



capitahealth

UPCOMING HEALTH PROGRAMS

Committed to improving your health and the well-being of our community, Capital Health specialists and medical experts proudly offer year-round educational classes and events. Most classes are free. Class sizes are limited, so register early.

To register: Call **609.394.4153** or visit capitalhealth.org/events

Cancers in Women + Focusing on Self-Care

Thursday, September 26, 2024 | 6 p.m.

Zoom Meeting

Dr. Mona Saleh, a fellowship trained gynecologic oncologist at the Capital Health Cancer Center, will lead a discussion about cancers of the female reproductive system and the programs Capital Health offers to treat them. A registered yoga therapist from the Capital Health Wellness Center will close the program with a demonstration of gentle yoga stretches.

Family and Friends CPR Training

Saturday, October 5, 2024 | 9–11 a.m.

Capital Health–EMS Education

Staff from Capital Health's EMS Education team will teach participants how to perform CPR on adults, children, and infants and how to help people who are choking. This free course is designed for members of the public who want to learn CPR but do not need a completion card.

Breast Cancer Awareness: Screening and Nutrition Guidelines for Better Outcomes

Thursday, October 17, 2024 | 6 p.m.

Zoom Meeting

Capital Health Breast Cancer Nurse Navigator Aileen Diccion will review current breast cancer screening guidelines and discuss what's new in breast care. Melissa Phelps, a registered dietitian and board certified oncology nutrition specialist at the Capital Health Cancer Center, will share evidence based nutrition recommendations to reduce cancer risk.

Preventing Colon Cancer: What You Should Know

Wednesday, October 23, 2024 | 6 p.m.

Zoom Meeting

Take charge of your health. Join Dr. John Berry, a board certified colorectal cancer surgeon at the Capital Health Surgical Group, who will discuss the risk factors for colon cancer, options for screening, and how screening reduces the risk for colon cancer.

AARP Smart Driver Course

Thursday, October 24, 2024 | 9 a.m. – 3 p.m.

Capital Health – Hamilton

Learn valuable defensive driving strategies and get a refresher of the rules of the road. You must be 18 years of age or older and have a valid driver's license to attend this course. Upon completion, you will receive a certificate to send to your insurance company. Cost is \$20 for AARP members and \$25 for non-members, payable at door (cash or check payable to AARP only).

Common Heart Valve Conditions: Understanding Symptoms and Treatment Options

Monday, October 28, 2024 | 6 p.m.

Zoom Meeting

Heart valve disease can go unnoticed for years, so it's important to recognize symptoms when they appear. Join Dr. David Drucker, medical director of Capital Health's Structural Heart Program, to learn about symptoms, evaluations, and care for common heart valve problems, including the latest minimally invasive treatment options.

Treatment Options for Knee and Hip Pain

Wednesday, October 30, 2024 | 6 p.m.

Zoom Meeting

Are you experiencing knee or hip pain and are wondering what to do next? Dr. Arjun Saxena, medical director of the Marjorie G. Ernest Center for Joint Replacement, will explain how your knees and hips work and discuss current treatment options for pain, from arthroscopy to joint replacement.

Lung Cancer Awareness: New Technology to Streamline Diagnosis

Monday, November 4, 2024 | 6 p.m.

Zoom Meeting

Dr. Diana Kolman, medical director of Interventional Pulmonology at Capital Health, will highlight the latest robotic technology that is increasing the precision and efficiency of lung biopsies and allowing for earlier and more accurate cancer detection and better patient outcomes.

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Capital Health – Hamilton 1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619

Capital Health Medical Center – Hopewell One Capital Way, Pennington, NJ 08534, NJ PURE Conference Center

Capital Health – EMS Education 2480 Pennington Road, Suite 107, Pennington, NJ 08534



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What's New with Medicare?

Tuesday, November 12, 2024 | 2 p.m.

Capital Health Medical Center – Hopewell

Medicare Open Enrollment is here! Discover essential information about Medicare benefits for 2025. Learn how to compare health and drug plans to secure optimal coverage and maximize your savings. Presenters are from the NJ State Health Insurance Assistance Program.

Dementia: Recognize the Signs

Thursday, November 14, 2024 | 9:30 a.m.

Capital Health Medical Center – Hopewell

Is forgetfulness a sign of underlying dementia or just a normal part of the aging process? Join Dr. Ahmad Farooq, medical director of Capital Health LIFE (a Program of All-Inclusive Care for the Elderly), to discuss this common question and the cognitive issues we may encounter as we age. A light breakfast will be served.

Nutrition Tips for Aging Well

Thursday, November 14, 2024 | 6 p.m.

Zoom Meeting

Join Mindy Komosinsky, registered dietitian/nutritionist, to learn ways to build solid nutrition habits that can pave the way for a healthier brain and body as you age. Topics include nutrition for maintaining cognitive health, promoting strong bones, preserving muscle mass, and preventing or managing some chronic conditions.

Maximizing Brain Health

Monday, November 18, 2024 | 6 p.m.

Zoom Meeting

If you're concerned that you are not as sharp as you used to be, there are steps you can take right now to reduce cognitive decline. Dr. Rajiv Vyas From Capital Health – Behavioral Health Specialists will share strategies to keep your brain sharp and reduce memory loss.

Holistic Approach to Anxiety and Depression

Thursday, December 5, 2024 | 6 p.m.

Zoom Meeting

Learn about the prevention and treatment of depression and anxiety using a whole-person approach that supports physical, emotional, social, and spiritual wellbeing. The class will end with a demonstration of gentle yoga stretches. Led by Victoria Pena-Cardinali, licensed clinical social worker from Capital Health – Behavioral Health Specialists, and Nancy McCormack, a registered yoga instructor and certified yoga therapist from the Capital Health Wellness Center.



Using your smart phone, scan the QR code to register or to learn more about our community health lectures and support groups.

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