

September 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.*

Health Talk: Real Talk – Mind Over Matter, Understanding Men’s Mental Health

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

Join Licensed Clinical Social Worker Richard Moses, LCSW, LCADC, Founder Daniel Ratchford, and the men of Broreavement for an honest and practical conversation about men’s mental health and emotional well-being. Explore the differences between feeling down and experiencing depression, as well as everyday stress, anxiety, and anger. We’ll discuss common warning signs, when it may be time to seek

support, and why asking for help is a sign of strength, not weakness. The session will feature open, candid conversations among men with shared experiences, creating a safe and supportive space to ask questions, share perspectives, and address real-life concerns. A healthy lunch will be served. *This program is sponsored by the Meland Foundation.*

Sabor and Salud: A Zumba Wellness Celebration

- 📅 Mondays, September 14 – 28
- 🕒 10:30 a.m. – 11:30 a.m.
- 💪 Moderate/high intensity
- ⚠️ Ages 16+
- 🗣️ ¡Hablamos Español!

Brought to you by Popular Demand: In celebration of our Site Anniversary and Hispanic Heritage Month. Join us for a fun-loving group session designed to bring you more of what motivates you to move, feel good, and prioritize your health. Come celebrate movement, community, and superior wellness with us over the music that brings you joy!

Exercise Your Mind: Creativity and Connection

- 📅 Tuesdays, September 22 – October 13
- 🕒 2:00 p.m. – 3:00 p.m.
- ⚠️ Ages 11+

Stimulate your mind and connect with others through a fun and engaging 4-week experience focused on creativity, focus, attention, and mental agility. Through playful activities, creative exercises, and interactive challenges, you’ll explore new

ways of thinking, strengthen problem-solving skills, and practice staying flexible and engaged. Designed to encourage curiosity, laughter, and connection, this class offers a unique way to keep your mind active while having fun with others.

Join Our FREE 3-Month Type 2 Diabetes Education Program!

- 📅 Every other Wednesday, September 23 – December 16
- 🕒 6:00 p.m. – 7:00 p.m.
- ☎️ Please call 201-894-3526 to register

VIRTUAL

A free 3-month virtual program led by a expert team focused on supporting individuals with type II diabetes in making informed, sustainable lifestyle changes to reduce blood sugar levels and better manage diabetes. Program Includes:

- ▶ Nutrition and diabetes education
- ▶ Continuous glucose monitors
- ▶ Healthy-home delivered meals

Program supported by TD Charitable Foundation and Save Latin America, Inc.

Rooted in Wellness: Cultivating Fruits, Vegetables, and Herbs at Home

- 📅 Thursday, September 24
- 🕒 2:00 p.m. – 3:00 p.m.

Join Registered Dietitian, Ivette Lebron, MS, RDN and a local Environmentalist and Master Gardener to learn how to create and maintain thriving indoor and outdoor gardens for fruits, vegetables, and herbs to support overall wellness. This ses-

sion will cover practical tips on planning, planting, and caring for your garden, along with strategies to maximize yield in any space. Discover how growing your own food can enhance nutrition, reduce stress, and promote a healthier, more sustainable lifestyle. Leave with a starter kit to help you begin your wellness journey at home.

Take Control of Your Health: A Chronic Condition Management Series

📅 Wednesdays, September 30 – November 4

🕒 12:00 p.m. – 2:00 p.m.

☎ Please call 551-285-0800 to register

Come join this interactive workshop for individuals and caregivers managing a chronic condition to learn practical and effective strategies to live a healthier life. Discover how to take control of your health through healthy and practical nutrition guidance, physical activity and exercise options, emotional wellness support, and effective communication strategies with your doctor and family. Participants will receive a free instructional workbook, a meditation CD, and incentives such as a supermarket gift card. A healthy lunch will be served.

Talk with a Doc: The Ways We Cope – The Helpful, the Harmful, and Everything In Between

📅 Wednesday, September 30

🕒 6:00 p.m. – 7:00 p.m.

Life brings stress, uncertainty, and challenges that affect us all, but the ways we respond can shape our mental and physical well-being. Join Sharde McLeish, MD, an addiction medicine specialist, for an insightful discussion. Together, we'll explore how people cope with stress, anxiety, depression, trauma, and other

life challenges; how co-occurring mental health conditions can present; why recognizing these patterns early can make a meaningful difference; and the intersection of mental health and substance use. The program will also include a guided mindfulness and meditation session led by meditation expert Blake Guss, who will share practical techniques to help manage stress, build resilience, and support overall well-being. A healthy dinner will be provided. *This program is presented by The Gregory P. Shadek Behavioral Care Center at Englewood Health.* Participants who attend at least one health talk per month may qualify for priority registration for one class the following month.

Rhythm and Resilience: Dance-a-thon Fundraiser for Breast Cancer Awareness

📅 Friday, October 9

🕒 5:00 p.m. – 8:00 p.m.

Join the Shirvan Family Live Well Center Team by getting ready to groove and give back! This fun event will raise funds and awareness for breast cancer education and access to care at The Leslie Simon Breast Care and Cytodiagnosis Center at Englewood Health. Support a Great Cause and Get Fit by participating in the Zumba session, you'll be supporting Englewood Health Foundation's Fader Family Walk for Awareness, happening on Sunday, October 25. Together, these events will help make a difference in the lives of uninsured and underinsured patients. **Register Now:** Participants may register for a \$25 donation per session (beginning at 5PM, 6M and 7PM), payable in advance, online at [EnglewoodHealth.org/LWCdonate](https://www.EnglewoodHealth.org/LWCdonate), or on-site. All donations are tax deductible. *This event is proudly co-sponsored by GymGuyz and EmpowerFit Wellness.*

Live Well Cook-off: Battle of the Bowls!

📅 Friday, October 16

🕒 6:00 p.m. – 8:00 p.m.

🗣 ¡Hablamos Español!

👤 All are welcome in the audience

☎ Please call 551-285-0800 to register as a contestant

LIVE WELL CENTER ANNIVERSARY PROGRAM! Watch the heat rise and the flavors come alive at our Third Annual Live Well Cook-Off! Join us for a fun, high-energy culinary showdown as contestants put their creativity and cooking skills to the test to create delicious dishes worthy of the title "Live Well Top Chef." Contestant spots are limited, so please call the center to reserve your place in this exciting culinary challenge. Bring your friends, family, and colleagues to cheer you on and enjoy the competition as everyone is welcome to join us as an audience member! And don't forget to make your dish a crowd-pleaser, as you could walk away with the coveted "Crowd Favorite" award.

Wellness in Your Own Words:

A Celebratory Journey

📅 Friday, October 23

🕒 11:30 a.m. – 1:30 p.m.

☎ Please call 551-285-0800 to register

In celebration of our Site Anniversary, we want to celebrate more than just the success of the Shirvan Family Live Well Center, we want to celebrate YOU and the role the center has played in your wellness journey. We invite you to share how our programs, resources, and community have impacted your health and well-being. Stories will be captured through your choice of a video, audio/voice recording, or written testimonial. Register to participate, and a member of our team will contact you with

submission details or help schedule an in-person recording. Your voice matters, and we want to hear your story!

Physical Wellness

Mat Pilates

- 📅 Tuesdays, September 8 – 29
- 🕒 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, September 9 – 30 and Fridays, September 11 – 25
- 🕒 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, September 9 – 30
- 🕒 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, September 9 – 30
- 🕒 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, September 9 – 30
- 🕒 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)

- 📅 Thursdays, September 10 – 24
- 🕒 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.

All programs are FREE

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

Gentle Body Fitness and Movement

- 📅 Thursdays, September 10 – 24
- 🕒 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, September 10 – 24
- 🕒 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, September 10 – 24
- 🕒 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, September 14 – 28
- 🕒 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!

Emotional Wellness

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

Body Flow: Movement to Enhance the Mind and Body Connection

- 📅 Tuesdays, September 8 – 29
- 🕒 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!

Stress Reduction Meditation

- 📅 Tuesdays, September 8 – 29
- 🕒 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 pro-

gram 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!

Mind, Body, and Spirit Yoga

- 📅 Wednesdays, September 9 – 30
- 🕒 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, September 11 – 25
- 🕒 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!

Living in the Moment: Meditation Workshop

- 📅 Mondays, September 14 – 28
- 🕒 5:30 p.m. – 6:30 p.m.
- 👤 Ages 16+

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.

Nutritional Wellness

Mindful Eating: Savoring Hispanic Flavors that Support Your Health

- 📅 Tuesdays, September 8 – 29
- 🕒 12:30 p.m. – 2:00 p.m.
- 📞 Please call 551-285-0800 to register

Join our Registered Dietitians, Julie Kay, MS, RDN, Ivette Lebron, MS, RDN and Chefs, Kim Mills and English Epps for an engaging mindful eating experience featuring popular Hispanic cuisines. Learn how to enjoy the foods you love while making balanced, nutritious choices that can support the management of chronic conditions and your overall wellness. Discover practical strategies for eating mindfully, listening to your body, and creating healthier habits without sacrificing flavor or cultural tradition. Come learn, taste, and receive a helpful resource to support you on your wellness journey!

Cooking Companions

- 📅 Wednesday, September 9
- 🕒 6:00 p.m. – 7:30 p.m.
- 📞 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.

Shirvan Family Live Well Center

59 W. Palisade Avenue
Englewood, NJ 07631

“What’s Eating You?” Talk With a Dietitian: Avena – A Taste of Hispanic Heritage and Wellness

📅 Monday, September 14

🕒 11:00 a.m. – 12:00 p.m.

🗣️ ¡Hablamos Español!

Celebrate Hispanic Heritage Month with our Register Dietitian, Ivette Lebron, MS, RDN for a traditional bowl of avena (oatmeal) while learning how this comforting breakfast can support overall health and wellness. Health Benefits of Avena:

- ▶ Heart Health: Rich in beta-glucan, a soluble fiber that can help lower LDL (“bad”) cholesterol.
- ▶ Blood Sugar Support: Fiber helps slow digestion and may help prevent sharp blood sugar spikes.
- ▶ Digestive Health: Provides dietary fiber to support healthy digestion and regularity.
- ▶ Sustained Energy: Complex carbohydrates, plant-based protein, magnesium, and iron help provide lasting energy and promote fullness throughout the morning.

Come learn the health benefits, taste your own creation and pick up your sample kit to take home and create a delicious, healthy blend that you and your family can enjoy!

Cooking Concepts: Traditional Wellness – Healthy Hispanic Cooking

📅 Mondays, September 14 – 28

🕒 5:30 p.m. – 7:00 p.m.

📞 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.

Specialty Cooking Series: Skip the Aisle, Start from Scratch!

📅 Friday, September 18

🕒 6:00 p.m. – 7:30 p.m.

📞 Please call 551-285-0800 to register

Join Chef English Epps in learning how to “skip the grocery aisles” and discover how easy it is to make everyday staples right at home! In this hands-on cooking series, you’ll transform simple pantry ingredients into homemade favorites like peanut butter, jams and jellies, salad dressings, sauces, mayonnaise, aioli, pasta, biscuits, and more, but without the unnecessary added sugars, sodium, additives, and preservatives often found in packaged versions. More than just learning recipes, you’ll learn the techniques, foundational methods, and cooking principles behind each staple, giving you the confidence to customize flavors, ingredients, and textures to your own preferences. Learn the basics, make it your own, and start from scratch!

Our programs are designed to support your overall health and wellness and are not intended to replace prescribed medical treatment, physical therapy, or other clinical services recommended by your healthcare provider. Participation in our programs should not be considered a substitute for professional medical advice or treatment. Please consult with your physician or other qualified healthcare provider before participating in any of our programs, especially if you have an existing medical condition or are recovering from an injury or procedure.

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.

Preparing for Childbirth

📅 Wednesday, September 23

🕒 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 hands-on education session:

- ▶ What is normal?
- ▶ What is a warning sign?
- ▶ Physiological changes
- ▶ Pain medication options
- ▶ Vaginal and Cesarean delivery details

A healthy dinner will be provided.

Gentle Body Fitness and Movement

📅 Thursdays, September 10 – 24

🕒 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, September 25

🕒 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.

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