



Community Calendar- Fall 2023

SPECIAL EVENTS

Registration is required.

Healthy Habits for Families **November 8, 12pm to 1pm** **Montclair Public Library**

Calling all new moms! Be a role model. Making healthy choices as a family is easy and fun.

Speaker: Batsheva L. "Eva" Bane, MSN, CNM, RNC, CBC Midwife

Healthy Habits for Families **December 5, 12pm to 1pm** **(Virtual Event)**

Calling all new moms! Be a role model. Making healthy choices as a family is easy and fun.

HackensackMeridianHealth.org/events
Or 1-800-560-9990

Nutrition for Older Adults **December 6, 11am to 12pm** **Montclair Public Library**

Good Nutrition is important, but as we age the nutrient needs change.

Speaker: Camille Gregorio, RD

PARENT EDUCATION CLASSES

Now in Person

Oct. 16, Nov.13, Dec.11, 7-9:30 PM
Infant Care and Safety Class

Expectant parents learn about care, safety, growth and development of infants.

Oct. 11, Nov. 8, Dec.13, 7-10 PM
Breastfeeding Class

Basics of breastfeeding.

Oct. 14, Nov.4, Dec.9, 9AM -4PM
Prepared Childbirth Class

This class prepares the expectant mother and her support person for the birthing experience.

Oct. 17 & 24, Nov.7,14,21,28, Dec. 5,12, &19
5:30 - 6:15 PM

Tours of Birthing Center

Staff-guided tours of the birthing center.

Feel free to ask questions.

Nov. 14, 6:30 -7:30 PM

The Partner Plan (Hybrid)

How to Support Your Partner during the Pregnancy.

WELLNESS SCREENINGS

No need to fast and registration is not required.

Oct. 4, Nov. 1, Dec. 6, 10AM – 12PM

Blood Pressure and Glucose Screenings

West Caldwell Shop Rite, 540 Passaic Avenue

Oct. 11, Nov. 8, Dec. 13, 10AM – 12PM

Blood Pressure and Glucose Screenings

Nutley Shop Rite, 437 Franklin Avenue

Oct. 17, Nov. 21, Dec. 19, 11AM – 1PM,

Blood Pressure and Glucose Screenings

Montclair Public Library, 50 South Fullerton Avenue

Oct. 18, Nov. 15, Dec. 20, 10AM – 12PM

Blood Pressure and Glucose Screenings

Belleville Shop Rite, 726 Washington Avenue

Oct. 25, Nov. 22, Dec. 27, 12 -2 PM

Glucose Screenings

Bloomfield Public Library, 90 Broad Street

To learn more about our partnership with the Montclair Public Schools to provide free medical services

To Montclair residents with offices in The Hillside and Glenfield Schools,

Please scan this QR Code.



All Events will take place at
Mountainside Medical Center,
Unless otherwise noted.

To register, call 1-800-560-9990, or visit
www.mountainsidehosp.com/events

Scan QR code to register.