 29, October 19 & 26, November 16 & 23, December 7 & 14, 2009  
Time: 7:00pm to 9:30pm  
Location: Mountainside Hospital

### Especially for Siblings

Becoming a big brother or sister is an exciting time, but also a confusing one. This class is designed to reduce children's anxiety when they are separated from their mother at the time of their siblings' delivery. Bring a doll or stuffed animal to diaper. Registration is required. Fee: \$40.00 for 1st child with parents, \$5.00 for additional child.

Dates: September 27, November 22 & December 6, 2009  
Time: 1:00pm to 2:30pm  
Location: Mountainside Hospital

### Becoming a Grandparent

Explore your new role as grandparents and some of the changes in parenting and childbirth today. You will learn how to be effective and creative while enjoying your new grandchild. Topics discussed in class are common childhood diseases, safety hints and baby proofing your home. A tour of the Birthing Center is included in this class. Registration is required. Fee: \$40.00/couple.

Dates: September 29, October 26, November 23 & December 14, 2009  
Time: 7:00pm to 9:30pm  
Location: Mountainside Hospital

### Support Groups

To learn more about our ongoing support groups specifically tailored to children, such as social skills and adjusting to middle school, please call 973-429-6775.

### Just for Mommy!

Six week support group for mothers of newborns that will offer the opportunity to meet other new mothers, provide time to discuss common issues and concerns related to life with a baby, while supporting adjustments to a new lifestyle, roles and family dynamics. For more information and to register, please call 973-429-6775. Fee: \$100.00 per person.

Dates: Meets Wednesdays  
Time: 12:30pm to 1:30pm  
Location: Mountainside Hospital

### Screenings

Mountainside offers many health screenings throughout the year. Please visit [www.mountainsidenow.com](http://www.mountainsidenow.com) or call 1-888-973-4MSH for a complete list with dates, locations and registration information.

To register for any of the above programs and for more information on dozens of Community Health programs, please visit [www.mountainsidenow.com](http://www.mountainsidenow.com) or call 1-888-973-4MSH.



MOUNTAINSIDE HOSPITAL COMMUNITY HEALTH EVENTS

# Focus on Families

Community health and wellness events designed just for parents and kids!



Inside you'll find seminars to help you:

- \* Get ready for parenthood
- \* Support your child's development
- \* Prevent disease
- \* Stay healthy

MOUNTAINSIDE HOSPITAL

To register and for more information on dozens of Community Health programs, visit [mountainsidenow.com](http://mountainsidenow.com)

visit [www.mountainsidenow.com](http://www.mountainsidenow.com)  
1 Bay Avenue, Montclair, NJ 07042

MOUNTAINSIDE HOSPITAL



Community health and wellness events designed just for parents and kids!

Focus on Families

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## Does Mother Know Best?

### Mom vs. the AAP Guidelines

This informative lecture will address the pros and cons of motherly advice and what the American Academy of Pediatrics recommends. Topics that will be discussed include sleep positions, pacifiers, starting solids and breastfeeding. Presented by Connie Andrejko, D.O., and Director of Neonatology at Mountainside Hospital. Registration is required.

Date: September 24, 2009

Time: 6:00pm to 7:00pm

Location: Mountainside Hospital

## Car Seat Safety:

### From Newborn to School-Age

One of the most important jobs you have as a parent is keeping your child safe when riding in a vehicle. Each year thousands of young children are killed or injured in car crashes. This discussion will address proper use of car safety seats to keep children of all ages safe. Presented by Patricia DiFilippo, RN, MPH, CPST-I. Registration is required.

Date: November 18, 2009

Time: 6:00pm to 7:00pm

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 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

## Basic First Aid and Combined First Aid/CPR

The Basic First Aid program is designed to help you recognize and respond to common injuries and medical emergencies including broken bones, bleeding, burns, poisoning, asthma, seizures, heart attacks and diabetic conditions. Also available is a combination class of CPR and Basic First Aid. Registration is required. To register, please call 973-429-6491. Basic Fee: \$35.00/person. Combination Fee: \$60.00/person.

Dates: September 13, October 25, November 7 & December 12, 2009

Times: 1pm to 4pm (Basic), 9am to 4pm (Combined)

Location: Mountainside Hospital, Nursing Education Conference Room, 3rd floor

## 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

Registration is required for all lectures. To register, please visit [www.mountainsidenow.com](http://www.mountainsidenow.com) or call 1-888-973-4MSH.

## 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

## Sports-Related Injuries in Children and Adolescents

In the USA, about 30 million children and teens participate in some form of organized sports. About 3 million injuries occur each year that cause some loss of time and participation. Join us as we address the most common injuries and how they can be prevented. Presented by Jeffrey Rosenberg, M.D., Director of Mountainside Hospital's Sports Medicine Center. Registration is required.

Date: November 17, 2009

Time: 6:00pm to 7:00pm

Location: Mountainside Hospital

## 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 Protect Your Family Against Disease

The world is becoming smaller and smaller for many viruses and bacteria. They are becoming resistant to antibiotics, and both mutate constantly. Now is the time to become aware of ways to protect your family. Our discussion will address simple infection control techniques that you can practice every day and teach your children to keep them safe. Presented by Judy C. Washington, M.D., FAAFP, Assistant Director, Mountainside Family Medicine Residency Program. Registration is required.

Date: December 10, 2009

Time: 6:00pm to 7:00pm

Location: Mountainside Hospital

## Good Health for the Female Athlete

This informative discussion will address ACL (Anterior Cruciate Ligament) injuries, concussions and other common issues in 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

## Eating Through a Healthy Pregnancy

Learn how to eat healthy during your pregnancy while achieving energy, stamina and a healthy immune system. Presented by Rose Green, R.D., Registered Dietitian. Registration is required.

Date: January 13, 2010

Time: 6:00pm to 7:00pm

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

## Speech and Language Development in Children: Is my Child "Normal"?

Our discussion will address speech and language development in children. Find out what is expected at different ages and identify some speech and language stimulation techniques. Learn what to do when you think there is a "problem". 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: October 13, 2009

Time: 6:00pm to 7:00pm

Location: Mountainside Hospital

## Beginner's Yoga

This 6-week session series is for the beginner who has no experience with yoga. These sessions offers instruction 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

## Breastfeeding Class

Although breastfeeding is a natural process, it is not instinctive. This class will provide confidence, information and support needed for a positive nursing experience. The program is taught by the lactation consultants who work in the Mountainside Maternity Center. Registration is required. Fee: \$50.00/couple.

Dates: September 22, October 27 and December 8, 2009

Time: 7:00pm to 10:00pm

Location: Mountainside Hospital

## Prepared Childbirth Class

This class prepares expectant parents to be confident in the event of their child's birth. This class prepares them from the time she goes into labor to post partum. A tour of the birthing center is included in the class. Registration is required.

Dates:

Weekday sessions are from 7:00pm to 9:30pm.

Monday class-September 21 to October 5, 2009 & November 30 to December 21, 2009

Tuesdays class- October 6 to 27th, 2009 & November 10 to December 1st, 2009

Weekday session (4 weeks): \$150.00/couple.

Location: Mountainside Hospital

Weekend sessions are from 8:00am to 4:30pm.

Sunday classes-September 20, October 25,

November 15 & December 13, 2009

Fee: Weekend session (1 day): \$175.00/ couple

Location: Mountainside Hospital