

April 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.*

Tai Chi for Healthy Aging

- 📅 Thursdays, April 2 – May 28
- 🕒 10:00 a.m. – 11:00 a.m.

This age-friendly class blends Tai Chi, yoga and functional movement. These low-impact exercises improve balance, flexibility, strength, and reduce stress and fall risk. Consider it a form of prevention or rehabilitation of many conditions commonly associated with age.

Exercise Your Mind

- 📅 Thursdays, April 2 – May 7
- 🕒 12:30 p.m. – 1:30 p.m.

Join these fun, interactive group sessions with Meghan Gumbman,

LCSW, CDP, where you'll stimulate your mind and connect with others! Through a wide range of engaging activities, you'll boost memory, focus, and problem-solving skills. Help support your cognitive game, and have a blast doing it! A healthy lunch will be provided.

Nutrition for Better Health: Care for Your Kidneys

- 📅 Saturday, April 4
- 🕒 1:00 p.m. – 2:30 p.m.

Join us for a hands-on cooking and nutrition class focused on supporting kidney health and overall wellness. Learn how thoughtful food choices can help manage chronic kidney disease while promoting optimal nutrition, energy, and vitality. Discover practical cooking techniques, kidney-friendly ingredients, and meal strategies designed to nourish your body and enhance long-term health.

Nutrition for Healthy Aging

- 📅 Monday, April 6
- 🕒 11:00 a.m. – 12:00 p.m.

Food choices affect energy, bone density, memory, and independence as we age. Learn how to adjust for shifting appetite, digestion, and medication needs. Our dietitian covers protein targets, anti-inflammatory foods, and fiber-rich patterns that support brain health, strength, mobility, and everyday function.

Englewood Rotary Community SAORI Tapestry Project

- 📅 Tuesday, April 7
- 🕒 12:30 p.m. – 3:30 p.m.

Join us for an opportunity to weave with Englewood Rotary Community SAORI Tapestry Project. Weave your flair and creativity into creating our 100+ foot community Tapestry. Celebrating 100+ years of Englewood Rotary Service. Everyone can weave with no experience needed! So come on in and join us!

Youth Wellness Program

- 📅 Tuesdays, April 7 – 28
- 🕒 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.

Clarity and Healing: A Women's Discussion Group

- 📅 Saturdays, April 11 and 25
- 🕒 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.

Men's Mental Reset: Rebuild Focus, Restore Strength

📅 Saturday, April 11

🕒 12:00 p.m. – 2:00 p.m.

⚠️ For men only

📍 Flat Rock Brook Nature Center
443 Van Nostrand Ave.
Englewood NJ, 07631

Join the fellas and the men of Broreavement for a guided outdoor nature walk designed to help men decompress, clear their minds, and reflect on daily stressors in a supportive environment. Following the walk, participants will take part in a meditation workshop focused on practical techniques for managing everyday challenges and promoting mental well-being. Light refreshments will be provided. Contact Daniel Ratchford at 201-290-1093 for directions if needed.

Talk with a Doc: The Essential Roadmap to Healthy Aging

📅 Wednesday, April 15

🕒 1:30 p.m. – 2:30 p.m.

Join Ritu Suri, MD - Geriatrician, Primary Care Physician, as she discusses the 5 M's of senior care: Mind, Mobility, Medications, Multi-complexity, and Matters Most. This framework addresses key aspects of health as you age, including cognitive health, physical function, medication management, chronic condition management, and advance care planning. Dr. Suri will share core strategies to improve heart and brain health and will guide participants in important discus-

sions to have with your primary care physician regarding care preferences and health priorities. A healthy lunch 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: Prevention in Practice – An Overview of Essential Health Maintenance for Adults Ages 40–75

📅 Wednesday, April 15

🕒 6:00 p.m. – 7:00 p.m.

Join Solomon Ayua and Sidni Fullerton, MD for an informative health talk focused on maintaining wellness through preventive care. This session will cover recommended routine screenings for adults ages 40–75, including cancer screenings, diabetes monitoring, blood pressure management, and vaccination timelines. Participants will gain practical guidance on what to screen for, when to screen, and how preventive care plays a key role in long-term health and disease prevention. A healthy dinner will be provided. Attend this talk for a chance win a raffle prize! *This program is sponsored by the Meland Foundation.*

Brotanical Gardens: Harvest, Heal and Hang Out

📅 Saturday, April 25

🕒 12:00 p.m. – 2:00 p.m.

⚠️ For men only

📍 3rd Street Community Garden
143 3rd Street
Englewood NJ, 07631

Join Daniel Ratchford from Broreavement for a hands-on session at the 3rd Street Community Garden. We'll dig into the healing power of nature, harvesting herbs and produce that will later be featured in a future cooking class. After getting your hands in the soil, stay for a fellowship celebration. We'll share fresh

food, swap stories, and take a much needed break. This experience is designed as a stress reliever and a chance to grow something real... together. *Sponsored and funded by Broreavement.* Contact Daniel Ratchford at 201-290-1093.

Art Expressions: Special Edition Class

📅 Monday, April 27

🕒 11:00 a.m. – 12:30 p.m.

NEW TIME

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.

Art Showcase: Journeys of Growth

📅 Monday, April 27

🕒 12:30 p.m. – 2:00 p.m.

📞 Please call 551-285-0800 to register

Join us in celebrating this meaningful milestone as we showcase the powerful work of our Art Expression class participants. Each artist will present up to three original pieces, along with a named series and a personal reflection on the inspiration behind their creations; highlighting their journeys, resilience, and growth. **Pre-registration is required for those interested in submitting artwork.** All are welcome to attend and support as spectators. For more information or to register, please call 551-285-0800 or email livewell.englewood@ehmchealth.org. Light refreshments will be served.

Mobility and Strength for Aging

📅 Tuesdays, April 28 – May 12

🕒 2:00 p.m. – 3:00 p.m.

Learn why strength and mobility matters as you age and how it sup-

ports injury prevention, and independence. This sample class combines movement, flexibility, and light resistance training to target core strength, posture, and everyday movement.

Health Talk: Prescription Literacy – Understanding Your Medications

📅 Wednesday, April 29

🕒 6:00 p.m. – 7:00 p.m.

Join PharmDs Stephen Caleb Hart and Belkis Kaplan for an informative session on prescription literacy. Learn how to read and interpret medication labels, understand the differences between brand and generic medications, and follow proper handling and disposal practices. The program will also clarify common misconceptions about medications, empowering participants to use prescriptions safely and confidently. 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: Cognitive Health – Recognizing Change and Taking Action

📅 Wednesday, May 20

🕒 1:30 p.m. – 2:30 p.m.

Join this talk to learn more about recognizing cognitive impairment and the steps to take next, whether for yourself or someone you love. Learn a practical framework for navigating from initial concern to evaluation, diagnosis, and beyond. Understand the importance of early recognition, and discover how patients and clinicians can work together to initiate conversations, understand assessments, explore treatment options, and plan for the future. Leave with a clear understanding of the pathway forward and strategies to support cognitive health and overall quality of life. A healthy lunch will be pro-

vided. Attend this talk for a chance win a raffle prize! *This program is sponsored by the Meland Foundation.*

Physical Wellness

Gentle Body Fitness and Movement

📅 Thursdays, April 2 – 30

🕒 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, April 2 – 30

🕒 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!

All programs are FREE

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

Bootcamp: Back to Basics

📅 Thursdays, April 2 – 30

🕒 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!

Strength and Mobility Fitness

📅 Mondays, April 6 – 27

🕒 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, April 7 – 28

🕒 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, April 1 – 29 and
Fridays, April 3 – 24

🕒 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!

Stretch Therapy

- 📅 Wednesdays, April 1 – 29
- 🕒 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, April 1 – 29
- 🕒 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!

Emotional Wellness

Conscious Convos: Creating Space for New Opportunities

- 📅 Wednesdays, April 1 – 29
- 🕒 4:00 p.m. – 5:00 p.m.
- 🗣️ ¡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, April 1 – 29
- 🕒 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, April 3 – 24
- 🕒 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!

Art Expressions

- 📅 Mondays, April 13 and 20
- 🕒 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, April 6 – 27
- 🕒 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, April 7 – 28
- 🕒 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, April 7 – 28
- 🕒 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!

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

Cooking Concepts: Cooking for Mental Clarity

📅 Mondays, April 6 – 27

🕒 5:30 p.m. – 7:00 p.m.

🗣️ ¡Hablamos Español!

☎️ Please call 551-285-0800 to register

Join Registered Dietitian Ivette Lebron, MS, RDN, and Chef Kim Mills as you discover the intersection of food, mood, and mental well-being in this hands-on cooking concepts class. Learn how stress influences food choices, gut health, and emotional balance, while exploring ingredients that support brain function. Through this culinary approach, you'll gain practical skills to prepare meals that not only nourish the body but also promote mental clarity, reduce stress, and enhance overall well-being.

Mindful Eating: Food and Mood

📅 Tuesdays, April 7 – 28

🕒 12:30 p.m. – 2:00 p.m.

☎️ Please call 551-285-0800 to register

Explore the powerful connection between what you eat and how you feel in this mindful eating class focused on mental health awareness. Led by Registered Dietitian Julie Kay, MS, RDN, you'll learn how stress affects food choices, gut health, and mood, as well as which nutrients like omega-3s, magnesium, and zinc, support brain function and emotional balance. Through practical strategies and a mindful approach to eating, you'll gain tools to reduce stress, nourish your body, and cultivate a healthier relationship with food.

Cooking Companions

📅 Wednesday, April 22

🕒 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, April 24

🕒 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

April 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: Breastfeeding Basics

📅 Tuesday, April 14

🕒 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! A healthy dinner will be provided. 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

Health Talk: Understanding Play and Development Skills for Little Ones

📅 Tuesday, April 21

🕒 6:00 p.m. – 7:00 p.m.

Join us for an engaging Play and Learn session designed for caregivers and babies! Led by Madeline Allen, a pediatric occupational therapist specializing in infant development, this hands-on class will provide guidance on simple yet effective play activities to support baby's growth and allow an increased understanding of key developmental milestones. You'll learn:

- ▶ How to fill wake windows with purposeful play
- ▶ When to seek early intervention support
- ▶ The power of trusting your mother's intuition

Madeline will provide real-time feedback, ensuring activities are tailored to your little one's needs. Come connect and learn, in a supportive space!

Gentle Body Fitness and Movement

📅 Thursdays, April 2 – 30

🕒 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!

Mommy and Me Fitness

📅 Friday, April 24

🕒 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.