


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES FEBRUARY 2022

3 THE FACTS ON MENOPAUSE

Thursday, Noon – 1:00 PM

Menopause affects every woman differently. This discussion will highlight perimenopause and menopause and provide insights on the changes happening in your body as you go through the menopausal transition.

 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

“Balancing Priorities for a Growing Family and Financial Goals”, with special guest, Erica Pearce, Financial Service Professional, Insurance Agent for New York Life Insurance Co., and Local Mom.

Join us to learn more about adjusting to family budget changes and financial needs throughout life. Erica provides holistic financial guidance with services in setting goals at every age and stage. Shifting household dynamics, such as adding to your family and the current socio-economic environment, are factored into planning. With changing income and family size, whether working towards better budgeting now or planning ahead for life insurance, college funding, retirement, disability and long-term care, a few small changes made today can have a major positive impact on your future.

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

 Free of charge


 RSVP requested, please contact the host facilitator, Patti Soriano Guzmán, BSBA, IBCLC, ICCE, PMH-C, Department of Prenatal Services / Maternal Child Health, at guzmanps@montefiorenyack.org. Registration closes one day before the day of the meeting. RSVP requested by February 4th.


 Additional Dates: 2/19, 3/5, 3/19

10 COOKING ON THE FLY

Thursday, Noon – 1:00 PM

A registered dietitian will show participants how to save time, money and calories by using a few simple ingredients to make healthy, nutritious meals bursting with flavor.

 Zoom Webinar

 Free of charge


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


10 BREASTFEEDING BASICS

Thursday, 7:00 PM – 9:00 PM

Virtual, interactive two-hour class to prepare for breastfeeding your baby. Learn about feeding strategies, pumping and 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: 3/12


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES FEBRUARY 2022


15 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: 3/22

17 TALKING HEART-TO-HEART

Thursday, Noon – 1:00 PM

According to the CDC, someone has a heart attack every 40 seconds. Lifestyle, age and family history can increase your risk for heart disease and heart attack. Some risk factors cannot be controlled, such as your age or family history, but you can take steps to lower your risk by changing the factors you can control. In this chat, learn ways to control your risk factors and prevent heart disease.

 Chat via Zoom


 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: 2/17

19 NEW MOMS CIRCLE VIRTUAL MEET UP!

Saturday, 10:00 AM – 11:30 AM


“Becoming a New Family”


Join Patricia Soriano Guzmán, BSBA, IBCLC, ICCE, PMH-C 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).

Patti is a certified Allied Healthcare Professional with advanced training in perinatal preparation, education, and mood/anxiety concerns. She oversees outpatient clinical lactation, childbirth education programming, social support groups and other perinatal-related events on behalf of Montefiore Nyack Hospital. Patti is committed to providing family-centered maternal care, empowering parents through education, and guiding families further as they grow.

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

 Free of charge

 RSVP requested, please contact the host facilitator, Patti Soriano Guzmán, BSBA, IBCLC, ICCE, PMH-C, Department of Prenatal Services / Maternal Child Health, at guzmanps@montefiorenyack.org. Registration closes one day before the day of the meeting. RSVP requested by February 18th.


 Additional Dates: 3/5, 3/19


MONTEFIORE NYACK HOSPITAL SUPPORT GROUPS AND CLASSES **FEBRUARY 2022**


23 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: 3/16

24 THE FACTS ON EATING DISORDERS

Thursday, Noon – 1:00 PM

Eating disorders are serious and often fatal illnesses that are associated with severe disruptions in people's eating behaviors and related thoughts and emotions. Preoccupation with food, body weight, and shape often signals an eating disorder. This chat will discuss common eating disorders, including anorexia nervosa, bulimia nervosa, and binge-eating disorder, and help participants distinguish between them.

 Chat via Zoom

 Free of charge

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