

October 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.*

Beyond the Mat: Exploring the 22 Practices of Yoga for Everyday Life

📅 Wednesdays and Thursdays,
October 1 – 29

🕒 4:00 p.m. – 5:00 p.m.

⚠️ No session October 8

Explore the many ways yoga’s holistic approach can support your overall well-being, both on and off the mat. This unique offering introduces participants to fundamental practices such as breathwork, meditation, ethical principles, self-awareness, and mindful living. Discover how these practices can promote greater movement, balance, resilience, relaxation, strength, and mindfulness. Each session features a dif-

ferent yoga practice, providing an opportunity to explore various approaches and discover the practices that best support your individual wellness journey.

A Pink and Powerful Discussion on Breast Cancer Education, Awareness, and Survivorship

📅 Friday, October 2

🕒 7:00 p.m. – 8:30 p.m.

Join triple board-certified obstetrician-gynecologist, Natasha Chinn, MD, FACOG, DipABLM, ABOIM, for an important discussion focused on breast health and cancer awareness. Presented in collaboration with the Ladies of Alpha Kappa Alpha Sorority, Incorporated Iota Epsilon Omega Chapter in partnership with Bergen County Ivies and Pearls, The National Coalition of 100 Black Women, Inc., Bergen/Passaic Chapter and The Hadnott Foundation. Participants will receive valuable information on:

- ▶ Breast health and cancer awareness
- ▶ Recommended screening tests and early detection
- ▶ Health education and community resources
- ▶ Prevention and risk reduction
- ▶ Patient testimonials and personal experiences

Come learn, ask questions, and receive valuable health information. A healthy dinner will be provided. Participants who attend at least one health talk per month may qualify for priority registration for one class the following month. *This program is sponsored by the Meland Foundation.*

Exercise Your Mind: Creativity and Connection

📅 Tuesdays, October 13 and 20

🕒 2:00 p.m. – 3:00 p.m.

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.

Youth Wellness Program

📅 Tuesdays, October 6 – 27

🕒 4:00 p.m. – 5:00 p.m.

⚠️ Ages 11+

An after-school program designed for students to engage in a variety of experiences focused on nutrition, fitness, and emotional wellness. Participants will participate in interactive classes on healthy eating, enjoy dynamic physical activities, and learn essential skills for managing stress and maintaining emotional balance. By experiencing these elements, the program aims to empower students to make informed choices that support their overall well-being.

Shirvan Family Live Well Center

59 W. Palisade Avenue
Englewood, NJ 07631

Take Control of Your Health: A Chronic Condition Management Series

📅 Wednesdays, October 7 – 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.

Wellness in Your Own Words: A Celebratory Journey

📅 Wednesday, October 7
5:00 p.m. – 7:00 p.m. and

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!

Nutritional Guidance and Recipes for Managing Health Challenges Cookbook Launch Event – EAT WELL FOR LIFE – TALK + TASTING

📅 Thursday, October 8

🕒 6:00 p.m. – 8:00 p.m.

Join the Live Well Dietitians and Chefs as we introduce Eat Well for Life, a cookbook developed to harness the power of good nutrition to maintain your health and manage common health challenges.

THE TALK: Hear directly from the Live Well Dietitians as they share practical guidance, and the core ideas that inspired this resource. Learn how food can play an important role in managing conditions such as heart disease, prediabetes and diabetes, inflammation, cancer, and the changes that come with aging. **THE TASTING:** Let our Live Well Chefs bring the ideas to life. Sample recipes from Eat Well for Life and experience how thoughtful nutrition can become practical, nourishing, and delicious food. Come learn. Come taste. Come be inspired. All registered participants will receive a copy of the newly released cookbook!

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

📅 Friday, October 9

🕒 5:00 p.m. – 8:00 p.m.

📞 Please call 551-285-0800 to register

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 5 p.m., 6 p.m., and 7 p.m.), payable in advance, online or on-site. All donations are tax deductible. **To Donate:** englewoodhealth.org/LWCdonate. Participants who already donated to our fundraiser page will be permitted to attend the allotted class of your choice! *This event is proudly co-sponsored by GymGuyz, EmpowerFitwellness, and The Edit King.*

A Geriatric Care Coordinator's Perspective: Navigating the Aging Journey

📅 Wednesday, October 14

🕒 6:00 p.m. – 7:00 p.m.

Understanding the aging care landscape is key to making informed decisions as older adults and their families navigate an increasingly complex network of healthcare, social services, legal considerations, and family dynamics. Drawing on the perspective of a Geriatric Care Coordinator, this talk offers practical insights into the challenges families commonly face, strategies for navigating complex care decisions, and ways to build an effective support network. Attendees will gain a better understanding of the aging care continuum, learn when additional guidance may be helpful, and leave with actionable knowledge to promote independence, dignity, and peace of mind for older adults and their families. Margo Tucker, LSW, CDP, is the Founder and President of Tucker Senior Life Care. Holding a Master's in Social Work with a specialization in Gerontology from the University of Pennsylvania, she gained extensive

clinical experience at Mount Sinai Hospital and leading geriatric care management agencies. Drawing on decades of experience in complex care management, Margo shares practical, real-world insights to help families better understand the aging journey, navigate challenges with confidence, and support older adults in maintaining maximum independence and dignity.

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

📅 Thursday, October 15
🕒 2:00 p.m. – 3:00 p.m.

Join Registered Dietitians, Julie Kay, MS, RDN and Ivette Lebron, MS, RDN along with Local Environmentalist/Master Gardener to learn how to create and maintain thriving indoor and outdoor gardens for fruits, vegetables, and herbs to support overall wellness. This session 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.

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.

“The Power Plate” Cancer Nutrition Education

📅 Thursday, October 22
🕒 12:00 p.m. – 1:00 p.m.

Join Dietitian Julie Kay, MS, RDN, for a practical discussion on nutrition strategies to reduce cancer risk and support overall wellness. Learn which foods to emphasize, vary, and limit to create a cancer-protective diet and optimize your wellbeing.

Health Talk: Breast Health – Prevention, Awareness, and Early Detection

📅 Wednesday, October 28
🕒 6:00 p.m. – 7:00 p.m.

Join Christine Weiselberg, DNP, FNP-BC, Senior Director of the Leslie Simon Breast Care and Cytodiagnosis Center, for an important health talk focused on breast health and cancer prevention. Learn about breast cancer risk factors, prevention strategies, recommended screenings, and steps you can take to be proactive about your breast health. Participants will gain practical information designed to increase awareness of cancer risks and support healthy behaviors that may help reduce cancer risk. A healthy dinner will be provided. *This program is sponsored by the Meland Foundation.*

Men’s Health: Financial Health for Men Series

📅 Saturday, October 31
🕒 11:00 a.m. – 1:00 p.m.
⚠️ For men only

This financial series equips men with practical strategies to navigate financial challenges, from everyday money management to major life transitions. Participants will gain skills to maintain stability, reduce stress, protect their families, and plan for the future.

- ▶ Financial Stability During Life Transitions: Create a plan to stay on track during major changes.
- ▶ Budgeting, Debt, and Reducing Financial Stress: Build realistic budgets, manage debt, and lower money-related anxiety.
- ▶ Protecting Your Family While Rebuilding: Learn life insurance, estate basics, and emergency planning to safeguard loved ones.
- ▶ Legacy, Confidence, and Long-Term Planning: Align finances with values, plan for the future, and build a lasting legacy.

Each session, led by financial advisor Jason Murray, combines expert guidance with open discussion and Q&A, creating a supportive space to share experiences and build practical skills for long-term financial wellbeing. A healthy lunch will be provided. Attend this talk for a chance to win a raffle prize!

Physical Wellness

Tai Chi for Healthy Aging (Thursdays)

📅 Thursdays, October 1 – 29
🕒 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 re-

duce 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, October 1 – 29

🕒 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, October 1 – 29

🕒 5:00 p.m. – 6:00 p.m.

⚠️ No session October 8

💓 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.

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Motivational Movements (formerly Bootcamp: Back to Basics)

📅 Thursdays, October 1 – 29

🕒 6:00 p.m. – 7:00 p.m.

⚠️ No session October 8

💓 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!

Zumba Fitness

📅 Wednesdays, October 7 – 28

and Fridays, October 2 – 30

🕒 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!

Strength and Mobility Fitness

📅 Mondays, October 5 – 26

🕒 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!

Holistic Practice of Yang Tai Chi (Mondays)

📅 Mondays, October 5 – 26

🕒 3:30 p.m. – 4:30 p.m.

💓 Low intensity

⚠️ Ages 16+

Experience the gentle, flowing movements of Yang Style Tai Chi, a traditional mind-body practice that promotes physical, mental, and emo-

tional 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.

Mat Pilates

📅 Tuesdays, October 6 – 27

🕒 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!

Stretch Therapy

📅 Wednesdays, October 7 – 28

🕒 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, October 7 – 28

🕒 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, October 7 – 28

🕒 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

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

Mindful Chair Yoga and Meditation

📅 Fridays, October 2 – 30

🕒 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: A Season of Reflection, Release, and Renewal (New Collaborative Series with Conscious Convos)

📅 Mondays, October 5 – 26

🕒 11:30 a.m. – 1:00 p.m.

NEW TIME!

Join Certified Art Therapist, Esther Savetsky, MPS, ATR-BC, LCAT, LPAT, in 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.

Conscious Convos: A Season of Reflection, Release, and Renewal (New Collaborative Series with Art Expressions)

📅 Mondays, October 5 – 26

🕒 1:00 p.m. – 2:00 p.m.

🗣️ ¡Hablamos Español!

NEW DATE AND TIME!

Join our Licensed Clinical Social Worker, Yaranil Ferrer, LCSW, PMH-C for a restorative discussion on a season of reflection, release and renewal. As the seasons change, we are invited to slow down, reflect, and make space for what matters most. Throughout this four-week Conscious Conversation series, participants will explore personal transitions, releasing what no longer serves them, reconnecting with their values and sources of grounding, and recognizing the strengths they have developed along the way. Through guided reflection and meaningful conversation, participants will be encouraged to embrace change, cultivate emotional well-being, and move into the next season with greater intention and self-awareness.

Living in the Moment: Meditation Workshop

📅 Mondays, October 5 – 26

🕒 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, October 6 – 27

🕒 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, October 6 – 27

🕒 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!

Mind, Body, and Spirit Yoga

📅 Wednesdays, October 7 – 28

🕒 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

Cooking Concepts: Traditional Wellness – Healthy Hispanic Cooking for Cancer Prevention

📅 Mondays, October 5 – 26

🕒 5:30 p.m. – 7:00 p.m.

🗣️ ¡Hablamos Español!

📞 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 interactive cooking experience featuring popular Hispanic dishes with a healthier twist. Learn practical cooking skills, ingredient swaps, and portion strategies to create nutritious meals that support overall wellness and the management of chronic conditions and cancer prevention, without compromising the flavors and traditions you love. Come cook, learn, and take home a helpful resource to support your wellness journey!

Mindful Eating: Savoring Hispanic Flavors that Support Your Health and Cancer Prevention

📅 Tuesdays, October 6 – 27

🕒 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, cancer prevention 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!

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.

Gentle Body Fitness and Movement

📅 Thursdays, October 1 – 29

🕒 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!

Breastfeeding Basics

📅 Wednesday, October 21

🕒 5:30 p.m. – 7:30 p.m.

Join us for an enlightening session with Teresa Mancuso, BSN, MA, RN, IBCLC and 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

Mommy and Me Fitness

📅 Friday, October 30

🕒 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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