

healthy living

A calendar of events and programs to boost the health of our community



Wellness & Prevention Programs and Events



Hypertension: The Silent Killer and the Importance of Treating It

Join Dr. David Wild, a board-certified cardiologist and the Director of Echocardiography and Cardiac Rehabilitation at Holy Name, for a special, focused session as part of our *Soul Purpose. Healthy Heart.* Cardiac Support Group. Learn about hypertension — often called the “silent killer” — its risks, and why early detection and treatment are essential. Dr. Wild will provide practical guidance on managing high blood pressure and steps you can take to protect your heart health.

WHEN: Friday, May 1, 12-1 pm | Virtual

SPEAKER: Dr. David Wild
Director of Echocardiography and Cardiac Rehabilitation

Living with Hip or Knee Pain? Know Your Options

Learn about treatment options for hip and knee pain from Dr. Dennis Pfisterer, Jr., Chief of Orthopedics at Holy Name. We'll discuss when surgery may be appropriate and what patients can expect from today's joint replacement procedures, which are designed for faster recovery and improved mobility.

WHEN: Wednesday, May 6, 6-7 pm | Virtual

SPEAKER: Dr. Dennis Pfisterer, Jr., *Chief of Orthopedics*

The Great Transition: Navigating Perimenopause

Join us for an evidence-based discussion on perimenopause, the “second puberty.” Learn what's normal, what's not, and strategies to help you reclaim your energy, mood, and health.

WHEN: Wednesday, May 13, 6-7 pm | Virtual

SPEAKER: Dr. Shonda Corbett, *OB/GYN*

The Age of Anxiety

Feeling overwhelmed? Join us for an interactive session focused on moving from fear to mindfully observing it. Learn techniques that are helpful for reducing stress and managing anxiety. This event is brought to you in partnership with the Fort Lee Health Department.

WHEN: Wednesday, May 20, 6-7 pm | Virtual

SPEAKER: Dr. Gautam Bhasin, *VP, Behavioral Sciences*

Heart Disease: What Women Need to Know

Many women experience chest discomfort or heart symptoms but are told their tests are normal. New research suggests that women may develop heart disease differently than men, often with smaller amounts of plaque that traditional tests may not detect. Learn how heart disease presents in women, why early detection matters, and how advanced imaging technologies are helping doctors identify risk sooner and personalize prevention strategies.

WHEN: Thursday, May 21, 6-7 pm | Virtual

SPEAKER: Dr. Jaffar Raza, *Interventional Cardiologist*



Healing After Pregnancy and Infant Loss

Join us for a supportive discussion focused on grief, healing, and available resources following pregnancy or infant loss. This session provides practical guidance and reassurance for families navigating loss and those supporting them.

WHEN: Wednesday, June 10, 6-7 pm | Virtual

SPEAKER: Julie Lazar-Reskakis, B.S., M.S.
Certified Perinatal Bereavement Specialist

Creating an Effective Outdoor Exercise Program

Summer is a great time to exercise outdoors. This program will help you create an outdoor exercise program that includes the important areas of fitness: strength, flexibility, cardiovascular fitness, & balance.

WHEN: Wednesday, June 17, 6-7 pm | Virtual

SPEAKER: Diana Singer, MSPT
Physical Therapist, HNMC Outpatient Rehabilitation

Hernias 101: What You Need to Know

Surgeon Dr. Melanie Howell will discuss hernias: why they happen, how to recognize the signs, and the latest treatment options.

WHEN: Wednesday, June 24, 6-7 pm | Virtual

SPEAKER: Dr. Melanie H. Howell
Bariatric and Minimally Invasive Surgeon

Let's Talk About Gestational Diabetes

Gestational diabetes is a type of diabetes that can develop during pregnancy in women who don't already have diabetes. Every year, it affects about 9% of pregnancies in the United States. Join us to learn more about the importance of gestational diabetes management with one of our Certified Diabetes Care and Education Specialists.

WHEN: Wednesday, July 8, 5-6 pm | Virtual

SPEAKER: Oksana Yakoff, BSN, RN, CDCES, *Diabetes Center*

Caring for Your Baby at Home: Development & Feeding Support

Holy Name's NICU & pediatric physical and speech therapists will help you understand and confidently manage your baby's first days and months while promoting bonding and healthy development. This community outreach presentation supports parents caring for infants and preemies at home. Topics include positioning, gentle range of motion, safe handling to encourage gross motor development, prevention of head preference, sensory regulation, understanding typical milestones, and feeding guidance such as cue-based feeding, bottle selection and sizing, and transitioning from bottle feeding. This event is brought to you in partnership with the Fort Lee Public Library.

WHEN: Wednesday, August 12, 6-7 pm | Virtual

SPEAKERS: Holy Name speech and physical therapists



All events are virtual unless indicated otherwise. To register, visit holyname.org/events or call 201-833-3336.

Find Us in the Community

A Day of Wellness

Join the Healthy Minds and Healthy Bodies task force partners of the Bergen County CHIP as we come together to offer the community a day of wellness activities, education, resources, and fun!

WHEN: Saturday, May 2, 11 am-1 pm

WHERE: Saddle River County Park

Elmwood Park Cancer Prevention and Wellness Event

WHEN: Saturday, June 6, 10 am-2 pm

WHERE: 500 Mola Blvd., Elmwood Park

Carlstadt Street Fair

WHEN: Saturday, June 6, 12-5 pm

WHERE: Hackensack Street, Carlstadt

Head-to-Toe Health Fair

WHEN: Saturday, July 25, 10 am-2 pm

WHERE: Gospel Tabernacle Church, 5029 Kennedy Blvd., North Bergen

National Night Out in Carlstadt

WHEN: Tuesday, August 4, 6-9 pm

WHERE: Carlstadt Public School, 550 Washington St., Carlstadt



MEL is Coming to a Neighborhood Near You

Holy Name specialists are staffing the Mobile Education Lab (MEL) to bring health information into the community and encourage people to take simple steps to live healthier lives.

Join us as we station MEL in different locations to provide health education, information, resources, and more. Holy Name is proud to partner with community groups at the following event:

MEL at National Night Out

WHERE: Votee Park, Teaneck

WHEN: Tuesday, August 4, 5-8 pm



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Take Control of Your Diabetes

Holy Name Diabetes Center

Embark on a journey to wellness with help from Holy Name's Diabetes Center, accredited by the American Diabetes Association. Our experts are here to provide guidance and personalized support. Whether you're dealing with prediabetes, type 1, type 2, or gestational diabetes, join us in taking proactive steps toward a healthier and more vibrant life.

You Don't Have to Manage Diabetes Alone

Managing diabetes can be challenging, but you don't have to do it alone. Holy Name's Diabetes Center is here to support you every step of the way. Our Certified Diabetes Care and Education Specialists (CDCES) are committed to helping you gain confidence in managing your blood sugar and overall well-being.

Our comprehensive services include:

- Individual and group Diabetes Self-Management Education and Support (DSMES)
- Meal planning and food label-reading support
- Continuous glucose monitor (CGM) training
- Medication and insulin support and teaching
- Weight management and exercise goal-setting
- Comprehensive gestational diabetes education, with meal planning

Diabetes education and supplies are covered by Medicare and most private insurances. We speak English, Spanish, Korean, and Russian.

Our goal is to make diabetes care as convenient and accessible as possible. We offer flexible appointments at our Teaneck location. Please call us at 201-833-3371 to learn more or to schedule an appointment.

Diabetes Support Forum

Thursday, May 7, 1-2 pm

Thursday, June 4, 1-2 pm

Thursday, July 2, 1-2 pm

Thursday, August 6, 1-2 pm

Soul Purpose. Healthy Heart. Cardiac Support Group

Connect with others managing congestive heart failure (CHF) and other cardiac conditions in a supportive environment led by healthcare professionals.

Friday, May 1, 12-1 pm

Friday, June 5, 12-1 pm

Friday, August 7, 12-1 pm

Weight Loss Support Group

Join us for an inspiring and informative session led by Holy Name specialists. We'll discuss exercise myths, the roles of strength training and cardio, high-protein diets, meal prep strategies, and the impact of mental health and mindfulness on weight management and wellness. Whether you're just starting out, working to maintain progress, or adjusting after weight loss surgery, this group is designed to support and empower you. You'll find encouragement, answers to your questions, and motivation to take the next step. Everyone is welcome!

Thursday, May 14, 5:30-6:30 pm

Thursday, June 11, 5:30-6:30 pm

Thursday, July 9, 5:30-6:30 pm

Thursday, August 13, 5:30-6:30 pm

All events are virtual unless indicated otherwise. To register, visit holyname.org/events or call 201-833-3336.

Childbirth and Parenting

Holy Name's BirthPlace offers state-of-the-art, family-centered maternity care in a safe, comfortable environment. Our Level III Neonatal Intensive Care Unit (NICU) provides highly specialized, around-the-clock care for our most vulnerable young patients. All parenting, birthing, and childcare classes are available to everyone at no cost.

The Journey of Pregnancy to Newborn Care

Learn what to expect from all phases of pregnancy, the delivery process, and the transition to caring for your new family member.

Parent Support Group

Come join other parents for a monthly conversation about parenthood.

Breastfeeding Preparation

Breastfeeding is natural but it doesn't always come naturally. Make it easier by learning how lactation works, how to position yourself and the baby, signs of a successful latch, hunger and satiety cues, and how to use your breast pump.

Breastfeeding Preparation (Spanish)

La lactancia materna puede ser difícil. Hágalo más fácil aprendiendo cómo amamantar, con instrucciones sobre posicionamiento, mamando y cómo saber cuándo su bebé está recibiendo suficiente leche.

Infant and Child CPR

This video-based course from the American Heart Association teaches infant, child, and adult CPR, as well as defibrillator use and how to relieve choking. For information, call **201-833-3010** or visit holynamectc.enrollware.com/schedule.

Please visit holyname.org/birthplace for dates of upcoming classes and to register.



ESPECIALLY FOR SENIORS

AARP Smart Driver Course

The AARP Smart Driver Course teaches defensive driving skills and provides a valuable refresher for the rules of the road. Learn proven safety strategies and tips for adapting driving practices as you age. This course may earn you a discount on your automobile insurance; check with your auto insurance agent for details.

Space is limited. For location, registration, and more information please call the Center for Healthy Living at 201-833-3336.

WHEN: Friday, May 29, 9 am-4 pm | **SPEAKER:** AARP Driver Safety Volunteer



All events are virtual unless indicated otherwise. To register, visit holyname.org/events or call 201-833-3336.

Free Cancer Support Programs at Holy Name's Cancer Center

Holy Name offers FREE cancer support programs for anyone impacted by cancer — including patients, survivors, caregivers, and family members. Programs are offered in person and virtually, with both daytime and evening options available.

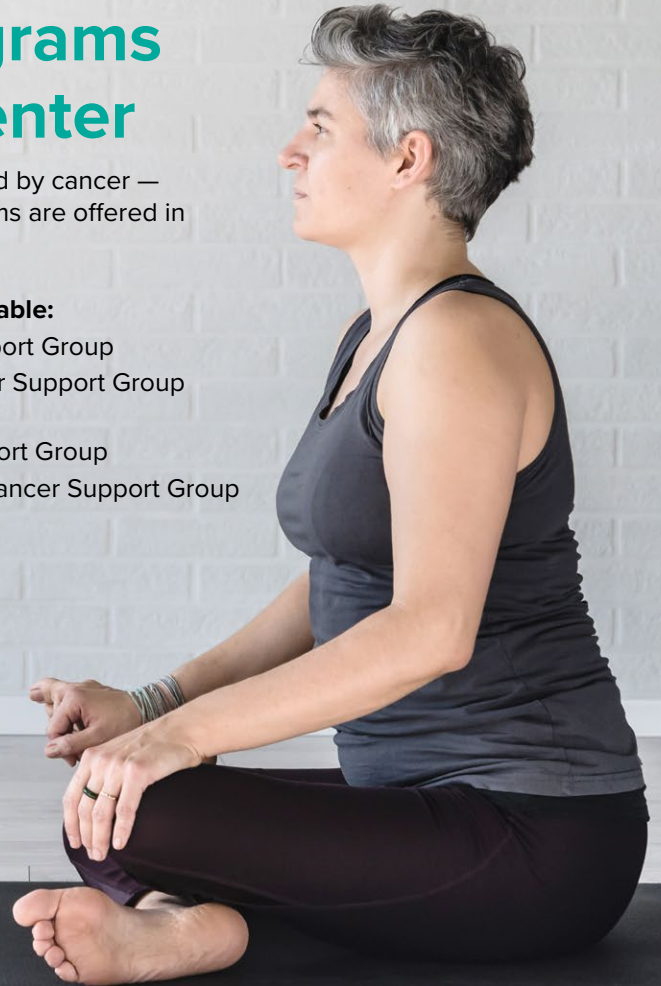
Our programs include:

- Educational presentations and wellness talks
- Fitness classes for all ability levels
- Healthy cooking demos
- Art and creative expression classes
- Meditation sessions
- Yoga and chair yoga classes

Support groups available:

- Breast Cancer Support Group
- Gynecologic Cancer Support Group (in person)
- Men's Cancer Support Group
- Korean-Speaking Cancer Support Group

To register for programs or support groups, please visit holyname.org/cancersupport



Creamer Family Physical Rehabilitation Center

Physical, Occupational, and Speech Therapy

Rehabilitation is a vital part of recovery. Holy Name's Physical Rehabilitation Center can help you improve strength, flexibility, range of motion, and endurance. Rehabilitation services are available to everyone at two state-of-the-art facilities in Teaneck and Oradell, regardless of where you had surgery. Sessions are by appointment, with convenient hours including nights and weekends. We are in-network with most insurances. Services require a physician's referral.

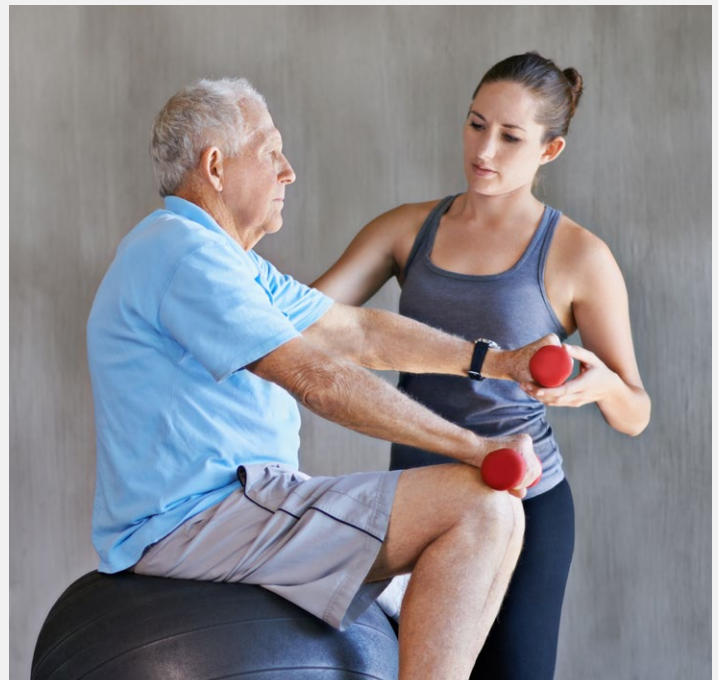
To learn more, go to holyname.org/physicaltherapy

Teaneck location:

718 Teaneck Rd.
Teaneck, NJ 07666
201-833-3085

Oradell location:

514 Kinderkamack Rd.
Oradell, NJ 07649
201-265-1076



The Russell Berrie Institute for Simulation Learning



The Institute for Simulation Learning offers a wide range of courses and certifications, including CPR, AED use, First Aid, Basic Life Support, Advanced Cardiac Life Support, and Pediatric Advanced Life Support. Courses can be provided at Holy Name or as a group training at a location of your choice.

For more information, visit holynamectc.enrollware.com/schedule.



Family & Friends CPR

The Family & Friends CPR course is for people who want to learn CPR but do not need to be certified for a job. This course is ideal for community groups, new parents, grandparents, and babysitters. The Family & Friends CPR Course teaches the lifesaving skills of adult hands-only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and how to clear blocked airways. Skills are taught in a dynamic group environment using the American Heart Association's research-proven "practice-while-watching" technique, which provides students with the most hands-on CPR practice time possible. For more information, visit holynamectc.enrollware.com/schedule.

Safe Sitter®

Safe Sitter® teaches children ages 11-14 how to properly care for younger children. The comprehensive program also teaches life and business skills, preparing young babysitters through fun activities and role-playing exercises. For more information, visit www.simulationlearning.org/safe-sitter.asp.

Insurance Counseling

Holy Name provides free, unbiased assistance from certified insurance counselors to help you fully understand your health insurance options. To make an appointment, call **201-379-5725** or email insurance@holyname.org.

Weight Loss Surgery Seminar

If you are considering weight loss surgery, join us for our next virtual educational seminar led by **Dr. Omar Bellorin-Marin, MD, FACS, FASMBS**, Medical Director of Bariatric Surgery at Holy Name. Topics will include an introduction to Holy Name's Bariatric Program and members of our care team, what to expect if you choose to move forward with weight loss surgery, and a Q&A session. For more information, please call **201-833-3444**.

Support Groups

If you are facing a serious illness, a major life change, or significant stress, you don't have to face it alone. Holy Name support groups are here to help.

Cancer Support

David J. Igel, CTRS

Program Coordinator, Cancer Support Community at Holy Name Medical Center
718 Teaneck Road | Teaneck, NJ
07666 201-227-6035

Diabetes Center Support Group

Hilda Hernandez-Sepulveda, BSN, RN, CDCES

201-833-3371

hhernandez-sepulveda@holyname.org

Stroke Support

Marissa Siegel, MSN, RN-BC, SCRN

201-833-7053

mbrown@holyname.org

To register, visit holyname.org/events.

Bereavement Counselors

Patricia McLaughlin, MSW, LSW

Donna Rasulo, MSW, LSW

Our bereavement counselors provide tools and guidance to help you manage your grief. Support groups and monthly workshops are available as well. To register, call us at **201-833-3000, ext. 7580**.

Holy Name Home Care

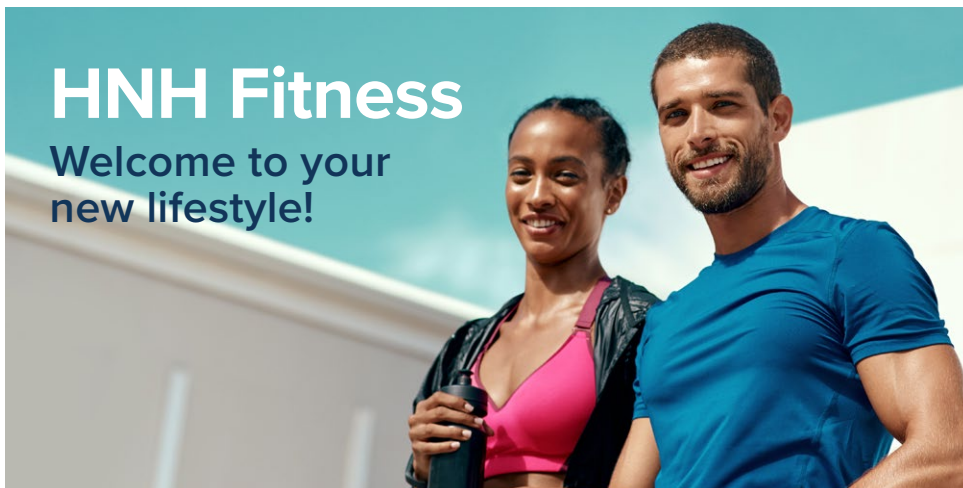
Holy Name Home Care provides registered nurses on call 24 hours a day to help patients recuperating in their own homes after leaving the hospital, a rehab facility, or a recent visit with their provider. Home care professionals offer nursing care; physical, occupational, and speech therapies; nutrition support; and social work services. For further information, call **201-833-3740**.



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Summer 2026



HNH Fitness

Welcome to your new lifestyle!

Start your journey in our state-of-the-art health and wellness center. We provide individual medical, fitness, nutrition, and sleep services as well as expert-guided programs tailored to your unique needs. Enjoy personal training, Pilates, spin class, saunas, massage therapy, and so much more on your path to the new you!

For more information, call 201-262-4626 or visit hnhfitness.com.



Be a hero: Donate blood!

Holy Name blood drives are held throughout the year in partnership with the New Jersey Blood Services Division of New York Blood Center. Donating is fast, easy, and saves lives.

For more information, please visit nybc.org/donate or call 800-933-2566.