

# July 2026

**Shirvan Family Live Well Center**  
ENGLEWOOD HEALTH

**FOR MORE INFORMATION OR TO REGISTER**  
[englewoodhealth.org/livewell](https://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.*

### Ancient Tea Practices for Modern Gut Health

- 📅 Thursdays, July 2 – 30
- 🕒 12:30 p.m. – 1:30 p.m.

Join us for an exploration of traditional Asian tea practices with a focus on probiotic-rich teas and their connection to gut health and overall wellness. This session will highlight how naturally cultured teas can support digestion, balance the gut microbiome, and promote long-term health. Participants will learn about the cultural roots of these tea practices, their functional health benefits, and how they can be thoughtfully incorporated into a modern wellness routine.

### Holistic Practice of Yang Tai Chi

- 📅 Mondays, July 6 – 27
- 🕒 3:30 p.m. – 4:30 p.m.

Experience the gentle, flowing movements of Yang Style Tai Chi, a traditional mind-body practice that promotes physical, mental, and emotional well-being. This class combines mindful movement, controlled breathing, and focused awareness to help improve balance, flexibility, coordination, and overall vitality. Participants will learn foundational Yang Tai Chi forms while cultivating relaxation, reducing stress, and enhancing inner harmony. Suitable for all fitness levels, this holistic practice supports healthy aging, resilience, and a greater sense of calm in everyday life.

### Youth Wellness Program

- 📅 Tuesdays, July 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.

### Talk with a Doc: Managing Chronic Disease Through Gut Health

- 📅 Wednesday, July 8
- 🕒 6:00 p.m. – 7:00 p.m.

Join Lina Obaid, MD and Elen Choi, MD for an engaging discussion on the powerful connection between gut health and chronic disease. Learn how the gut microbiome influences digestion, immune function, inflammation, metabolism, and overall health. Together, our experts will explore the role of nutrition and lifestyle in supporting a healthy gut and discuss how gut health may impact conditions such as diabetes, heart disease, obesity, autoimmune disorders, and other chronic illnesses. Participants will leave with practical, evidence-based strategies to support long-term wellness from the inside out. A healthy dinner will be provided. Attend this talk for a chance win a raffle prize! *This program is sponsored by the Meland Foundation.* Participants who attend at least one health talk per month may qualify for priority registration for one class the following month.

### Men's Health: Cooking and Conversations on Men's Health, Brotherhood, and Community

- 📅 Saturday, July 25
- 🕒 12:00 p.m. – 2:00 p.m.
- ⚠️ For men only

Join Chef English Epps and the Men of Broreavement, alongside Founder Daniel Ratchford, for a powerful day of cooking, conversation, and community connection. This interactive experience blends hands-on culinary activity with an open dis-

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cussion on men's health, emotional resilience, and navigating life's challenges. As participants prepare their meal, they will also engage in meaningful dialogue around stress, grief, resilience, and the importance of support systems. This program creates a safe and welcoming space reminding us that nourishment comes both from what we eat and the conversations we share.

## Physical Wellness

### Zumba Fitness

- 📅 Wednesdays, July 1 – 29 and Fridays, July 10 – 31
- ⚠️ No session Friday, July 3
- 🕒 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, July 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!

### Core Confidence: Pelvic Floor Strengthening for Women's Health

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

### Tai Chi for Healthy Aging

- 📅 Thursdays, July 2 – 30
- 🕒 10:00 a.m. – 11:00 a.m.
- 💓 Low 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, July 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, July 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!

### Motivational Movements (formerly Bootcamp: Back to Basics)

- 📅 Thursdays, July 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 ages 16+, fitness levels, and experiences!

#### All programs are FREE

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

## Strength and Mobility Fitness

📅 Mondays, July 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, July 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!

## Emotional Wellness

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

### Conscious Convos: Permission to Play – Building Joy and Resilience in Emotional Wellness

📅 Wednesdays, July 1 – 29

🕒 4:00 p.m. – 5:00 p.m.

🗣️ ¡Hablamos Español!

Join Licensed Clinical Social Worker, Yaranil Ferrer, LCSW, PMH-C, for an interactive discussion on the important role play has in emotional wellness, stress management, and resilience throughout adulthood. Together, we will explore what play means as adults, uncover its psychological and emotional benefits, and identify ways to incorporate more joy, curiosity, and creativity into everyday life. Participants will also engage in a guided sensory-based activity designed to pro-

mote mindfulness, self-expression, and emotional restoration.

## Mind, Body, and Spirit Yoga

📅 Wednesdays, July 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, July 10 – 31

⚠️ No session Friday, July 3

🕒 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, July 13 – 27

🕒 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, July 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, July 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 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.
- ▶ **Week 4:** A combination of what you've already learned!

For all fitness levels and experiences!

## Summer Reset: Yoga, Ayurveda, and Nutrition

📅 Tuesdays, July 7 – 28

🕒 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.

### All programs are FREE

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

### Stress Reduction Meditation

- 📅 Tuesdays, July 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!

## Nutritional Wellness

### “What’s Eating You?” Talk With a Dietitian: Gut Feeling – Fermented Foods and Digestive Wellness

- 📅 Monday, July 6
- 🕒 11:00 a.m. – 12:00 p.m.
- 🗣️ ¡Hablamos Español!

Join our Registered Dietitian, Ivette Lebron, MS, RDN, for an informative discussion on the connection between gut health, digestion, and overall wellness. Learn how the trillions of microorganisms that make up your gut microbiome influence everything from digestion and immunity to mood and chronic disease risk. This session will explore the benefits of fermented foods, and how they can support a healthy digestive system. Participants will leave with practical tips for incorporating fermented foods into their daily routine and simple strategies to promote long-term gut health.

### Cooking Concepts: Flavor and Function – Cooking with Herbs for Taste, Health, and Balance

- 📅 Mondays, July 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 English Epps for an engaging culinary series focused on incorporating fresh herbs into everyday meals to support gut health and overall wellness. Each session will highlight a different herb exploring its nutritional benefits, digestive support properties, and traditional culinary and medicinal uses. Participants will learn simple, practical cooking techniques to enhance flavor while boosting nutrition, along with easy ways to integrate herbs into home cooking. This series offers hands-on inspiration to make healthy eating more flavorful, accessible, and sustainable.

### Mindful Eating: From Garden to Gut – Mindful Eating with Fresh Herbs

- 📅 Tuesdays, July 7 – 28
- 🕒 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 a unique hands-on series exploring the connection between mindful eating, gut health, and the wellness benefits of culinary herbs. Each week will spotlight a different herb highlighting its nutritional value, traditional wellness applications, and role in supporting digestive health. Participants will learn how to plant, harvest, store, and maintain herbs at home while discovering ways to cultivate healthier eating habits and enjoy the benefits of fresh herbs from garden to table.

#### 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

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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.

### Postpartum Information and Baby Care Basics

📅 Wednesday, July 22

🕒 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. A healthy dinner will be provided. What you'll learn in this clinical education session:

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

### Gentle Body Fitness and Movement

📅 Thursdays, July 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, July 31

🕒 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.