



MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES MARCH 2022


2 INFANT CARE AND NUTRITION


Wednesday, 7:00 PM – 9:00 PM


Virtual, interactive two-hour class to learn the basics of caring for babies up to 12 months old. Learn about holding, diapering, bathing, sleeping, feeding, safety and other common concerns. This class is taught by a Certified Childbirth Educator.

 Zoom Webinar

 There is a \$50 fee to participate. Class price bundles available.

 Registration deadline is 3 business days prior to the event. **Register / enroll online here.**


 Note: To register, contact Patricia Soriano Guzmán at guzmanps@montefiorenyack.org or Community Health and Wellness at 845-348-2639.


 Additional Dates: 3/16

3 SAFETY AND EFFICACY OF IMMUNIZATIONS

Thursday, Noon – 1:00 PM

There is a lot of hesitancy around the new COVID vaccines. In this chat, we address the rumors and the science behind the vaccines.

 Zoom Webinar

 Free of charge

 Registration required. **To register, please click here.**

5 NEW MOMS CIRCLE VIRTUAL MEET UP!

Saturday, 10:00 AM – 11:30 AM

Parent support group welcoming all who are expecting, have babies, toddlers and/or young children. Join us to connect with others in the community and enjoy open circle discussions and special activities. Meetings occur biweekly, in-person or online in the event of inclement weather.


Topic: “Becoming a New Family”

Description: Join us for an open circle discussion on the realities and challenges of a growing family. Learn practical ways to make transitioning into parenthood smoother and more enjoyable during any Perinatal stage (throughout pregnancy, birth, postpartum years and the early years).

MNH Host Facilitator: Patricia Soriano Guzmán, BSBA, IBCLC, ICCE, PMH-C, PRaM

 Zoom Webinar
Meeting ID: 834 4191 5663 **Click here for Zoom link.**

 Free of charge


 RSVP requested via email at guzmanps@montefiorenyack.org. Registration closes one day before the day of the meeting. RSVP requested by March 4th.

 Additional Dates: 3/19, 4/2, 4/16, 4/30

10 SIGNS AND SYMPTOMS OF COLON CANCER

Thursday, Noon – 1:00 PM

Colon cancer can frequently be confused with less invasive diseases, such as frequent constipation or indigestion. Colon cancer can be a silent killer. Learn more about colon cancer and how to prevent it.

 Zoom Webinar


 Free of charge


 Registration required. **To register, please click here.**


12 BREASTFEEDING BASICS


Saturday, 10:00 AM – 12:00 PM

Virtual, interactive two-hour class to prepare for breastfeeding your baby. Learn about feeding strategies, pumping & storing and other common concerns. This class is taught by an International Board Certified Lactation Consultant and includes a full-color companion book.

 Zoom Webinar

 There is a \$50 fee to participate. Class price bundles available.

 Registration closes three (3) days before the day of the class. Class price bundles available. For more information, contact Patti S. Guzmán at guzmanps@montefiorenyack.org or Community Health and Wellness at 845-348-2639. **To register, please click here.**

 Additional Dates: TBA


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES MARCH 2022


12 WEEKEND ACCELERATED LAMAZE CLASS


Saturday, 10:00 AM – 1:00 PM


Sunday, 10:00 AM – 1:00 PM

Virtual, interactive two-day course to learn about the birthing process, comfort measures, partner coaching techniques and hospital experience. This class is taught by a Certified Childbirth Educator and includes a full-color companion book.

 Zoom Webinar

 There is a \$100 fee to participate. Class price bundles available.

 Registration deadline is 3 business days prior to the event. **Register / enroll online here.**

 For more information, contact Patti S. Guzmán at guzmanps@montefiorenyack.org or Community Health and Wellness 845-348-2639.


 Day two of class is Sunday, 3/13


16 INFANT CARE AND NUTRITION


Wednesday, 7:00 PM – 9:00 PM


Virtual, interactive two-hour class to learn the basics of caring for babies up to 12 months old. Learn about holding, diapering, bathing, sleeping, feeding, safety and other common concerns. This class is taught by a Certified Childbirth Educator.

 Zoom Webinar

 There is a \$50 fee to participate. Class price bundles available.

 Registration deadline is 3 business days prior to the event. **Register / enroll online here.**

 For more information, contact Patti S. Guzmán at guzmanps@montefiorenyack.org or Community Health and Wellness at 845-348-2639.

 Additional Dates: TBA

17 JUST FOR MEN

Thursday, Noon – 1:00 PM

In this session, the discussion will center on men's health topics, including Erectile Dysfunction, Prostate malignancies, hair loss and more.

 Zoom Webinar

 Free of charge


 Registration required. **To register, please click here.**


17 TYPE 2 DIABETES SUPPORT GROUP

Thursday, Noon – 1:00 PM


This monthly support group provides a safe space for people with diabetes to come together to share coping strategies, learn from one condition and gain a sense of community. Join on the phone or via Zoom for video.

 Zoom Webinar

 Free of charge

 Registration is NOT required. To join, dial: 845-348-8200 Meeting number: 87690# Attendee Access Code: 751953#

 For more information, email romad@montefiorenyack.org.

 Additional Dates: TBA

19 NEW MOMS CIRCLE VIRTUAL MEET UP!

Saturday, 10:00 AM – 11:30 AM

Parent support group welcoming all who are expecting, have babies, toddlers and/or young children. Join us to connect with others in the community and enjoy open circle discussions and special activities. Meetings occur biweekly, in-person or online in the event of inclement weather.


Topic: "Becoming a New Family"


Description: Join us for an open circle discussion on the realities and challenges of a growing family. Learn practical ways to make transitioning into parenthood smoother and more enjoyable during any Perinatal stage (throughout pregnancy, birth, postpartum years and the early years).

MNH Host Facilitator: Patrícia Soriano Guzmán, BSBA, IBCLC, ICCE, PMH-C, PRaM

 Zoom Webinar Meeting ID: 834 4191 5663 **Click here for Zoom link.**

 Free of charge

 RSVP requested via email at guzmanps@montefiorenyack.org. Registration closes one day before the day of the meeting. RSVP requested by March 18th.


 Additional Dates: 4/2, 4/16, 4/30


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22 INFANT CPR


Tuesday, 1:00 PM – 3:00 PM


Virtual, interactive two-hour class teaches how to perform CPR on babies up to 12 months old. This class is taught by a Certified American Heart Association Instructor.

 Zoom Webinar

 There is a \$50 fee to participate. Class price bundles available.

 Registration deadline is 3 business days prior to the event. **Register / enroll online here.**

 For more information, contact Patti S. Guzmán at guzmanps@montefiorenyack.org or Community Health and Wellness at 845-348-2639.


 Additional Dates: TBA

24 THE FACTS ON MULTIPLE SCLEROSIS

Thursday, Noon – 1:00 PM

Learn how multiple sclerosis affects the central nervous system and how to slow down the progress of this disabling disease.

 Zoom Webinar


 Free of charge


 Registration required. **To register, please click here.**


31 SPRING BACK FROM FALLS

Thursday, Noon – 1:00 PM

Falls are the leading cause of injury in our community and a leading cause of hospitalization. This presentation will provide tips to help prevent falls and information on what to do if you do fall.

 Zoom Webinar

 Free of charge

 Registration required. **To register, please click here.**