

March 2026

Shirvan Family Live Well Center

ENGLEWOOD HEALTH

FOR MORE INFORMATION OR TO REGISTER

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, March 3 – 31

🕒 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.

Living in the Moment: A Meditative Practice for Winter Wellness

📅 Thursdays, March 5 – 26

🕒 4:00 p.m. – 5:00 p.m.

Join us for an immersive winter wellness workshop focused on living in the present moment. Through engaging activities, reflective journaling, and guided meditation, participants will explore ways to slow down, release the weight of the past, and cultivate mindfulness during the winter season. This experience is designed to support emotional balance, inner warmth, and renewed clarity helping you step into the present moment with intention, resilience, and joy.

Men’s Health: Financial Health for Men Series

📅 Saturday, March 7

🕒 12:00 p.m. – 2:00 p.m.

⚠️ For men only

This financial series equips men with practical strategies to navigate financial challenges, from everyday money management to major life transitions. Participants will gain skills to maintain stability, reduce stress, protect their families, and plan for the future.

- ▶ Financial Stability During Life Transitions: Create a plan to stay on track during major changes.
- ▶ Budgeting, Debt & Reducing Financial Stress: Build realistic budgets, manage debt, and lower money-related anxiety.
- ▶ Protecting Your Family While Rebuilding: Learn life insurance, estate basics, and emergency planning to safeguard loved ones.

- ▶ Legacy, Confidence & Long-Term Planning: Align finances with values, plan for the future, and build a lasting legacy.

Each session, led by financial advisor Jason Murray, combines expert guidance with open discussion and Q&A, creating a supportive space to share experiences and build practical skills for long-term financial well-being. A healthy lunch will be provided. Attend this talk for a chance to win a raffle prize!

Talk with a Doc: Colorectal Cancer Awareness – Rising Rates, Early Detection, and Prevention

📅 Wednesday, March 11

🕒 6:00 p.m. – 7:00 p.m.

Join Seongmin Choi, MD, and Inayah Mohammed, MD, for an informative health talk on colorectal cancer, including the recent rise in cases particularly among younger adults. This session will provide an overview of colorectal cancer, explore lifestyle factors and warning signs associated with increased risk, and review recommended screening guidelines along with available screening and prevention tests. Attendees will learn how early detection and healthy lifestyle choices play a critical role in prevention and improved health outcomes. A healthy dinner will be provided. Attend this talk for a chance win a raffle prize! *This program is sponsored by the Meland Foundation.*

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

- 📅 Wednesday, March 18
- 🕒 6:00 p.m. – 7:00 p.m.
- ⚠️ Rescheduled from Feb. 25

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-forward 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. A healthy dinner will be provided. Attend this talk for a chance win a raffle prize! *This program is sponsored by the Meland Foundation.*

Health Talk: Real Talk – A Men's Workshop on Self-Awareness, Balanced Mindset, and Healthy Relationships

- 📅 Saturday, March 21
- 🕒 12:00 p.m. – 2:00 p.m.
- ⚠️ For men only

This men-only workshop led by Licensed Clinical Social Worker, Richard Moses, LCSW, LCADC, explores the key relationships that shape our lives, our relationship with ourselves and with others. Participants will examine self-esteem, emotional awareness, and personal values while gaining practical tools for healthy communication and health conflict resolution. This session will also address substance use, including current statistics, recognizing unhealthy patterns, and understanding when and where to seek support. Designed to foster growth,

accountability, and meaningful connection in a supportive environment. A healthy lunch will be provided. Attend this talk for a chance to win a raffle prize!

Physical Wellness

Strength and Mobility Fitness

- 📅 Mondays, March 2 – 30
- 🕒 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, March 3 – 31
- 🕒 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, March 4 – 25 and Fridays, March 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 flow through alternative movements using music. For all fitness levels and experiences!

All programs are FREE

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

Stretch Therapy

- 📅 Wednesdays, March 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, March 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, March 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!

Core and Cardio Fitness Class

- 📅 Thursdays, March 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, March 5 – 26
- 🕒 6:00 p.m. – 7:00 p.m.
- 🏃 Moderate/high intensity
- ⚠️ Ages 16+
- 🗣️ ¡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, March 2 – 30
- 🕒 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, March 2 – 30
- 🕒 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, March 3 – 31
- 🕒 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.
- ▶ **Weeks 4 and 5:** A combination of what you've already learned!

For all fitness levels and experiences!

Stress Reduction Meditation

- 📅 Tuesdays, March 3 – 31
- 🕒 5:30 p.m. – 6:30 p.m.
- ⚠️ Ages 16+
- 🗣️ ¡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: Reflect and Renew

- 📅 Wednesdays, March 4 – 25
- 🕒 4:00 p.m. – 5:00 p.m.
- 🗣️ ¡Hablamos Español!

Join Licensed Clinical Social Worker Yaranil Ferrer, LCSW, PMH-C for a series exploring how light appears around us, within us, and between us. Through thoughtful conversation and grounding sensory activities, participants will reconnect with warmth, clarity, and possibility, creating a soft, hopeful space to reawaken energy and honor the brightness emerging in our lives.

Mind, Body, and Spirit Yoga

- 📅 Wednesdays, March 4 – 25
- 🕒 6:00 p.m. – 7:00 p.m.
- ⚠️ Ages 16+
- 🗣️ ¡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, March 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!

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

Nutritional Wellness

Talk with a Dietitian: What's Eating You? – The Power of Nutrition: Simple Changes, Big Impact

📅 Monday, March 2

🕒 11:00 a.m. – 12:00 p.m.

In celebration of National Nutrition Month, join Registered Dietitian, Julie Kay, MS, RDN, CDN to discover how small, simple food choices can make a powerful difference in your health. This session will highlight key updates from the 2025–2030 Dietary Guidelines for Americans and break down what they mean for your everyday meals. The talk will feature a quick, no-cook food demonstration showcasing one to two easy, nutrient-packed options you can prepare in minutes. Learn practical strategies to boost nutrition, enhance energy, and build balanced meals with confidence.

Cooking Concepts: Discover the Power of Preparation

📅 Mondays, March 2 – 30

🕒 5:30 p.m. – 7:00 p.m.

🗣️ ¡Hablamos Español!

☎️ Please call 551-285-0800 to register

Celebrate National Nutrition Month by discovering how simple cooking skills can transform your health. Join Registered Dietitian, Ivette Lebron, MS, RDN and Chef, Kim Mills for this interactive program reinforcing key nutrition principles, balancing food groups, increasing fiber, reducing added sugars and sodium, and building nutrient-dense meals. Participants will explore practical strategies and easy techniques that make preparing wholesome meals both empowering and achievable.

Mindful Eating: Rediscover the Power of Nutrition

📅 Tuesdays, March 3 – 31

🕒 12:30 p.m. – 2:00 p.m.

☎️ Please call 551-285-0800 to register

In alignment with National Nutrition Month, reconnect with Registered Dietitian Julie Kay, MS, RDN, CDN, as she highlights the powerful connection between nourishment and awareness. Participants will revisit core nutrition messages while learning how mindful eating, tuning into hunger and fullness cues, slowing down, and savoring food can support improved digestion, balanced portions, and overall well-being. Discover how thoughtful eating habits can strengthen your relationship with food and enhance your health.

Parent and Child Cooking Class

📅 Friday, March 13

🕒 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.

March 2026

Shirvan Family Live Well Center

ENGLEWOOD HEALTH

FOR MORE INFORMATION OR TO REGISTER

englewoodhealth.org/livewell

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.

Health Talk: Preparing for Childbirth

📅 Tuesday, March 3

🕒 5:30 p.m. – 7:30 p.m.

⚠️ Rescheduled from Feb. 24

📍 Zoom captioning and translation into most languages available

VIRTUAL

Zoom Meeting ID: 289 858 5260

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

Gentle Body Fitness and Movement

📅 Thursdays, March 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: Postpartum Information and Baby Care Basics

📅 Tuesday, March 24

🕒 5:30 p.m. – 7:30 p.m.

Join us for an informative session with Mary Ellen Pietrewicz, DNP, RNC-MNN, designed to equip expectant parents with essential

knowledge and skills for the postpartum period and caring for their newborn. What You'll Learn in this hands-on Education Session:

- ▶ Understanding the Postpartum Period
- ▶ Recognizing Signs of Illness or Discomfort
- ▶ Caring for Yourself as a New Parent: Transitioning to Parenthood

A healthy dinner will be provided. Attend this talk for a chance to win a raffle prize!

Mommy and Me Fitness

📅 Friday, March 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.

All programs are FREE

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