

### Cancer Services

**Oncology Bridge Program**  
 Inspira Medical Center Elmer / For information call: (856) 363-1514

**Scarpa Cancer Center**  
 Inspira Frank and Edith Scarpa Regional Cancer Pavilion  
 For information call: (856) 641-7974

**Women's Cancer Support Group**  
 Tuesday, June 28, 2016 / 6-8pm  
 Inspira Frank and Edith Scarpa Regional Cancer Pavilion  
 2<sup>nd</sup> Surgical Conference Room / For information call: (856) 641-8673

**Also:**  
 Wednesday, June 29, 2016 / 4pm-5pm  
 Inspira Medical Center Woodbury / Inspira Medical Arts Bldg., Suite 14  
 52 W. Red Bank, Woodbury, NJ 08096  
 For information call Karen Freeman at (609) 828-4591

**Prostate Cancer Support Group**  
 Wednesday, June 22, 2016 / 7-9pm  
 Inspira Fitness Connection Vineland  
 Family and friends are welcome – There is no charge!  
 For information call: (856) 641-8674

**"Men & Women's Free Cancer Screening"**  
**Breast, Cervical, Prostate, Colorectal**  
 For uninsured individuals, ages 40-64.  
 Inspira Frank and Edith Scarpa Regional Cancer Pavilion  
 For information & to make an appointment, call: (856) 641-8686

**Thyroid Cancer Support Group**  
 Saturday, June 18, 2016 / 11am-12:30pm  
 Inspira Fitness Connection Vineland / For information call: (856) 641-8670

**Cancer Resource Center**  
 Open to the Public-Free / Inspira Medical Center Elmer  
 Open Daily: 8:00am-6:00pm  
 Ground floor in the Breast Cancer Bridge Program Office  
 No Appointment Necessary

\*\*\*\*\*

**"Look Good...Feel Better": FREE Program**  
 Next class will be held in July!  
 Inspira Frank and Edith Scarpa Regional Cancer Pavilion  
 For information & registration, please call the  
 American Cancer Society @ 1-800-ACS-2345

### Diabetes Programs

**Diabetes Support Group**  
 Wednesday, June 1, 2016 / 2-3pm  
 Inspira Medical Center Vineland / For information call: (856) 641-7535

**Also:**  
 Thursday, June 23, 2016 / 6:45-8:30pm  
 Inspira Medical Center Woodbury / For information call (856) 853-2141

**"Understanding Diabetes" – FREE Classes**  
 Wednesdays, June 8 & 22, 2016 / 12-1pm  
 Must register!  
 Inspira Medical Center Vineland / Please call: (856) 641-7535

**Also:**  
 Thursdays, June 2 & 16, 2016 / 12-1pm  
 Must Register!  
 Inspira Medical Center Elmer / Please call: (856) 641-7535

**"Diabetes and Pregnancy"\***  
 Call for dates and times / Must register!  
 Inspira Medical Center Vineland / Please call: (856) 641-7535

**Diabetes Self-Management Program\***  
 Must register!  
 Inspira Medical Center Woodbury / For information call (856) 853-2141

### Healthy Living

**PREP\***  
 (Physician Referred Exercise Program)  
 Inspira Fitness Connection Vineland / For information call: (856) 696-3924

**PIT\***  
 (Performance Improvement Training)  
 Coaching life skills and athletic development for kids.  
 Inspira Fitness Connection Vineland / For information call: (856) 696-3924

**Senior Class\***  
 Friday, June 17, 2016 / 12pm  
 Enjoy lunch and educational presentations.  
 Inspira Fitness Connection Bridgeton / For registration call: (856) 575-4214

**S.T.E.P.S. for Kids: A Family-focused Childhood Weight Management Program: FREE**  
 Open to children ages 8-12 and their parents.  
 Classes available in Vineland and Bridgeton  
 For registration call Garden AHEC at: (856) 507-8565 or 507-8568  
 Visit online at: [www.sjhsteps.com](http://www.sjhsteps.com)

**Pediatric Weight Management Program\***  
 Open to children ages 6-11 and their parents.  
 Inspira Medical Center Woodbury / For information call (856) 853-2141

**ACLS: Initial Two Day Course\***  
 Next class will be held in July!  
 Inspira Medical Center Vineland / For information call: (856) 641-7535

**ACLS: Recertification\***  
 Thursday, June 9, 2016 / 9am-4pm  
 Monday, June 27, 2016 / 5pm-finish  
 Inspira Medical Center Vineland / For information call: (856) 641-7535

**Community CPR\***  
 Inspira Fitness Connection Vineland / For information call: (856) 696-3924

**For information on CPR Courses such as:  
 Heartsaver (CPR) or Healthcare Provider CPR\***  
 Please contact the Inspira Medical Center Vineland CPR Office at: (856) 641-7535

\*\*\*\*\*

**Healthcare Provider CPR Initial Course\***  
 Saturday, June 11, 2015 / 9am-3pm  
 Tuesday, June 14, 2016 / 6-10:30pm  
 Wednesday, June 15, 2016 / 6-10:30pm  
 Saturday, June 25, 2016 / 9am-3pm  
 Inspira Medical Center Vineland / For information call: (856) 641-7535

\*\*\*\*\*

**Healthcare Provider CPR Renewal\***  
 Thursday, June 9, 2016 / 6-10:30pm  
 Tuesday, June 14, 2016 / 8-11:30am  
 Thursday, June 16, 2016 / 6-10:30pm  
 Thursday, June 23, 2016 / 6-10:30pm  
 Tuesday, June 28, 2016 / 8-11:30am  
 Thursday, June 30, 2016 / 6-10:30pm  
 Inspira Medical Center Vineland / For information call: (856) 641-7535

\*\*\*\*\*

**Healthcare Provider CPR Initial\***  
 Next class will be held in August!  
 Inspira Medical Center Elmer / For information call: (856) 641-7535

\*\*\*\*\*

**Healthcare Provider CPR Renewal\***  
 Thursday, June 2, 2016 / 6-10pm  
 Tuesday, June 21, 2016 / 6-10pm  
 Inspira Medical Center Elmer / For information call: (856) 641-7535

**PALS: Initial Two Day Course\***  
 June 16 & 17, 2016 / 9am-4pm  
 Inspira Medical Center Vineland / For information call: (856) 641-7535

**PALS Recertification\***  
 Monday, June 13, 2016 / 5pm-finish  
 Inspira Medical Center Vineland / For information call: (856) 641-7535

**Tai Chi\***  
 Inspira Fitness Connection Vineland / For registration call: (856) 696-3924

**Yoga\***  
 Inspira Fitness Connection Vineland / For registration call: (856) 696-3924

### Maternal/Child Health

**NEW ARRIVALS PREPARED CHILDBIRTH EDUCATION**

**Breastfeeding Class\***  
 Wednesday, June 8, 2016 / 7-9pm  
 Inspira Medical Center Vineland / For information call: (856) 641-7535

**Childbirth Education Class\*  
 One day class**  
 Saturday, June 18, 2016 / 9am-5pm  
 Inspira Medical Center Vineland / For information call: (856) 641-7535

**Childbirth Refresher Class\***  
 For information or appointment, call: (856) 641-7535

**Newborn/Grandparent Class\***  
 Next class will be held in July!  
 Inspira Medical Center Vineland / For information call: (856) 641-7535

**NEW! - eClass Online Childbirth Class\***  
 Available online at your own convenience!  
 For information call: (856) 641-7535

**Yoga Mommies\***  
 6 week class  
 Sunday Mornings / 11:30am-12:45pm  
 Inspira Fitness Connection Vineland / For information call: (856) 696-3924

**MOTHER / BABY SUPPORT OFFERINGS**

**Baby Talk Tuesdays – FREE**  
 Join us for discussion on parenting issues,  
 for moms with babies and tots to 3 yrs. of age.  
 Every Tuesday / 1-2:30pm  
 Inspira Fitness Connection Vineland / Aerobic Room II  
 For information call: (856) 641-7535

**Back to Work and Breastfeeding - FREE**  
 Tuesday, June 7, 2016 / 1-2:30pm  
 Inspira Fitness Connection Vineland / Aerobic Room  
 For more information and to register, call: (856) 641-7535

**Maternity Tours – FREE**  
 To register for your free tour, call:  
 1-800-INSPIRA (467-7472)

### Weight Management

**Nutrition Counseling for Weight Loss\***  
 Physician's prescription required  
 Inspira Medical Center Vineland  
 For information call (856) 575-4887 to schedule an appointment

**Or**  
 Inspira Medical Center Woodbury  
 For information call (856) 853-2141

**BetterFit Weight Loss Program\***  
 12-week program  
 Includes Certified Personal Trainer & Registered Dietitian.  
 Inspira Fitness Connection Vineland  
 For more information or to enroll call: (856) 696-3924

### Support Groups

**Alcoholics Anonymous (AA)** ..... 1-800-322-5525  
 Saturdays 7:30pm Inspira Health Center Bridgeton  
 Sundays 11am Inspira Medical Center Elmer

**Alzheimer's Family Caregiver Support Groups**  
 Monday, June 27, 2016 / 7-8:30pm  
 Friends' Home, Woodstown, NJ  
 For information call ..... 1-800-272-3900 or 856-823-0242

**Also:**  
 Monday, June 20, 2016 / 7:30pm  
 Inspira Medical Center Woodbury, Suite 14  
 For information call .....(856) 853-2114

**Heart & Lung Support Group**  
 Inspira Medical Center Vineland  
 Must register!  
 For more information call ..... (856) 641-7748

**Bariatric (Weight Loss) Surgery Information / Support Groups:**..... (856) 641-8398  
 Groups meet on Wednesday evenings as follows:

➤ **Bariatric (Sleeve Gastrectomy/ Gastric Bypass) Information Group**  
 Wednesday, June 15, 2016 / 7-8:30pm  
 Inspira Fitness Connection Vineland  
 Must register by calling (888) 661-8017!  
**Also:**  
 Wednesday, June 22, 2016 / 7-8:30pm  
 Inspira Fitness Connection Vineland  
 Must register by calling (888) 661-8017!

➤ **New Beginnings Support Group**  
 (First 12 months after weight loss surgery)  
 Wednesday, June 1, 2016 / 7-8pm  
 Inspira Fitness Connection Vineland  
 For more information call (856) 641-8398

➤ **Graduate Support Group**  
 (1 year to 5 years after weight loss surgery)  
 Wednesday, June 8, 2016 / 7-8pm  
 Inspira Fitness Connection Vineland  
 For more information call (856) 641-8398

### Grief Support

**Inspira Home Care and Hospice: Grief / Loss / Bereavement Programs and Services**

**Helping Hands**  
 Parents and families suffering the loss of a baby from miscarriage, stillbirth, SIDS or early infant death.  
 For information call: (856) 207-0257 or (856) 641-7509

**Hospice Volunteer Training**  
 Call: (856) 213-9869 for information regarding volunteer service and/or training.