



To view upcoming
classes and events, visit
hackensackmeridian.org/events.

Fresh Start[®] Smoking Cessation

Join us for this four-session program offered by the American Cancer Society. Attendance is required at all four sessions.

May 11, 13, 18 & 20, 6 – 7:30 p.m.

Virtual Event – [Click here](#) to register.

Bladder, Kidney & Prostate Health: What You Need to Know

Join Mark Perlmutter, M.D., as he discusses prevention, risk factors and treatment options, as well as ways to keep your bladder, kidney and prostate healthy.

May 6, 6 – 7 p.m. [Click here](#) to register.

Gynecological Conditions: What Your Doctor Can't Tell you in 15 Minutes

Karim ElSahwi, M.D., discusses common gynecological problems by age and anatomy location in order to educate women about workup and treatment options, as well as red flags you should talk to your physician about. Also, learn about prevention, screenings and common precancerous gynecologic conditions.

May 19, 6 – 7 p.m. [Click here](#) to register.

Stop Smoking with Hypnosis

Hypnotherapy is effective in alleviating unwanted habits and developing positive behaviors and lifestyle changes. Group session. **Fee: \$30.**

May 19, 7 – 8 p.m.

[Click here](#) to register.

Breast Health Awareness

Join Renee Armour, M.D., and learn the latest in breast health, including risks, screening information and treatment options.

May 21, 11 a.m. - Noon [Click here](#) to register.

Thriving and Surviving Cancer

Evidenced-based workshop developed by Stanford University to give the cancer support you, your family members, caregivers and friends might need. Workshop starts with a training session that gives an overview of the program and what to expect.

Thursdays – May 27, June 3, 10, 17 & 24
and July 1, 6 – 8 p.m.

[Click here](#) to register.

Integrative Medical Approach for Cancer Patients and Survivors

Achieving a high-level of well-being can be challenging for a cancer patient and survivors.

David Leopold, M.D., examines evidence in support of integrative intervention that you can use to improve your quality of life.

June 1, 11 a.m. - Noon [Click here](#) to register.

For more information and to register for these programs, click on each link and for upcoming programs go to <http://hackensackmeridian.org/events> or call 1-800-560-9990.

Virtual programs last approximately 45 minutes. Participants may submit questions they have for the speaker during the registration process.



Hackensack
Meridian Health