

Cancer Services	Healthy Living		Maternal/Child Health	Support Groups
<p>Oncology Bridge Program Inspira Medical Center Elmer For information call: (856) 363-1514</p> <p>Scarpa Cancer Center Inspira Frank and Edith Scarpa Regional Cancer Pavilion For information call: (856) 641-7974</p> <p>Women's Cancer Support Group Tuesday, May 30, 2017 / 6pm-8pm Inspira Medical Center Vineland / 2nd Floor Conference Room For information call: (856) 641-8673</p> <p>Also: Wednesday, May 31, 2017 / 4pm-5pm Inspira Medical Arts Bldg., Suite 14 52 W. Red Bank, Woodbury, NJ 08096 For information call Karen Freeman at (609) 828-4591</p> <p>Prostate Cancer Support Group Wednesday, May 24, 2017 / 7pm-9pm Inspira Fitness Connection Vineland Family and friends are welcome – There is no charge! For information call: (856) 641-8674</p> <p>"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</p> <p>"Look Good...Feel Better": FREE Program Wednesday, May 17, 2017 / 7pm Inspira Fitness Connection Vineland For information & registration contact: www.lookgoodfeelbetter.org or call the American Cancer Society @ 1-800-395-LOOK</p>	<p>PREP* (Physician Referred Exercise Program) Inspira Fitness Connection Vineland For information call: (856) 696-3924</p> <p>PIT* (Performance Improvement Training) Coaching life skills and athletic development for kids. Inspira Fitness Connection Vineland For information call: (856) 696-3924</p> <p>Senior Class* Next class will be offered in June! Enjoy lunch and educational presentations. Inspira Fitness Connection Bridgeton For registration call: (856) 575-4214</p> <p>S.T.E.P.S. for Kids: FREE Weight Management Program: Open to children and their caregivers/parents Classes and workshops available in Cumberland, Gloucester and Salem Counties For registration call: 856-507-8592 Email: stepsforkids@ihn.org or Visit us online: www.healthystepsforkids.org</p> <p>Pediatric Weight Management Program* Open to children ages 6-11 and their parents. Inspira Medical Center Woodbury For information call (856) 853-2141</p> <p>ACLS: Initial Two Day Course* May 4 & 5, 2017 / 9am-4pm Inspira Medical Center Vineland For information call: (856) 641-7535</p> <p>ACLS: Recertification* Thursday, May 11, 2017 / 9am-4pm Thursday, May 25, 2017 / 5pm-finish Inspira Medical Center Vineland For information call: (856) 641-7535</p>	<p>PALS: Initial Two Day Course* Next class will be offered in June! Inspira Medical Center Vineland For information call: (856) 641-7535</p> <p>PALS Recertification* Thursday, May 18, 2017 / 9am-4pm Inspira Medical Center Vineland For information call: (856) 641-7535</p> <p>Healthcare Provider CPR Class* Wednesday, May 10, 2017 / 1pm-5pm Inspira Medical Center Bridgeton For information call: (856) 641-7535</p> <p>Healthcare Provider CPR Class* Tuesday, May 9, 2017 / 8am-12pm Tuesday, May 23, 2017 / 6pm-finish Inspira Medical Center Elmer For information call: (856) 641-7535</p> <p>Healthcare Provider CPR Initial* Tuesday, May 9, 2017 / 6pm-finish Saturday, May 13, 2017 / 9am-3pm Wednesday, May 17, 2017 / 6pm-finish Saturday, May 27, 2017 / 9am-3pm Inspira Medical Center Vineland For information call: (856) 641-7535</p> <p>Healthcare Provider CPR Renewal* Tuesday, May 2, 2017 / 8am-11:30am Thursday, May 4, 2017 / 6pm-finish Thursday, May 11, 2017 / 6pm-finish Tuesday, May 16, 2017 / 8am-11:30am Thursday, May 18, 2017 / 6pm-finish Tuesday, May 30, 2017 / 8am-11:30am Inspira Medical Center Vineland For information call: (856) 641-7535</p> <p>Yoga* Inspira Fitness Connection Vineland Tuesday evenings / 6:30pm For registration call: (856) 696-3924</p>	<p><u>NEW ARRIVALS PREPARED</u> <u>CHILDBIRTH EDUCATION</u></p> <p>Breastfeeding Class* Wednesday, May 10, 2017 / 7pm-9pm Inspira Medical Center Vineland Must register by calling 1-800-INSPIRA Or email: accesscenter@ihn.org</p> <p>Childbirth Education Class* (Childbirth/Breastfeeding/Newborn) Saturday, May 20, 2017 / 9am-4:30pm Inspira Medical Center Vineland Must register by calling 1-800-INSPIRA Or email: accesscenter@ihn.org</p> <p>eClass Online Childbirth Class* Available online at your own convenience! For information call: (856) 641-7535</p> <p><u>MOTHER / BABY SUPPORT OFFERINGS</u></p> <p>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</p> <p>Maternity Tours – FREE Must register for your free tour by calling 1-800-INSPIRA Or email: accesscenter@ihn.org</p>	<p>Alzheimer's Family Caregiver Support Groups Monday, May 22, 2017 / 7pm-8:30pm Friends' Home, Woodstown, NJ For information call: 1-800-272-3900 or 856-823-0242</p> <p>Also: Monday, May 15, 2017 / 7:00pm (free parking) Inspira Medical Center Woodbury, Suite 14 For information call: (856) 845-0100, Ext: 45510 or 45501</p> <p>Ostomy Support Group Wednesday, May 24, 2017 / 6:00pm-7:30pm Inspira Medical Center Vineland 2nd Floor Conference Room For information call Kathy Pflieger at (856) 845-0100</p> <p>Also: Wednesday, May 17, 2017 / 6:00pm-7:30pm Inspira Medical Center Woodbury, Suite 14 For information call Kathy Pflieger at (856) 845-0100</p> <p>Heart & Lung Support Group Inspira Medical Center Vineland Must register! For more information call: (856) 641-7748</p> <p><u>BARIATRIC (WEIGHT LOSS) SURGERY INFORMATION / SUPPORT GROUPS</u> Inspira Fitness Connection Vineland Must register by calling 1-800-INSPIRA</p> <p>Bariatric (Sleeve Gastrectomy/ Gastric Bypass) Information Group Wednesday, May 17, 2017 / 7pm-8:30pm Also: Wednesday, May 24, 2017 / 7pm-8:30pm</p> <p>Bariatric Pre-Surgical Class Thursday, May 4, 2017 / 1:30pm Also: Thursday, May 18, 2017 / 1:30pm</p> <p>New Beginnings Support Group (First 12 months after weight loss surgery) Wednesday, May 3, 2017 / 7pm-8:30pm For more information call (856) 641-8398</p>
<p>Weight Management</p> <p>Nutrition Counseling for Weight Loss* Physician's prescription required Inspira Medical Center Vineland OR Inspira Medical Center Woodbury 1-800-INSPIRA to schedule an appointment</p> <p>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</p>	<p>Diabetes Programs</p> <p>Diabetes Support Group Wednesday, May 3, 2017 / 2pm-3pm Inspira Medical Center Vineland For information call: (856) 641-7535</p> <p>Also: Thursday, May 25, 2017 / 6:45-8:30pm Inspira Medical Center Woodbury For information call (856) 853-2141</p> <p>"Understanding Diabetes" – FREE Classes Wednesdays, May 10 & 24, 2017 / 12pm-1pm Inspira Medical Center Vineland Must register! Please call: (856) 641-7535</p> <p>Also: Thursdays, May 4 & 18, 2017 / 12pm-1pm Inspira Medical Center Elmer Must Register! Please call: (856) 641-7535</p>		<p>Grief Support</p> <p>BAYADA at Inspira Hospice Bereavement Support Groups For more information and additional dates call (856) 845-8220 or contact Wenda Young at wyoung@bayada.com</p> <p>Hospice Volunteer Training Call: (856) 845-8220 for information regarding volunteer service and/or training.</p> <p>"Diabetes and Pregnancy" Call for dates and times Inspira Medical Center Vineland Must register! Please call (856) 641-7535</p> <p>Diabetes Self-Management Program* Inspira Medical Center Woodbury Must register! Please call (856) 853-2141</p>	<p>Graduate Support Group (1 year to 5 years after weight loss surgery) Wednesday, May 10, 2017 / 7pm-8pm For more information call (856) 641-8398</p>