

June 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.*

Summer Reset: Yoga, Ayurveda, and Nutrition

- 📅 Tuesdays, June 2 – 30
- 🕒 2:00 p.m. – 3:00 p.m.

Step into summer feeling balanced, energized, and aligned. Registered Dietitian and yoga instructor Julie Kay combines Ayurveda, gentle yin-inspired yoga, and practical nutrition tips to help you stay cool, grounded, and in tune with your body. Learn simple ways to support digestion, energy, and mood through the seasonal shift into summer. Perfect for anyone seeking a more intentional, balanced start to the season.

Youth Wellness Program

- 📅 Tuesdays, June 2 – 30
- 🕒 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.

Man to Man: Honest Conversations About Men's Health

- 📅 Saturday, June 6
- 🕒 12:00 p.m. – 2:00 p.m.
- ⚠️ For men only

Join Todd Lavine, MD, Jesse Odion, MD, and the men of Broreavement for an open and engaging discussion on the health issues men face every day; including sexual health, prostate disease, vitality, aging, and other wellness issues. This is a space for men to speak freely, ask tough questions, and connect in a supportive environment grounded in honesty, shared experiences, and mutual respect. A healthy lunch will be provided. Attend this talk for a chance win a raffle prize! *This program is sponsored by the Meland Foundation.*

The Men's Business Roundtable: Mindset, Movement, and Connection

- 📅 Saturday, June 27
- 🕒 12:00 p.m. – 2:00 p.m.
- ⚠️ For men only

This integrated wellness event combines intentional movement, structured mindset, and meaningful business connection in one powerful room. The afternoon opens with a 25-minute light workout focused on energy, resilience, and mental clarity, followed by wellness education and intentional conversation over light bites. Participants will have the opportunity to highlight their male-centered businesses, exchange insights, challenge perspectives, and encourage one another beyond titles and transactions. This is a space for men to sharpen their mindset, strengthen their network, and build authentic relationships that create lasting impact in business, leadership, and life.

Physical Wellness

Strength and Mobility Fitness

- 📅 Mondays, June 1 – 29
- 🕒 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!

Shirvan Family Live Well Center
59 W. Palisade Avenue
Englewood, NJ 07631

Mat Pilates

- 📅 Tuesdays, June 2 – 30
- 🕒 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, June 3 – 24 and Fridays, June 5 – 26
- 🕒 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, June 3 – 24
- 🕒 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!

Core Confidence: Pelvic Floor Strengthening for Women's Health

- 📅 Wednesdays, June 3 – 24
- 🕒 2:00 p.m. – 3:00 p.m.
- 🏃 Low/moderate intensity

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.

Aerobic Fitness

- 📅 Wednesdays, June 3 – 24
- 🕒 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!

Tai Chi for Healthy Aging

- 📅 Thursdays, June 4 – 25
- 🕒 10:00 a.m. – 11:00 a.m.
- 🏃 Low/moderate intensity

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.

Gentle Body Fitness and Movement

- 📅 Thursdays, June 4 – 25
- 🕒 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, June 4 – 25
- 🕒 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, June 4 – 25
- 🕒 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!

All programs are FREE

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

Emotional Wellness

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

Art Expressions

📅 Mondays, June 1 – 29

🕒 12:00 p.m. – 1:30 p.m.

⚠️ Special 2-hour session June 22, 12:00 p.m. – 2:00 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, June 1 – 29

🕒 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, June 2 – 30

🕒 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 work-out.
- ▶ **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, June 2 – 30

🕒 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, June 3 – 24

🕒 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.

All programs are FREE

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

Mind, Body, and Spirit Yoga

📅 Wednesdays, June 3 – 24

🕒 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, June 5 – 26

🕒 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

Cooking Concepts: Summer Nutrition Made Simple

📅 Mondays, June 1 – 29

🕒 5:30 p.m. – 7:00 p.m.

🗣️ ¡Hablamos Español!

☎️ Please call 551-285-0800 to register

Join Registered Dietitian, Ivette Lebron, MS, RDN, & Chef Kim Mills in this interactive session of blending nutrition and culinary creativity to inspire healthier summer eating habits. Discover practical cooking staples, balanced meal ideas, and seasonal ingredients that make healthy eating both simple and enjoyable while building sustainable habits you can carry beyond the summer season.

Mindful Eating: For Summer Nutrition

📅 Tuesdays, June 2 – 30

🕒 12:30 p.m. – 2:00 p.m.

☎ Please call 551-285-0800 to register

Join Registered Dietitian Julie Kay, MS, RDN, and Chef Kim Mills for this engaging cooking class exploring summer wellness through mindful eating, balanced nutrition, and seasonal dishes. Discover fresh summer meal ideas, simple nutrition strategies, and practical ways to nourish your body, boost energy, and enjoy food without guilt or restriction.

Cooking Companions

📅 Wednesday, June 3

🕒 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.

“What’s Eating You?” Talk With a Dietitian: Cookout with Confidence – Healthy Nutrition for Summer Gatherings

📅 Monday, June 22

🕒 11:00 a.m. – 12:00 p.m.

🗣 ¡Hablamos Español!

Come discover how to enjoy your favorite summer cookout foods while maintaining healthy, balanced eating habits with Registered Dietitian, Ivette Lebron, MS, RDN. Learn practical tips for navigating barbecue favorites, building healthier plates, staying hydrated, and enjoying the foods you love without sacrificing your wellness goals.

All programs are FREE

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

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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.

Self-Love Maternal Health

Day Retreat

📅 Saturday, June 13

🕒 11:00 a.m. – 3:00 p.m.

📍 Chiang Auditorium
Englewood Hospital
350 Engle Street, Englewood

🗣️ ¡Hablamos Español!

📞 Please call 551-285-0800
to register

You're cordially invited to a FREE Maternal Health Resource Retreat dedicated to supporting the well-being of mothers and families in our community. Enjoy a day of engaging breakout sessions on maternal health, fitness, healthy eating, and local resources. Connect with healthcare professionals, enjoy complimentary food, and take part in exciting giveaways while you learn and prioritize wellness. Participant registration is required. To register as a vendor (tables and chairs will be provided), please contact us. Free parking available in the Employee Parking Lot (near the Emergency Department/Ambulance Bay).

Breastfeeding Basics

📅 Wednesday, June 24

🕒 5:30 p.m. – 7:30 p.m.

Join us for an enlightening session with Teresa Mancuso, BSN, MA, RN, IBCLC & Betty Dicker, BSN, 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

Gentle Body Fitness and Movement

📅 Thursdays, June 4 – 25

🕒 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, June 26

🕒 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.