

May 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.*

Mobility and Strength for Aging

- 📅 Tuesdays, May 5 and 12
- 🕒 2:00 p.m. – 3:00 p.m.

Learn why strength and mobility matters as you age and how it supports injury prevention, and independence. This sample class combines movement, flexibility, and light resistance training to target core strength, posture, and everyday movement.

All programs are FREE

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

Youth Wellness Program

- 📅 Tuesdays, May 5 – 26
- 🕒 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.

Core Confidence: Pelvic Floor Strengthening for Women's Health

- 📅 Wednesdays, May 6 – 27
- 🕒 2:00 p.m. – 3:00 p.m.
- 👩 Women's Health Awareness Month Program

Join Fitness Instructor, Dena Gruskin, in building strength from the inside out with this empowering class focused on pelvic floor health and total-body wellness. Designed specifically for women, this session combines targeted exercises, breathwork, and education to help improve core stability, bladder control, posture, and overall strength. Whether you're navigating postpartum recovery, aging gracefully, or simply looking to support your body more intentionally this class is for you.

Tai Chi for Healthy Aging

- 📅 Thursdays, May 7 – 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

- 📅 Thursday, 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.

Shake n' Shake: Move, Nourish, and Empower

- 📅 Tuesday, May 12
- 🕒 11:00 a.m. – 1:30 p.m.
- 👩 Women's Health Awareness Month Program

Join us for a dynamic experience that blends the empowering art of belly dance with holistic wellness! Led by Fitness Instructor, Lateefah Fleming, this fun fusion class promotes body positivity, strength, and vitality through expressive movement tailored for women. Followed by a cool down with Registered Dietitian, Julie Kay, MS, RDN, as

you craft a nutrient-packed protein shake and discover its many health benefits.

Brotanical Gardens: Harvest, Heal and Hang Out

📅 Saturday, May 16

🕒 10:00 a.m. – 12:00 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.

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

Talk With a Doc: The Faces of Breast Cancer – An Individual Path from Diagnosis to Outcome

📅 Wednesday, May 20

🕒 6:00 p.m. – 7:00 p.m.

👤 Women's Health Awareness Month Program

Join Dr. Morrison, breast cancer specialist at Englewood Health, for an insightful discussion highlighting well-known figures who have faced different types of breast cancer. This talk will explore how breast cancer varies from person to person, emphasizing differences in diagnosis, treatment, and outcomes. Through real-world examples and clinical expertise, participants will gain a deeper understanding of why personalized care is essential in the prevention, detection, and management of breast cancer. A healthy dinner will be provided. Attend this talk for a chance win a raffle prize! *This program is sponsored by the Meland Foundation.*

Women's Wellness: Nourishing the Body and A Healthy Mindset

📅 Wednesday, May 27

🕒 1:00 p.m. – 3:00 p.m.

👤 ¡Hablamos Español!

👤 Women's Health Awareness Month Program

Join us for a meaningful conversation around women's health and well-being. Led by Licensed Clinical Social Worker, Yaranil Ferrer, LCSW,

PMH-C and Registered Dietitian, Ivette Lebron, MS, RDN this session will explore practices and habits that promote wellbeing including; emotional resilience, balanced nutrition, and how to create a nurturing environment. Come nourish your body, mind, and spirit.

Talk With a Doc: Vaginal Health Across the Lifespan

📅 Wednesday, May 27

🕒 6:00 p.m. – 7:00 p.m.

👤 ¡Hablamos Español!

👤 Women's Health Awareness Month Program

Join Dr. Stephanie Rivera-Segarra, a board-certified obstetrician-gynecologist affiliated with Englewood Health and Brescia and Migliaccio, M.D., PC, for a discussion on vaginal health across the lifespan. This session will cover hormonal changes during perimenopause and menopause, common symptoms, and evidence-based strategies to support vaginal health and overall well-being. Key postmenopausal conditions, including vaginal cancers and other gynecologic concerns, will also be addressed, with an emphasis on early detection and preventive care. A healthy dinner will be provided. Attend this talk for a chance win a raffle prize! *This program is sponsored by the Meland Foundation.*

Physical Wellness

Strength and Mobility Fitness

📅 Mondays, May 4 – 18

🕒 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!

Participants who attend at least one health talk per month may qualify for priority registration for one class the following month.

Mat Pilates

- 📅 Tuesdays, May 5 – 26
- 🕒 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, May 6 – 27 and Fridays, May 1 – 29
- 🕒 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, May 6 – 27
- 🕒 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!

All programs are FREE

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

Aerobic Fitness

- 📅 Wednesdays, May 6 – 27
- 🕒 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, May 7 – 28
- 🕒 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, May 7 – 28
- 🕒 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!

Motivational Movements (formerly Bootcamp: Back to Basics)

- 📅 Thursdays, May 7 – 28
- 🕒 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 ages 16+, fitness levels, and experiences!

Emotional Wellness

All emotional wellness programs are presented by The Gregory P. Shadek Behavioral Care Center at Englewood Health.

Mindful Chair Yoga and Meditation

- 📅 Fridays, May 1 – 29
- 🕒 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, May 4 – 18
- 🕒 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, May 4 – 18
- 🕒 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, May 5, 19, and 26

🕒 11:00 a.m. – 12:00 p.m.

⚠️ Ages 16+

📍 See special program on May 12

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.

For all fitness levels and experiences!

Stress Reduction Meditation

📅 Tuesdays, May 5 – 26

🕒 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: Making Room for What Matters Most

📅 Wednesdays, May 6 – 27

🕒 4:00 p.m. – 5:00 p.m.

📍 ¡Hablamos Español!

Join us for a thoughtful session led by Licensed Clinical Social Worker Yaranil Ferrer, LCSW, PMH-C, featuring a guided discussion and sensory-based activities introducing Acceptance and Commitment Training (ACT). ACT is a mindfulness-based behavioral approach that supports individuals in acknowledging difficult thoughts and emotions, connecting with personal values, and taking meaningful, values-driven action. At its core, ACT builds psychological flexibility—the ability to stay present, make room for internal experiences, and move toward what matters most.

Mind, Body, and Spirit Yoga

📅 Wednesdays, May 6 – 27

🕒 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!

Nutritional Wellness

“What’s Eating You?” Talk With a Dietitian: Nutritional Strategies for Hormone Balance

📅 Monday, May 4

🕒 11:00 a.m. – 12:00 p.m.

📍 ¡Hablamos Español!

Explore the connection between nutrition, mindfulness, and hormonal health in this engaging session focused on supporting women's well-being across all stages of life. Led by Registered Dietitian Julie Kay, MS, RDN, this talk will highlight how mindful eating practices can help promote hormonal balance, improve energy, and support overall health. Participants will gain practical strategies for building a more intentional and supportive relationship with food.

Cooking Concepts: Mental Health and Hormonal Balance

📅 Mondays, May 4 – 18

🕒 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 for an engaging, hands-on class exploring the connection between food, mood, and mental well-being. This interactive session will highlight how nourishing ingredients and simple culinary strategies can support hormonal balance, emotional health, and overall wellness.

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

Mindful Eating: Women's Health and Hormonal Balance

- 📅 Tuesdays, May 5, 19, and 26
- 🕒 12:30 p.m. – 2:00 p.m.
- 🗣️ ¡Hablamos Español!
- 📅 See special program on May 12
- 📞 Please call 551-285-0800 to register

Explore the connection between nutrition, mindfulness, and hormonal health in this engaging session focused on supporting women's well-being across all stages of life. Led by Registered Dietitian Julie Kay, MS, RDN, this talk will highlight how mindful eating practices can help promote hormonal balance, improve energy, and support overall health. Participants will gain practical strategies for building a more intentional and supportive relationship with food.

Parent and Child Cooking Class

- 📅 Friday, May 8
- 🕒 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.

Cooking Companions

- 📅 Friday, May 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.

All programs are FREE

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

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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, May 7 – 28

🕒 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!

From Planning to Postpartum: Protecting Your Heart Before, During and After Pregnancy

📅 Thursday, May 7

🕒 6:00 p.m. – 7:00 p.m.

📄 Zoom captioning and translation into most languages available

VIRTUAL

Zoom Meeting ID: 289 858 5260

Join Alexandra E. Ward, MD, MS, FACC, Board-Certified Cardiologist and Director of the Women's Heart Center at Jersey City Medical Center for an essential conversation on cardiovascular health in pregnancy. This talk will explore when preconception cardiac counseling is critical, common and serious heart-related complications during pregnancy, and the warning signs every woman should recognize. Dr. Ward will also explain how pregnancy can act as a "stress test" for the heart, revealing risks that may impact lifelong cardiovascular health. With a focus on education, early detection, and empowerment, this session supports women in making informed decisions and advocating for their heart health at every stage of life, aligned with initiatives from the American Heart Association. This talk will be Moderated by the Partnership for Maternal and Child Health of Northern New Jersey.

Preparing for Childbirth

📅 Wednesday, May 13

🕒 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, May 29

🕒 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.