

November 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.*

Wellness in Your Own Words: A Celebratory Journey

- 📅 Wednesday, November 2
- 🕒 5:00 p.m. – 7:00 p.m.
- 🗣️ ¡Hablamos Español!

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!

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

- 📅 Saturday, November 7
- 🕒 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 discussion 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.

Talk With a Doc: Dinner and Diabetes – A Conversation Around the Table

- 📅 Monday, November 9
- 🕒 6:00 p.m. – 8:00 p.m.
- 🗣️ ¡Hablamos Español!
- ⚠️ For guaranteed admission, please register by Monday, November 2

How do you navigate the holidays with diabetes or prediabetes—without missing out? Get ready for a

fresh take on navigating the holidays with diabetes or prediabetes. Hear from endocrinologist and culinary medicine certified Dr. Anita Ramsetty, then join dietitians, diabetes educators and peers around the table for a healthy, family-style dinner featuring recipes from our new Eat Well for Life cookbook—with plenty of opportunity for conversation and questions.

Mind and Motion: Exploring Your Mind Through Movement

- 📅 Wednesdays, November 11 and 18
- 🕒 4:00 p.m. – 5:00 p.m.

Join Yoga Instructor, Lateefah Fleming in a Two-part Workshop on exploring your mind through movement. Movement and Emotions is a two-part experiential workshop exploring how movement, breath, and other techniques can deepen our awareness of our feelings and help us process our emotions. This workshop uses intentional body-based practices to tap into these feelings, notice how they live in the body, and create space to manage and heal from what we are carrying.

- ▶ **Part 1:** Move + Release, uses intentional movement and physical expression to explore emotions and taps into movement as a pathway to awareness and processing.
- ▶ **Part 2:** Breathe + Breakthrough uses breathwork, meditation, and guided reflection to slow down, go inward, and work with what surfaced through movement. Participants will have space to notice, reflect, and explore what comes next.

Two sessions. One intentional exploration of the mind-body connection.

FREE Breast Cancer Screening

- ⚠️ By appointment only
- 📅 Thursday, November 12
- 🕒 4:00 p.m. – 6:00 p.m.
- 📍 Englewood Hospital
350 Engle Street, Englewood
- 🗣️ ¡Hablamos Español!

Englewood Health is offering FREE breast cancer screenings to a limited number of eligible participants. This screening is made possible by the Fader Family Walk for Awareness. You are eligible if you:

- ▶ Are a woman age 40 or older;
- ▶ Have not had a screening mammogram in the past year;
- ▶ Have no signs or symptoms of breast disease; and
- ▶ Are uninsured or underinsured.

Register at englewoodhealth.org/breastscreening. For more information or to speak with someone directly, please contact Christine Weiselberg, DNP, FNP-BC at 201-894-3146.

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

- 📅 Thursday, November 19
- 🕒 2:00 p.m. – 3:00 p.m.
- 🗣️ ¡Hablamos Español!

Join Registered Dietitian, 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.

Physical Wellness

Strength and Mobility Fitness

- 📅 Mondays, November 2 – 30
- 🕒 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, November 2 – 30
- 🕒 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 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.

Mat Pilates

- 📅 Tuesdays, November 3 – 24
- 🕒 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, November 4 – 25 and Fridays, November 6 – 20
- 🕒 10:30 a.m. – 11:30 a.m.
- ⚠️ No session November 11
- 💓 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, November 4 – 25
- 🕒 12:00 p.m. – 1:00 p.m.
- ⚠️ No session November 11
- 💓 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, November 4 and 18
- 🕒 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, breath-

work, 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, November 4 – 18
- 🕒 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, November 5 – 19
- 🕒 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, November 5 – 19
- 🕒 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, November 5 – 19
- 🕒 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, November 5 – 19
- 🕒 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!

Emotional Wellness

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

Art Expressions: A Season of Nourishment and Belonging

- 📅 Mondays, November 2 – 30
- 🕒 11:30 a.m. – 1:00 p.m.

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 Convo: A Season of Nourishment and Belonging

- 📅 Mondays, November 2 – 30
- 🕒 1:00 p.m. – 2:00 p.m.
- 🗣️ ¡Hablamos Español!

Join our Licensed Clinical Social Worker, Yaranil Ferrer, LCSW, PMH-C for a restorative discussion on exploring the emotional nourishment we find through connection, support, and meaningful relationships. Together, we will reflect on gratitude, belonging, and relational awareness while exploring how we can better recognize and tend to our emotional needs.

Living in the Moment: Meditation Workshop

- 📅 Mondays, November 2 – 30
- 🕒 5:30 p.m. – 6:30 p.m.
- ⚠️ No session November 9

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, November 3 – 24
- 🕒 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, November 3 – 24

🕒 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, November 4 – 18

🕒 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, November 6 – 20

🕒 12:30 p.m. – 1:30 p.m.

⚠️ Ages 16+

A fitness variation workshop designed to incorporate mindful med-

itation, breathing techniques and dynamic chair exercises. For all fitness levels, and experiences!

Nutritional Wellness

"What's Eating You?" Talk With a Dietitian: Diabetes-Friendly ShopRite Tours

📅 Monday, November 2

🕒 11:00 a.m. – 12:00 p.m.

🗣️ ¡Hablamos Español!

Join our Registered Dietitian, Ivette Lebron, MS, RDN, for a guided supermarket tour designed to help you make smart, budget and diabetes-friendly food choices. Learn how to read nutrition labels, compare products, and build a balanced grocery list that supports healthy blood sugar management. Participants will gain practical tips for shopping on a budget, choosing nutritious staples, and creating meals that are both satisfying and blood sugar friendly. Join us and receive your starter kit to help you take the first step toward a healthier lifestyle today!

Cooking Concepts: Diabetes-Friendly Meals – Cooking for Flavor, Balance, and Better Health

📅 Mondays, November 2 – 30

🕒 5:30 p.m. – 7:00 p.m.

⚠️ No session November 9; see diabetes **Talk With a Doc** under Special Programs

🗣️ ¡Hablamos Español!

📞 Please call 551-285-0800 to register

Join our Registered Dietitian, Ivette Lebron, MS, RDN, along with Chef English Epps, for an interactive culinary experience exploring practical cooking techniques for diabetes-friendly meals. Learn how to balance ingredients, manage carbohydrates, make healthier substitutions, and build flavorful, nutritious dishes while honoring your favorite

foods and cultural traditions. Discover simple ways to prepare satisfying meals that support blood sugar management and overall wellness without compromising taste. Come learn, cook, taste, and take home helpful resources to support your wellness journey!

Mindful Eating: Diabetes-Friendly Meals – Flavorful Choices for Better Health

📅 Tuesdays, November 3 – 24

🕒 12:30 p.m. – 2:00 p.m.

📞 Please call 551-285-0800 to register

Join our Registered Dietitian, Julie Kay, MS, RDN, along with Chef Kim Mills, for an engaging culinary experience focused on preparing diabetes-friendly meals without sacrificing flavor or cultural tradition. Learn how to enjoy the foods you love while making balanced, nutritious choices that support blood sugar management and overall wellness. Discover practical strategies for mindful eating, healthier ingredient swaps, and creating sustainable eating habits that fit your lifestyle. Come learn, taste, and take home helpful resources to support 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.

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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.

Gentle Body Fitness and Movement

📅 Thursdays, November 5 – 19

🕒 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!

Health Talk: Postpartum Information and Baby Care Basics

📅 Wednesday, November 18

🕒 5:30 p.m. – 7:30 p.m.

📍 In-person event

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

Mommy and Me Fitness

📅 Friday, November 20

🕒 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.

Shirvan Family Live Well Center

59 W. Palisade Avenue
Englewood, NJ 07631