

# February 2026

## Shirvan Family Live Well Center ENGLEWOOD HEALTH

### FOR MORE INFORMATION OR TO REGISTER

[englewoodhealth.org/livewell](http://englewoodhealth.org/livewell)

551-285-0800 (call/text)

Or scan code ▶



### Special Programs

#### Ask a Health Care Professional: One-on-One Session

- 📅 By appointment only
- ⓘ ¡Hablamos Español!
- ☎ Please call 551-285-0800 to register

Join our personalized "Ask a Health Care Professional" session for expert guidance on your health. Our specialists can assist with:

- ▶ Health screenings and physician referrals
- ▶ Addressing common health concerns
- ▶ Connecting to community resources for daily living needs
- ▶ Navigating health insurance

Take charge of your health with customized support! Please call 551-285-0800 to schedule your phone or zoom appointment. *This program is sponsored by the Meland Foundation.*

#### Youth Wellness Program

- 📅 Tuesdays, February 3 – 24
- ⌚ 4:00 p.m. – 5:00 p.m.
- ⚠ Ages 11+

An after-school program is designed to expose students to a variety of experiences focused on nutrition, fitness, and emotional wellness. Participants will engage in interactive workshops on healthy eating, enjoy dynamic physical activities, and learn essential skills for managing stress and maintaining emotional balance. By integrating these elements, the program aims to empower students to make informed choices that support their overall well-being.

#### Talk with a Doc: Heart to Heart – Empowering Our Community to Address Cardiovascular Disease

- 📅 Friday, February 6
- ⌚ 6:00 p.m. – 8:00 p.m.

Join us for an engaging evening featuring a panel discussion with Marcus L. Williams, MD, a renowned Cardiologist, alongside other health experts and a powerful patient testimonial. Together, we'll explore education, opportunities and resources to address cardiovascular disease (CVD) in our community. This program is offered in collaboration with the National Coalition of 100 Black Women, Bergen/Passaic Chapter and the Englewood Health Department. Gain valuable insights from medical professional. Learn to advocate for your health and how to have productive conversations with healthcare providers, complemented by a powerful patient testimonial. Following the panel discussion, join our dietitian, chef and fitness expert for a live heart-healthy cooking demonstration, tasting and finish with an invigorating workout. A heart healthy meal will be provided. Attend this talk for a chance win a raffle prize! *This program is sponsored by the Meland Foundation.*

#### Clarity and Healing: A Women's Discussion Group

- 📅 Saturdays, February 7 and 21
- ⌚ 11:00 a.m. – 12:00 p.m.
- ⚠ For women only
- ⓘ ¡Hablamos Español!
- ⓘ Zoom captioning and translation into most languages available

**VIRTUAL**

**Zoom Meeting ID: 289 858 5260**

This women-only discussion group offers a safe and thoughtful space to explore life's challenges, including grief, emotional overwhelm, family concerns, and moments of anger or uncertainty. Led by Licensed Clinical Social Worker, Yaranil Ferrer, LCSW, PMH-C, the group encourages open conversation while building healthy coping skills. Together, women can find strength and reassurance in shared experiences.

#### Peer Support and Discussion: Overcoming Obstacles Together

- 📅 Wednesdays, February 11 and 25
- ⌚ 2:30 p.m. – 3:30 p.m.
- ⓘ ¡Hablamos Español!

This guided discussion group provides a confidential environment to talk openly about life stressors, expectations, and challenges. Led by Licensed Clinical Social Worker, Yaranil Ferrer, LCSW, PMH-C, the program focuses on developing self-awareness, emotional regulation skills, and effective coping strategies, while connecting participants with resources and each other.

#### School's Out: Reset's In

- 📅 Tuesday, February 17
- ⌚ 12:00 p.m. – 2:00 p.m.
- ⚠ Ages 11+

Take a break and join us for a 2-hour youth wellness program that gives students a fun and balanced way to spend a day off from school. The first hour gets students moving with active games, fitness challenges, and playful exercises to build strength, coordination, and confidence. In the

second hour, the pace slows with mindfulness activities, stretching, and guided meditation, helping students relax, manage their emotions, and feel centered. This program is a perfect mix of energy and calm, leaving students happy, balanced, and ready to enjoy the rest of their day off from school. A healthy meal will be served.

### **Rhythm and Roots: Soulful Line Dancing Experience**

 Friday, February 20  
 6:00 p.m. – 7:00 p.m.

Rhythm and Roots brings line dancing to life through music inspired by the African American diaspora. This class blends fun, accessible movement with cultural appreciation, fostering community, expression, and connection through rhythm, history, and shared experience.

### **Creative Arts Class for Men**

 Saturday, February 21  
 12:00 p.m. – 2:00 p.m.  
 For men only

Come join the men of Broreavement in our expressive arts workshop designed to discover the transformative power of art as a means of self-expression, fostering well-being, and embracing creativity in a supportive and inclusive environment.

### **Talk with a Doc: The Blue Zone Approach to Strong Hearts and Long Lives**

 Wednesday, February 25  
 6:00 p.m. – 6:45 p.m.

Join Board Certified Cardiologist David Fridman, MD for an exclusive talk on the remarkable cardiovascular health of Blue Zone regions where heart disease is rare, blood pressure stays low with age, and many live past 100 with healthy hearts. Learn how daily movement, a plant-for-

ward diet, mindful eating, moderate alcohol, purpose, and strong social connections protect the heart and promote longevity. Discover simple, evidence-based lifestyle strategies inspired by Blue Zones that can transform your heart health and help you live longer, healthier, and stronger. Light refreshments will be served. Attend this talk for a chance to win a raffle prize! *This program is sponsored by the Meland Foundation.*

flow through alternative movements using music. For all fitness levels and experiences!

### **Stretch Therapy**

 Wednesdays, February 4 – 25  
 12:00 p.m. – 1:00 p.m.  
 Low/moderate intensity  
 Ages 16+

Enhance your workout routine with the power of stretch therapy! Looking to improve post-exercise repair, reduce soreness, and boost your overall range of motion? Our tailored assisted stretch sessions are designed to elevate any fitness journey. These sessions focus on increasing flexibility, prevent injury, enhance muscle recovery and improve your overall mobility. For all fitness levels and experiences!

### **Aerobic Fitness**

 Wednesdays, February 4 – 25  
 5:00 p.m. – 6:00 p.m.  
 Moderate/high intensity  
 Ages 16+  
 ¡Hablamos Español!

A fitness class designed to incorporate stretching, strength training, muscle development and to improve overall flexibility and circulation. For all fitness levels and experiences!

### **Gentle Body Fitness and Movement**

 Thursdays, February 5 – 26  
 11:00 a.m. – 12:00 p.m.  
 Low intensity  
 For women only

Join our expert-led fitness class, designed to support women through the many stages of life, including pregnancy, postpartum, and menopause. This inclusive class combines pelvic floor-focused exercises, gentle yoga, and low-impact aerobic movements to enhance strength, mobility, and overall wellness. We create a safe and welcoming space

### **Physical Wellness**

#### **Strength and Mobility Fitness**

 Mondays, February 2 – 23  
 No session February 16  
 2:00 p.m. – 3:00 p.m.  
 Low intensity  
 Ages 16+

A fitness course designed to promote mobility training to assist in optimal body movements. For all fitness levels and experiences!

#### **Mat Pilates**

 Tuesdays, February 3 – 24  
 6:30 p.m. – 7:30 p.m.  
 Moderate intensity  
 Ages 16+

Strengthen your core, improve flexibility, and enhance body awareness with Mat Pilates. This low-impact class focuses on controlled movements and mindful breathing to build strength, balance, and stability. For all fitness levels and experiences!

#### **Zumba Fitness**

 Wednesdays, February 4 – 25  
and Fridays, February 6 – 27  
 10:30 a.m. – 11:30 a.m.  
 Moderate/high intensity  
 Ages 16+  
 ¡Hablamos Español!

A fitness variation designed to encourage mobility and increase blood

for all women, regardless of fitness level or ability!

#### **Core and Cardio Fitness Class**

- 📅 Thursdays, February 5 – 26
- ⌚ 5:00 p.m. – 6:00 p.m.
- ❤️ Moderate/high intensity
- ⚠️ Ages 16+

Strengthen your core and boost your heart health with this dynamic workout! Combining core-focused exercises with energizing cardio movements, this class is designed to improve stability, endurance, and overall fitness. Perfect for all levels, it's a fun and effective way to challenge your body and elevate your fitness journey. For all fitness levels and experiences!

#### **Bootcamp: Back to Basics**

- 📅 Thursdays, February 5 – 26
- ⌚ 6:00 p.m. – 7:00 p.m.
- ❤️ Moderate/high intensity
- ⚠️ Ages 16+
- ℹ️ ¡Hablamos Español!

Get ready to sweat in this high-energy Bootcamp class! Combining strength, cardio, and functional movements. This full-body workout will challenge your endurance, build muscle, and boost overall fitness. For all fitness levels and experiences!

## **Emotional Wellness**

#### **Art Expressions**

- 📅 Mondays, February 2 – 23
- ⚠️ **No session February 16**
- ⌚ 12:00 p.m. – 1:30 p.m.

An expressive arts workshop designed to discover the transformative power of art as a means of self-expression, fostering well-being, and embracing creativity in a supportive and inclusive environment.

#### **Living in the Moment: Meditation Workshop**

- 📅 Mondays, February 2 – 23
- ⚠️ **No session February 16**
- ⌚ 5:30 p.m. – 6:30 p.m.

Join us for an immersive workshop experience where we explore how to live in the present moment. Through engaging activities, reflective journaling, and guided meditation, participants will discover how to release the grip of the past and step into the fullness of the present moment with clarity, joy, and intention.

#### **Body Flow: Movement to Enhance the Mind and Body Connection**

- 📅 Tuesdays, February 3 – 24
- ⌚ 11:00 a.m. – 12:00 p.m.
- ⚠️ Ages 16+

This wellness program features four modalities to learn how to foster a healthy relationship with your body!

- ▶ **Week 1:** Connect to Your Core – a Pilates inspired deep core workout.
- ▶ **Week 2:** Belly Dance Fusion – a global approach to eastern belly dance.
- ▶ **Week 3:** Meditation and Breath Work – become one with your diaphragm as you learn to reduce stress using the tools you already have.
- ▶ **Week 4:** A combination of what you've already learned!

For all fitness levels and experiences!

#### **Stress Reduction Meditation**

- 📅 Tuesdays, February 3 – 24
- ⌚ 5:30 p.m. – 6:30 p.m.
- ⚠️ Ages 16+
- ℹ️ ¡Hablamos Español!

50 minutes per session for those seeking mental relaxation to reinforce the overall well-being of the body. This program is bilingual with meditation instruction in both English and Spanish. This FREE program is offered by the Graf Center

for Integrative Medicine of Englewood Health, part of the Rodgers Family Meditation Program and The Shirvan Family Live Well Center. For all fitness levels and experiences!

#### **Conscious Convos: Nurturing Self-Love**

- 📅 Wednesdays, February 4 – 25
- ⌚ 4:00 p.m. – 5:00 p.m.
- ℹ️ ¡Hablamos Español!

Join us for a thoughtful conversation led by Licensed Clinical Social Worker, Yaranil Ferrer, LCSW, PMH-C for a conscious discussion and sensory activities focused on cultivating a kinder, more accepting relationship with yourself. Explore self-compassion, honor your personal needs, and celebrate the small, meaningful ways to show up for yourself with tenderness and respect.

#### **Mind, Body, and Spirit Yoga**

- 📅 Wednesdays, February 4 – 25
- ⌚ 6:00 p.m. – 7:00 p.m.
- ⚠️ Ages 16+
- ℹ️ ¡Hablamos Español!

Join us on this journey towards well-being where you'll experience the power of yoga and meditation combined. Whether you're seeking relief from physical discomfort or yearning for a peaceful mind this series is your gateway to a healthier, happier you. For all fitness levels and experiences!

#### **Mindful Chair Yoga and Meditation**

- 📅 Fridays, February 6 – 27
- ⌚ 12:30 p.m. – 1:30 p.m.
- ⚠️ Ages 16+

A fitness variation workshop designed to incorporate mindful meditation, breathing techniques and dynamic chair exercises. For all fitness levels, and experiences!

## Nutritional Wellness

### Talk with a Dietitian: What's Eating You? – "Dressing" for Success – Heart-Healthy ShopRite Tour – Navigating the Salad Dressing Aisle

 Monday, February 2  
 11:00 a.m. – 12:00 p.m.

During this interactive grocery store tour, Registered Dietitian, Julie Kay, MS, RDN, CDN will provide practical education on selecting heart-healthy salad dressings. Topics include label reading, portion awareness, sodium reduction, and choosing healthier oils. Participants will leave equipped with tools to make smarter choices that support cardiovascular health in everyday meals.

### Cooking Concepts: The Art of Healthy Eating – Cooking with Heart

 Mondays, February 2 – 23  
 **No session February 16**  
 5:30 p.m. – 7:00 p.m.  
 ¡Hablamos Español!  
 Please call 551-285-0800  
to register

Learn how to create delicious, nutritious meals with a heart-healthy focus. This interactive program, led by Registered Dietitian Ivette Lebron, MS, RDN, and Chef Kim Mills, explores practical cooking techniques, flavor-packed ingredients, and smart nutrition strategies. Participants will discover simple ingredient substitutions, meal-planning tips, and hands-on strategies to make healthy eating both tasty and sustainable meals your heart will love!

### Mindful Eating: The Blue Zone

#### Nutrition Series

 Tuesdays, February 3 – 24  
 12:30 p.m. – 2:00 p.m.  
 Please call 551-285-0800  
to register

In this multi-part nutrition series, explore the world's Blue Zones; regions where people are known to live the longest and healthiest lives. Led by Registered Dietitian Julie Kay, MS, RDN, CDN, each session highlights a different region or country, examining the lifestyle habits, cultural traditions, and dietary patterns that support longevity, vitality, and chronic disease prevention. Each session also includes a hands-on culinary experience that will guide you through preparing a traditional, approachable recipe inspired by the featured region. Together, the nutrition education and cooking demonstration allow participants to learn, taste, and experience the Blue Zone approach to long healthy living.

### Cooking Companions

 Wednesday, February 18  
 6:00 p.m. – 7:30 p.m.  
 ¡Hablamos Español!  
 Please call 551-285-0800  
to register

Come cook with a partner and learn how to recreate your favorite take-out meals at home with a healthy twist. This session will guide you through easy, nutritious recipes that capture the flavors you love while focusing on balanced ingredients and mindful cooking techniques.

### Parent and Child Cooking Class

 Friday, February 27  
 5:30 p.m. – 7:00 p.m.  
 For parents and children ages 5+  
 ¡Hablamos Español!  
 Please call 551-285-0800  
to register

Learn creative ways to get your children involved in cooking. Our classes do more than teach basics in the kitchen; they offer valuable lessons on teamwork, creative thinking and the importance of healthy eating that tastes good!

- ▶ Each cooking station accommodates one parent with up to three children.
- ▶ For a fourth or fifth child to participate, an additional adult must attend due to safety.
- ▶ If a second adult is unavailable by the start of class, the family will unfortunately not be admitted.

### All programs are FREE

You can register for individual classes or a full series, unless otherwise noted.

### Shirvan Family Live Well Center

59 W. Palisade Avenue, Englewood, NJ 07631

# February 2026

**Shirvan Family Live Well Center**  
ENGLEWOOD HEALTH

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551-285-0800 (call/text)

Or scan code ▶



## Featured Programming: Maternal Healthy Living

This program is designed to support both expectant and new moms in developing and practicing healthier lifestyle skills. With a well-rounded focus on exercise, nutrition, stress management, and emotional wellness, each class is led by a team of experts in a supportive environment.

### Gentle Body Fitness and Movement

📅 Thursdays, February 5 – 26

⌚ 11:00 a.m. – 12:00 p.m.

❤️ Low intensity

⚠️ For women only

Join our expert-led fitness class, designed to support women through the many stages of life, including pregnancy, postpartum, and menopause. This inclusive class combines pelvic floor-focused exercises, gentle yoga, and low-impact aerobic movements to enhance strength, mobility, and overall wellness. We create a safe and welcoming space for all women, regardless of fitness level or ability!

### Health Talk: Breastfeeding Basics

📅 Tuesday, February 10

⌚ 5:30 p.m. – 7:30 p.m.

Join us for an enlightening session with Teresa Mancuso, BSN, MA, RN, IBCLC, designed to empower expectant parents with the fundamental knowledge and skills necessary for successful breastfeeding. Partners are warmly invited to join us in this prenatal session! What you'll learn in this clinical education session:

- ▶ Understanding the Importance of Breastfeeding
- ▶ Anatomy and Physiology of Breastfeeding
- ▶ Latch and Positioning Techniques
- ▶ Partner Support and Involvement
- ▶ Community Resources and Support Groups

### The Prenatal Plate: Healthy Eating for Two

📅 Thursday, February 19

⌚ 12:00 p.m. – 1:00 p.m.

ℹ️ Zoom captioning and translation into most languages available

**VIRTUAL**

**Zoom Meeting ID: 289 858 5260**

Join Dietitian, Julie Kay, MS, RDN, CDN for a supportive, easy-to-digest discussion on key nutrition principles for pregnancy. Learn how to nourish yourself and your growing baby with practical tips, simple meal-planning strategies, and everyday food swaps designed to help you feel your best throughout each trimester.

### Preparing for Childbirth

📅 Tuesday, February 24

⌚ 5:30 p.m. – 7:30 p.m.

Join childbirth expert Mary Ellen Pietrewicz, DNP, RNC-MNN to learn more about pregnancy, giving birth, and the experience of having a baby. This session is a great way to gain education and confidence to handle the exciting experience of welcoming your newborn baby into the world. What you'll learn in this clinical education session:

- ▶ What is normal?
- ▶ What is a warning sign?
- ▶ Physiological changes
- ▶ Pain medication options
- ▶ Vaginal and cesarean delivery details

### Mommy and Me Fitness

📅 Friday, February 27

⌚ 2:30 p.m. – 3:30 p.m.

⚠️ Ages 0 – 3

Bond with your little one while moving, stretching, and having fun! This interactive yoga and fitness session is designed for moms and their babies or toddlers to enjoy together. You'll build strength, improve flexibility, and boost your energy through gentle movement and playful exercises. The class also includes mindful breathing and relaxation techniques to support postpartum wellness. No prior yoga experience necessary.