

COMMUNITY CONNECTIONS – July & August

JULY

- Tuesdays 1, 15** **“Reducing Stress”**
 Crean Hall (For more information, please call 609-599-5764)
1 – 2 pm Learn how to reduce the stress in your life through arts and crafts.
- Wednesdays 2, 16** **“Crianza con Carino” Parenting Workshop**
 Crean Hall (For more information, please call 609-599-5764)
12 – 1 pm
- Wednesdays 2, 9, 16, 23, 30** **“Pregnancy 101” A complete prenatal class to address all your questions and concerns regarding pregnancy.**
 Crean Hall (For more information, please call 609-599-5764)
5 – 6 pm
- Thursdays 3, 10, 17, 24** **“Te con Ines” Latina Womens Support Group**
 Crean Hall (For more information, please call 609-599-5764)
10 – 11 am
- Thursdays 3, 10, 17, 24** **Healthy Cooking**
 Crean Hall (For more information, please call 609-599-5764)
11 – 12 pm Come learn about food and nutrition and how to prepare delicious, healthy meals for you and your family.
- Mondays 7, 14, 21, 28** **“Hope & Power” Financial Literacy**
 Crean Hall (For more information, please call 609-599-5764)
1 – 2 pm
- Tuesdays 8, 22** **“Milk & Cookies Storytime”**
 Parent & Child (0-5yrs)
 Crean Hall (For more information, please call 609-599-5764)
10 – 11 am
- 14** **Lawrenceville Breast Cancer Support Group**
 Office of Dr. Catherine Gleason
 3131 Princeton Pike ▪ Lawrenceville, NJ, Bldg. 6, Suite 106
5:30 – 7:30 pm If you or a loved one has been diagnosed with breast cancer, this support group can help you cope. Share information and experiences with people who understand. For more information, or to register, call Anne-Marie Williams at 609-599-5201 or 215-208-3401.
- 16** **Community Night**
 Crean Hall
5:30 – 7:30 pm
- 21 – 25** **Voter Registration**
 Clinic/Children’s Futures area
1:00 – 3:00 pm
- 23** **“Just Us” Breast Cancer Support & Education Group**
 SFMC – 2nd Floor
6:30 – 8:00 pm
- 29** **Bariatric Support Group**
 SFMC Café ▪ No Registration Needed
6 – 8 pm This group is for patients who have had or are planning to have bariatric surgery at St. Francis Medical Center. Not sure if bariatric surgery is for you? Feel free to join our discussion.

For more information on these and other education programs at St. Francis Medical Center, please call 609-599-6464.

AUGUST

- Wednesdays 2, 9, 16, 23, 30** **“Pregnancy 101” A complete prenatal class to address all your questions and concerns regarding pregnancy.**
 Crean Hall (For more information, please call 609-599-5764)
5 – 6 pm
- Mondays 4, 11, 18, 25** **“Hope & Power” Financial Literacy**
 Crean Hall (For more information, please call 609-599-5764)
1 – 2 pm
- Tuesdays 5, 19** **“Reducing Stress”**
 Crean Hall (For more information, please call 609-599-5764)
1 – 2 pm Learn how to reduce the stress in your life through arts and crafts.
- Tuesdays 5, 12, 19, 26** **“Milk & Cookies Storytime”**
 Parent & Child (0-5yrs)
 Crean Hall (For more information, please call 609-599-5764)
10 – 11 am.
- Wednesdays 6, 13, 20, 27** **“Crianza con Carino” Parenting Workshop**
 Crean Hall (For more information, please call 609-599-5764)
12 – 1 pm
- Thursdays 7, 14, 21, 28** **“Te con Ines” Latina Womens Support Group**
 Crean Hall
10 – 11 am
- 11** **Look Good, Feel Better**
 SFMC Magnet Room ▪ Barbara Wolcott – 599-5176
6:30 – 8:30 pm Sponsored by The American Cancer Society. This free program teaches who are undergoing Chemotherapy and Radiation treatments beauty techniques that help combat the appearance-related side effects of cancer treatment. It’s a makeover for the spirit! For more information, please contact Barbara Wolcott.
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 3131 Princeton Pike ▪ Lawrenceville, NJ, Bldg. 6, Suite 106
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- 11 - 15** **Voter Registration**
 Cafeteria/Clinic/Children’s Futures area
11:00 am – 1:00 pm
- 20** **Community Night**
 Crean Hall (For more information, please call 609-599-5764)
5:30 – 7:30 pm
- 26** **Bariatric Support Group**
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- 27** **“Just Us” Breast Cancer Support & Education Group**
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6:30 – 8:00 pm