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.

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