

Community Health Events

Atlantic Health System

March 2025

March is Colorectal Cancer Awareness Month!

Colorectal cancer is the second leading cause of cancer death when rates for men and women are combined. However, colorectal cancer is highly preventable and can be detected early at a curable stage. Routine screenings aid in the detection and removal of precancerous polyps and have helped lower the number of deaths per year from this disease. Screenings save lives, but only if people get screened. Reach out to your health care provider to go over screening options. If you need a provider, call 1-800-247-9580 or visit atlanticealth.org. For more information about colorectal cancer screening for people without health insurance, please call 973-971-5952.

VIRTUAL PRESENTATIONS

The Bill and Nancy Conger Art of Caregiving Series: A Course About Caring for Aging Loved Ones

Whether you're an experienced caregiver or brand-new to the role, there's an art to providing care for an aging loved one. Caregiving is not a "one size fits all" experience and often requires learning how to navigate the eldercare maze, as well as how to balance your own needs with those of your loved one. Join us for a FREE, live, virtual, five-part series that addresses key areas you need to know about and get some guidance on how to best care for your aging loved one.

Wednesdays, 7:00pm

- March 5 – Session # 1: Navigating the Eldercare Maze
- March 12 – Session # 2: Self-Care and Caregiver Support
- March 19 – Session # 3: Legal and Financial Concerns
- March 26 – Session # 4: Normal Aging / Basics of Hands-on Care
- April 2 – Session # 5: Navigating the End-of-Life Journey

For questions, please contact Rebecca Abenante, LSW, at 973-971-5839 or HealthyAging@atlanticealth.org.

National Nutrition Month: What a Registered Dietitian Can Do for You

Wednesday, March 12, 10:00am

March is National Nutrition Month. Join us to learn how a registered dietitian can help you make informed food choices and develop healthy eating habits. Learn tips and tricks to help you reach your health goals. Presented by Evelyn Minolfo, MS, RDN, ShopRite of Parsippany and ShopRite of West Caldwell.

Stroke and Hypertension

Tuesday, March 18, 12:00pm

Do you know the risk factors associated with a stroke? Join us to learn how hypertension (high blood pressure) can affect your risk of a stroke, what to do if you or a loved one has a stroke, and how to BE FAST! Presented by Connie Mastrangelo, MSN, RN, PCCN, SCRNP, ASC-BC, Stroke program manager, Morristown Medical Center.

Healthy Eating for Colon Cancer Prevention

Thursday, March 20, 1:00pm

Join us to learn about diet and lifestyle habits that reduce the risk for colorectal cancer, one of the most common types of cancer among US adults. We will discuss specific foods and dietary patterns that can reduce risk as well as foods to limit to protect your health. Presented by Johannah Sakimura, MS, RD, CSO, oncology dietitian, Carol G. Simon Cancer Center, Overlook Medical Center.

The Carbohydrate Controversy

Monday, March 24, 12:00pm

Join us to discuss simple sugars, complex carbohydrates, and how to read nutrition labels. Learn how to make the best food selections by working healthy carbohydrates into your diet. Presented by Jane O'Neill, RDN, oncology dietitian, Collins Pavilion, Chilton Medical Center.

Pregnancy: a Glimpse into Future Cardiovascular Risk

Tuesday, March 25, 12:00pm

Heart disease is the leading cause of death among women and its prevalence is increasing among younger women. Women face unique risk factors that elevate their chances of developing heart disease. Pregnancy complications, such as high blood pressure and preeclampsia, can significantly heighten the risk of future heart disease. Join us to discover how you can reduce your risk and protect your heart health. Presented by Amy Ahnert, MD, director, Women's Heart Program.

Hereditary Colon Cancer: From Family History to Prevention

Thursday, March 27, 1:00pm

Join us during Colorectal Cancer Awareness Month to learn about testing for hereditary colon cancer. We'll cover family history red flags, genetic testing, as well as implications of a positive result for both patients and family members. We will also discuss insurance coverage, out-of-pocket costs, and genetic discrimination laws. Presented by Jessica Heinzmann, MS, CGC, Carol G. Simon Cancer Center, Atlantic Health System.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health email communityhealth@atlanticealth.org or call 1-844-472-8499, opt #3.



IN-PERSON PRESENTATIONS

Best Practices for Healthy Aging

Wednesday, March 5, 2:00pm

Summit Free Library

75 Maple Street, Summit, NJ

Healthy aging, as defined by the Centers for Disease Control and Prevention, is the process of maintaining good physical, mental, and social health and well-being as we grow older. Join us for a discussion on how to incorporate these practices into our daily routines for a healthier, happier life. Presented by Rani Gundavarapu, MD, and Kiana Bohla, MD. Open to all. No registration required.

Staying Steady: A Guide to Balance and Fall Prevention

Tuesday, March 11, 1:00pm

Morris Township Municipal Building

50 Woodland Avenue

Morris Township, NJ 07960

Join us for an informative, easy-to-follow session in which we'll share practical tips and exercises to improve your balance and reduce your risk of falls. Learn how simple changes to your daily routine—along with fun, gentle movements—can help you feel more confident and steadier on your feet. Whether you're looking to stay active or just want to feel more secure, this presentation is for you! Presented by Brigid Crimmins, PT, DPT, clinical specialist, orthopedic physical therapy, Atlantic Sports Health. Pre-registration is required. Please call 973-326-7371 to register.

The Pelvic Floor and Pregnancy/Postpartum

Tuesday, March 11, 6:30pm

Hackettstown Medical Center

West Wing Conference Room

651 Willow Grove Street

Hackettstown, NJ 07840

Join us for an engaging session dedicated to pelvic floor health, specifically targeting pregnancy and postpartum phases. Learn hands-on techniques and exercises to help strengthen your core and prevent injuries. Presented by Heidi Watson, MS, OTR/L, PCES. Pre-registration is required. Please call 973-971-7259 to register.

SUPPORT GROUPS

Breastfeeding Support Group

Mondays (virtual)

Tuesdays (in-person)

10:00am to 12:00pm

Breastfeeding can be a wonderful experience for both moms and babies. Breast milk is nature's food designed specifically for babies. Breastfeeding has many benefits for moms and babies, such as helping reduce allergies, ear and respiratory infections, childhood obesity, and SIDS. Breastfeeding also helps prevent women's cancers and type 2 diabetes. We welcome you to our support group, a valuable resource for "soon to be" and new parents to assist in their breastfeeding journey. The group is free of charge to join and participate; all we ask is for you to register. To register, please call 908-522-2946, email overlook.parented@atlanticealth.org, or visit atlanticealth.org/overlookparented.

Chronic Pain Support Group

1st Monday of the month

5:30pm to 7:00pm (virtual)

Free and confidential chronic pain support group providing education and support for people with chronic pain and their families. Affiliated with the American Chronic Pain Association and led by Patricia Hubert, DNP, APRN. For more information, call 908-665-1988.

COVID-19 Peer Support Group

Wednesdays, 6:00 to 7:00pm

During these challenging times, we're here to provide emotional support when you're struggling with the after-effects of COVID-19. For more information, call 973-579-8573 or email jennifer.carpinteri@atlanticealth.org.

Healthy Aging Program at Atlantic Health System

This free hotline provides phone and email-based consultation and referral to community services and resources for seniors and caregivers. Call 973-971-5839, email healthyaging@atlanticealth.org, or visit atlanticealth.org, keyword "senior services."

Glasser Brain Tumor Center Support Group

3rd Thursday of the month

5:00 to 6:00pm, Virtual via Zoom

This group offers a safe space to share your thoughts and feelings with others who understand your experience. The group also includes presentations by experts with advice on a variety of topics and an "ask us anything" segment where your questions are fielded by a doctor and nurse practitioner. One family member or friend is invited to participate with you. For more information, contact Janet LeMonnier, LSW, MSW, at janet.lemonnier@atlanticealth.org or 908-522-5159.

Glasser Brain Tumor Center Caregiver Support Group

1st Thursday of the month

5:00 to 6:00pm (virtual)

This group offers a safe space for the loved ones of individuals diagnosed with a brain tumor. During this hour, caregivers have the chance to share thoughts and feelings with others who understand your experience. The group is co-moderated by a social worker as well as by a member of the Glasser Brain Tumor Center treatment team. For more information, contact Janet LeMonnier, LSW, MSW, at janet.lemonnier@atlanticealth.org or 908-522-5159.

Grief and Loss Support Group

Wednesdays, 12:00 to 1:00pm

Have you lost a loved one recently and are having difficulties coping? Atlantic Health System offers a forum for you to meet with others experiencing loss. For more information, please call Julianna Cummings at 973-753-2718.

New Parent Support Group

Wednesdays, 10:30am to 12:00pm

Virtual via Microsoft Teams

Are you a new parent? We know how wonderful this time can be. We also know how hard it can be. It may have been especially difficult because of COVID-19. New parents can sometimes feel alone and isolated even in the best of times, but the pandemic might have interrupted the support you would usually have received. Come join this free and confidential support group where we will talk about postpartum depression and baby blues, anxiety, loneliness, feelings of guilt, hormonal and emotional changes, and overall challenges of being new parents. To register, call CONCERN at 973-451-0025.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health, email communityhealth@atlanticealth.org or call 1-844-472-8499, opt #3.



Grupo de Apoyo Para Padres Primerizos

Cada miércoles, 10:30am – 12:00pm
Por Microsoft TEAMS

¿Es padre o madre primerizo? Sabemos lo maravillosa que puede ser esta etapa. Pero también lo difícil que puede llegar a ser. Es posible que haya sido especialmente difícil debido a la COVID-19. Los padres primerizos a veces se sienten solos y aislados incluso en los mejores momentos, y la pandemia puede haber interrumpido el apoyo que normalmente habrían recibido. Por ello, CONCERN ofrece un grupo de apoyo para madres y padres primerizos. Únase a este grupo de apoyo gratuito y confidencial en el que hablaremos sobre melancolía y depresión posparto, ansiedad, soledad, sentimiento de culpa, cambios hormonales y emocionales, y desafíos generales de ser padres primerizos. Para inscribirse, llame a CONCERN al 973-451-0025.

Información general para deja de fumar

Cada lunes, a las 11:00am

¿Quiere dejar de fumar? ¡Le pondemos ayudar! Reúnase con una especialista de dejar de fumar para infórmese de las opciones disponibles para usted. No se requiere seguro médico ni otra documentación para participar. Reunión Virtual de Zoom. Número de identificación para ingresar a la reunión de Zoom: 846 1670 1188. Código de acceso: 397398. Para obtener más información, llame al 1-844-472-8499, opción número 2, o mande un correo electrónico a Communityhealth@atlanticehealth.org.

Ostomy Support Group

2nd Monday of the month, 7:00pm, Virtual

Area-wide Support Group for Ostomates (people of any age with potential, new or mature ileostomies, colostomies, or continental diversions) and caring supporters. OSGNJ is affiliated with United Ostomy Association of America, Inc. (UOAA). We provide direct aid and mutual support to Ostomates both individually and within a group setting. We conduct support via telephone and e-mail to dialogue and present ourselves as role models to potential and new Ostomates. We arrange programs and activities for Ostomates, spouses, children, parents and their friends, as appropriate. For more information, contact Jo Ann Coar, MSN, RN-BC, A-GNP-C, CWOCN at 973-831-5168.

Overlook Perinatal Bereavement Support Group

2nd Monday of every month
7:30pm to 8:30pm

We invite you to come sit ... share ... be heard ... feel seen. This support group provides free and unconditional support for individuals and families that have experienced a miscarriage, stillbirth, or the loss of an infant. The group will be led by two Overlook registered nurses who together, have over 60 years' experience as labor and delivery nurses. Christine is an educator, a certified doula and has been leading this support group for many years. Tara is a Certified Bereavement Facilitator and teaches yoga and meditation. Registration is required please call 908-522-2946. Once registered, an invitation will be sent via Zoom Link prior to meeting.

Stroke Survivors Support Group

3rd Thursday of the month, 2:00 to 3:00pm

A virtual support group for stroke survivors to share lived experiences of navigating stroke recovery. Group members can expect a welcoming environment to connect with other survivors and learn about community resources available to them. Facilitated by a clinical social worker with occasional guest speakers presenting on stroke-related topics. Open to survivors of all ages and phases of recovery. Registration is required. For questions and registration, please call Kristen Boyd at 908-433-6740 or Tracey Doidge at 973-971-4412, or email ahs.strokesupport@atlanticehealth.org.

Stroke Caregivers Support Group

3rd Wednesday of the month
2:00pm to 3:00pm

A virtual support group for caregivers of stroke survivors. Group members can expect a welcoming space to receive support from other caregivers, exchange personal stories and experiences, and learn about caregiving resources in the community. Facilitated by a clinical social worker with occasional guest speakers presenting on stroke-related topics. Registration is required. For questions and registration, please call Kristen Boyd at 908-433-6740 or Tracey Doidge at 973-971-4412, or email ahs.strokesupport@atlanticehealth.org.

Adult Type 1 Diabetes Support Group

3rd Thursday of the month (bimonthly)
7:00 to 8:00pm

All virtual meetings and classes are offered free of charge. Share your experiences with others who have type 1 diabetes. The support and encouragement you will receive from your peers plays a key role in helping you adjust to the many changes experienced. We offer support group meetings and education classes to all of our patients living

with diabetes for an opportunity to compare challenges and successes regardless of the length of time you've been living with diabetes. To register, please call 973-971-5524 or email adultdiabetescenter@atlanticehealth.org

Adult Type 2 Diabetes Support Group

1st Tuesday of the month,
6:00 to 7:00pm

All virtual meetings and classes are offered free of charge. Share your experiences with others who have type 2 diabetes. The support and encouragement you will receive from your peers plays a key role in helping you adjust to the many changes experienced. We offer support group meetings and education classes to all of our patients living with diabetes for an opportunity to compare challenges and successes regardless of the length of time you've been living with diabetes. To register, please call 973-971-5524 or email adultdiabetescenter@atlanticehealth.org

United Way Caregivers Coalition

This coalition offers family caregivers support, information, resources, and education to help them with their vital role. The Caregivers Coalition has developed a range of responses and programs that are free and open to all, promote knowledge and action around critical issues, and provide access to help for unpaid family caregivers in our region. For more information, visit: <https://caregiversupport.unitedwaynj.org>.

Weight Loss Surgery Support Group

3rd Tuesday of each month at 6:00pm

All virtual meetings and classes are offered free of charge. Share your experiences with others who have had weight loss surgery. The support and encouragement you will receive from your peers plays a key role in helping you adjust to the many changes experienced after surgery. We offer support group meetings and classes to give our post-operative patients an opportunity to compare challenges and successes. We encourage people who are thinking about having the surgery to attend. Registration required. Register for each support group you would like to attend. For more information, please call 973-971-7212.

Younger-Onset Alzheimer's

1st Saturday of the month
9:30 to 10:30am, via Zoom

For those diagnosed at age 65 or younger. For information, call Alzheimer's NJ at 1-888-280-6055.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health, email communityhealth@atlanticehealth.org or call 1-844-472-8499, opt #3.



CHILTON MEDICAL CENTER

Arthritis Virtual Group

For more information, please email christine.dimovski@atlanticealth.org.

Cancer Group

For people who are newly diagnosed, in treatment and up to two years post treatment. For more information, call 973-831-5311.

Chilton Diabetes Education Support Group

1st Thursday of each month at 10:00am

Atlantic Health Pavilion

2nd Floor, Community Conference Room
242 West Parkway, Pompton Plains, NJ

A Diabetes Support Group can be a valuable resource for people living with diabetes. The Diabetes Education Center at Chilton Medical Center offers a safe environment for people with diabetes to share their experiences, learn from each other and receive emotional support. It is also a great place to find out information about medical treatments, research and strategies as well as practical tips and resources. Pre-registration is not required. For more information or for weather cancellations please call 973-831-5229

MORRISTOWN MEDICAL CENTER

Better Breathers Club

For more information, call 1-800-247-9580.

Diabetes Self-Management Education Program

- Thursdays: from 1:00 to 2:30pm
- Thursdays: from 5:00 to 6:30pm
- One Saturday class every month

For information or to schedule an appointment, call 973-971-5524.

Heart Failure Virtual Group

Support group for patients with heart failure or their caregivers that offers support through mutual sharing and education. Run by Ellen Berry, MSW, and Kathy Hollasch, Certified Heart Failure Nurse. For more information, call Ellen Berry at 973-971-7061 or Kathy Hollasch at 973-971-7901.

Morris County Ostomy Support Group

3rd Wednesday of the month

7:00 to 9:00pm, available in-person and virtual

3rd Floor Conference Room
435 South Street, Morristown, NJ

The Morris County Ostomy Association holds monthly meetings. The meetings consist of an informal gathering of ostomates and individuals who may be contemplating ostomy-related procedures. The evening also involves an informal talk by a physician, ostomy resource specialists or ostomy vendors. Family and friends are always welcome. Please call 973-971-4039 or

email ostomymorris@gmail.com to receive information and meeting notifications. For other support group locations, please visit the United Ostomy Association of America (UOAA) website at www.ostomy.org.

Survivors Post Treatment Group

Open to patients who have completed cancer treatment, as well as caregivers. For more information, please call 973-971-6514 or visit atlanticealth.org/cancerclass.

Young Adult Cancer Survivor: Discussion Series

Open to young adult cancer survivors ages 21 to 35 who have completed active treatment. Each month we'll explore and dive into the unique concerns and needs of young adult cancer survivors. This series will provide a supportive space to connect with others to gain practical information and resources. Preregistration required. Please email Erin.Rinaldi@atlanticealth.org. For more information about cancer-related classes and support groups, please visit atlanticealth.org/cancerclass.

OVERLOOK MEDICAL CENTER

Adult Children Healing After the Loss of a Parent

Wednesdays, 2:00 to 3:00pm

April 2 through May 21

Overlook Medical Center
Caregiver Center Conference Room
Fifth Floor
99 Beauvoir Avenue, Summit, NJ

Join us for this six-week series of support group sessions, moderated by social workers and designed to help adult children process the recent loss of a parent. The group setting offers a safe space to connect with others to share feelings, experiences, and memories of their parents—while learning ways to face and assimilate their grief—as they move forward in their lives. Sponsored by Overlook Medical Center. Participation is free, but registration is required. For more information and to register, please contact:

Janet LeMonnier, MSW, LCSW, OSW-C, social worker, neuro-oncology, 908-522-5159 or Jessamyn Tabakin, MSW, LCSW, ACHP-SW, social worker, palliative care, 908-522-5339.

Cancer Groups

The Carol G. Simon Cancer Center at Overlook Medical Center offers free programs for patients and their caregivers both during and after treatment. Programs include support groups and integrative programs like Yoga, Qigong, Meditation and Stress Management. For more information, call Lauren Curtis at 908-522-6168.

Caregiver Programs

Thomas Glasser Caregivers Center at Overlook offers free programs for caregivers, including:

- TaijiFit, Mondays & Thursdays, 12:00pm

To register and receive a Zoom invitation, please call Marian Teehan or Valerie Gagliano at 908-522-6348.

Healing Your Grieving Heart

Tuesdays, 2:00 to 3:00pm

Overlook Medical Center Caregiver Center
Conference Room, Fifth Floor
99 Beauvoir Avenue, Summit, NJ

Overlook Medical Center is sponsoring a bereavement support group for those who have experienced a death of a spouse or partner within the last year. The purpose of this group is to provide a safe environment where one can share feelings and experiences and explore ways of coping with the death. The group is led by professionals trained in grief-related issues and is held weekly for six weeks in a welcoming environment. The group is free, but registration is required. For more information and specific dates, please contact: Maggie Brady, MSW, LCSW, OSW-C, oncology social worker, 908-522-5255 or Marian Teehan, MSW, LCSW, coordinator, 908-522-6348.

Ostomy Group

This professionally led group is for ostomy survivors and their families. For a location, schedule and to register, please call 908-522-5552.

NEWTON MEDICAL CENTER

Better Breathers Club

Last Thursday of the month

12:45 to 2:15pm

Newton Medical Center, Romano Conference Center, 175 High Street, Newton, NJ
A program for people with chronic lung disease and their loved ones. To register, call Debra Zimmerman, BBC coordinator and COPD educator at Newton Medical Center at 973-579-8588.

HACKETTSTOWN MEDICAL CENTER

Better Breathers Club

Discuss pulmonary disease and learn how to best manage your chronic lung disease. To register, call 908-979-8797.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health, email communityhealth@atlanticealth.org or call 1-844-472-8499, opt #3.



Cancer Caregiver Connections

4th Wednesday of the month

4:00 to 5:00pm, In-person

Joan Knechel Cancer Center, West Wing
Conference Room, 1st Floor, Room 101
657 Will Grove Street, Hackettstown, NJ

A support and education group for individuals who are caring for a loved one with cancer. Gain insight and connection with other caregivers. Learn practical information and discover effective coping strategies for optimal self-care. Registration is required. For more information, contact 908-441-1534.

Newly Diagnosed Cancer Group

2nd Wednesday of the month

3:00 to 4:00pm, In-person

Joan Knechel Cancer Center, West Wing
Conference Room, 1st Floor, Room 101
657 Will Grove Street, Hackettstown, NJ

For newly diagnosed individuals who are within the first year of cancer treatment. Learn practical tools, gain useful resources, develop positive coping skills, and expand insights on navigating the daily challenges of life with cancer. Registration is required. For more information, contact 908-441-1534.

Parkinson's Support Group

3rd Tuesday of the month

3:30 to 5:00pm, In-person

Hackettstown Medical Center
Cafeteria Conference Room
651 Willow Grove Street, Hackettstown, NJ

This FREE support group is for individuals living with Parkinson's disease. Care partners are also welcome to attend. If you have questions or would like more information, please contact James Moran at 917-991-5980 or Marcia Guberman at 845-476-1008.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health, email communityhealth@atlanticealth.org or call 1-844-472-8499, opt #3.



INFORMATION ABOUT THE FLU

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the first and most important step in protecting yourself and your family. Anyone can get the flu, even healthy people. There are many convenient ways to get a flu vaccine, including your primary health care provider, your employer, your local health department, or a retail pharmacy in your community. If you are enrolled with a home care agency, call to ask if they are providing flu vaccines to clients.

For more information, visit
ahs.atlantichealth.org/conditions-treatments/flu

LUNG CANCER SCREENING PROGRAM

Lung cancer screening is used to detect the presence of lung cancer in people who may be at risk, but aren't showing signs or symptoms. The goal of lung cancer screening is to detect lung cancer earlier, when it's easier to cure. The U.S. Preventive Services Task Force (USPSTF) recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. Atlantic Health System provides a lung cancer screening program that is covered by Medicare and other commercial insurance companies. Funding is available for those who are uninsured or underinsured. For more information, call 1-844-228-LUNG (5864) or visit atlantichealth.org/lungcancerscreening.

INFORMATION ABOUT COVID-19

Visit atlantichealth.org for great information about Atlantic Health System's response to COVID-19. Know how to protect yourself, the signs and symptoms of the virus, what to do if you are sick, as well as resources and the latest updates on visitor policies, elective procedures and events.

Register for COVID-19 Vaccine Appointment

Atlantic Health System invites community members to schedule an appointment for the COVID-19 vaccine by visiting atlantichealth.org/covidvaccine. You'll be asked a series of questions about the patient's eligibility. Then, you'll pick a date and time and provide the patient's information. Be sure to enter an email or mobile phone number to receive an appointment confirmation.

ATLANTIC BEHAVIORAL HEALTH ACCESS CENTER

Atlantic Behavioral Health understands that sometimes during your life there is a need for mental health or substance misuse services. Our programs are recovery oriented and person centered using an evidence based, best practice approach. We bring a team of dedicated, skilled professionals who share a commitment to excellence and will join with you to find a path to emotional and mental well-being.

For an Atlantic Behavioral Health referral, call the Access Center at 1-888-247-1400 to be connected to a leading behavioral health provider, or to obtain information on one of our top-rated programs.

PROJECT SEARCH

Atlantic Health System is proud to partner with Project SEARCH at Overlook Medical Center and Newton Medical Center.

Project SEARCH is now accepting referrals and applications for the class of 2024. Project SEARCH provides intensive job skills training to high school students ages 18-21 with disabilities through fully immersive internship programs at Overlook Medical Center and Newton Medical Center. Interns will graduate ready for competitive employment in an integrated setting.

For more information on Project SEARCH at Overlook Medical Center, contact Josh Bornstein at jbornstein@ucesc.org or 908-233-9317, ext. 1026.

For more information on Project SEARCH at Newton Medical Center, contact John O'Hara at johara@sussexesc.org.

VIRTUAL QUIT SMOKING PROGRAM: IT'S NOT QUITTING, IT'S LIVING!

This free program offers an individual assessment of your tobacco dependence by a Certified Tobacco Treatment Specialist, nicotine replacement products at no cost to you and/or a recommendation for medication to help you quit and six weekly group meetings to learn techniques that can help you quit and stay smoke free. Space is limited, you must pre-register and have a smoking assessment done in order to participate in this program.

Newton Medical Center

Tuesdays, 3:00 to 4:30pm
Call 973-579-8588 for more information and to enroll.

Morristown Medical Center

Wednesdays, 12:30 to 1:30pm
Call 973-971-7971 or
973-971-6358 for more information and to enroll.

Hackettstown Medical Center

Wednesdays, 3:00 to 4:30pm
Call 908-979-8797, option 3 for more information and to enroll.

Chilton Medical Center

Thursdays, 12:30 to 2:00pm
Call 973-831-5427 for more information and to enroll.

Overlook Medical Center

Thursdays, 6:00 to 7:30pm
Call 908-522-2296 for more information and to enroll.

Spanish Language Quit Group

Mondays, time and location may vary based on participation.
Call 1-844-472-8499, option 2 for more information or to enroll.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health email communityhealth@atlantichealth.org or call 1-844-472-8499, opt #3.

