

Events & Services

**Nutrition and Cancer:
Eating Right for
Prevention and
Recovery**

Page 4



PLUS:

**Two New
Journaling
Programs**

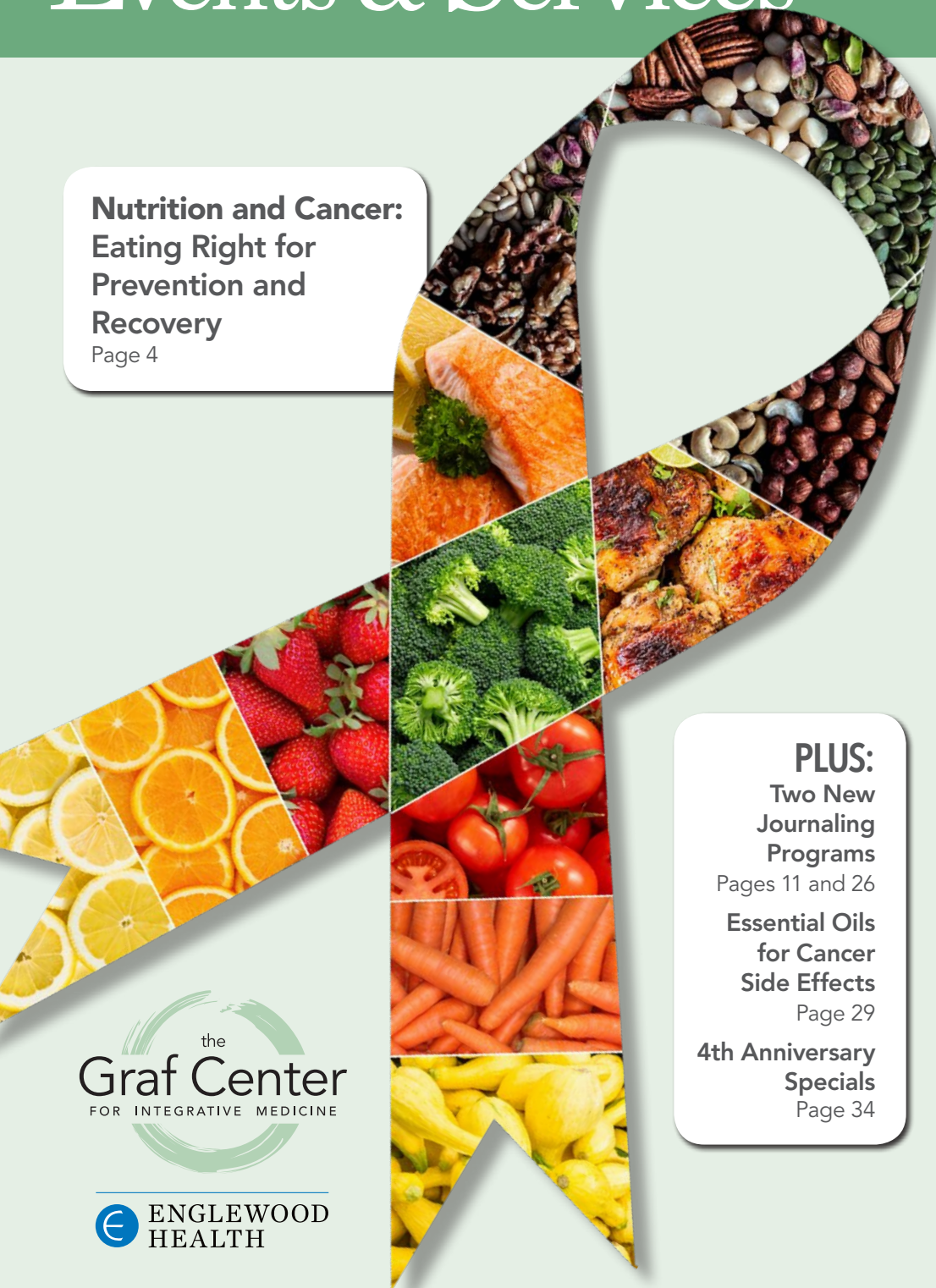
Pages 11 and 26

**Essential Oils
for Cancer
Side Effects**

Page 29

**4th Anniversary
Specials**

Page 34



About the Graf Center

The Graf Center for Integrative Medicine is reimagining what wellness looks like through a holistic approach, focusing on the mind and body as one. Our center's team of licensed and/or certified practitioners offers evidence-based services to promote prevention, recovery, and support in a safe, comfortable environment. Our services can help minimize nausea, reduce pain, lower blood pressure, and relieve stress and anxiety. We work closely with your Englewood Health or personal physicians, and our wellness services are also open to family members and the public.

Services

Acupuncture	Meditation	Stress management
Aromatherapy	Nutritional counseling	Wellness coaching
Functional medicine	Reflexology	Wellness workshops
Massage therapy	Reiki	Yoga

We also have a health and wellness boutique and offer gift certificates for services.

ADDRESS

Graf Center for Integrative Medicine
Englewood Health
350 Engle Street, Englewood, NJ 07631

We are located on the 5th floor of
The Russell and Angelica Berrie Center
for Humanistic Care.

P FREE VALET PARKING.

CONTACT US

MAIN PHONE: 201-608-2377

DR. TRACY SCHELLER: 201-731-3178

grafcenter@ehmchealth.org

englewoodhealth.org/graf

HOURS

MONDAY: 10:00 AM – 6:00 PM

TUESDAY: 11:00 AM – 8:00 PM

WEDNESDAY: 10:00 AM – 6:00 PM

THURSDAY: 11:00 AM – 7:00 PM

FRIDAY: 8:00 AM – 6:00 PM

SATURDAY (SELECT DATES):

10:00 AM – 2:00 PM

Like us on Facebook for health tips and news.

 TheGrafCenter •  TheGrafCenter

Service Price List

Buy 10 sessions and get the 11th free or a 10% discount.**

Therapeutic Massage/Manual Lymphatic Drainage/Reiki/Reflexology

25/50/80 Minute Session*	\$45/\$80/\$120
Employee Express 15 min Chair Massage	\$15
Manual Lymphatic Drainage (25/50 Minutes)*	\$50/\$85
Manual Lymphatic Drainage - 5 session package**	\$375
Pre/Postnatal Massage (50 Minutes)*	\$80
AromaTouch Massage (80 Minutes)*	\$165
Aromatherapy add on (Peppermint, Lavender, Orange)	\$3

Acupuncture

60 Minute Initial Evaluation with Treatment	\$90
45 Minute Follow Up Session	\$75
Package**: 5 sessions / 10 sessions	\$338/\$675
Auricular Acupuncture 30 min Session	\$40
Existing Client Package**: 10 sessions (30 Minutes)	\$350

Holistic Nutrition

60 Minute Initial Evaluation	\$80
60 Minute Follow Up Session (Individual or package** of 10)	\$80/\$700
30 Minute Follow Up Session	\$45
60 Minute Family Session	\$135

Inpatient Services – 30 minute treatments (physician approval required)

Inpatient Acupuncture	\$50
Inpatient Auricular Acupuncture	\$40
Inpatient Massage, including Pre/Post-Natal Massage	\$45
Inpatient Reiki or Reflexology	\$45
Inpatient Manual Lymphatic Drainage	\$50

Private Yoga or Meditation

30/60 Minutes	\$50/\$80
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Wellness Coaching

Initial 90-minute session	\$100
30 Minute Follow Up Sessions (Individual or package** of 6)	\$55/\$300
60 Minute Follow Up Sessions (Individual or package** of 6)	\$80/\$420

IMPORTANT NOTE ABOUT MESSAGES: Please allow additional 5 minutes for consult/dressing with a 25-minute massage; additional 10 minutes for consult/dressing with a 50- or 80-minute massage. If additional time for dressing/consultation is needed, please discuss when booking. **No refunds on packages.

NJ sales tax (6.625%) is added to massage and Reiki unless you have a prescription from your doctor. All fees subject to change. FSA/HVA can be used to pay for sessions. No refunds for appointments canceled within 24 hours, unless you have a doctor's note.

Fall 2019 Weekly Classes

MONDAYS

Yoga for Women with Breast Cancer
10:00 AM – 11:00 AM P 20

Gentle Chair Yoga for Cardiovascular and Pulmonary Rehabilitation
11:30 AM – 12:30 PM P 20

Meditation for Stress, Anxiety, and Depression
5:30 PM – 6:30 PM P 21

TUESDAYS

Gentle Movement and Meditation
5:30 PM – 6:15 PM P 25

Prenatal Yoga
6:30 PM – 7:30 PM P 31

WEDNESDAYS

Meditation and Gentle Yoga for Stress and Pain Management
11:15 AM – 12:15 PM P 21

Gentle Yoga
5:30 PM – 6:30 PM P 21

THURSDAYS

Senior Fitness Series
11:00 AM – 12:00 PM P 27



Holistic Nutritional Counseling and Healthy Eating Workshops

Our registered dietitian and holistic nutritionists are available to help you develop a healthy diet to support you during treatment for cancer or other conditions. Holistic nutritional counseling is also available for anyone looking for ways to shop, cook, and eat more healthfully. Holistic nutritional counseling identifies your lifestyle preferences, eating/food habits, and activity and stress levels. In addition to counseling, we regularly host “clean eating” demonstrations, nutrition workshops, and healthy shopping tours of local food markets in Bergen and Hudson Counties.

Nutrition and Cancer: Eating Right for Prevention and Recovery

Robin DeCicco wants you to know that “you have more control over your health than you think.” Making better food choices is one of the best ways to prevent disease and feel well, she says, as well as handle side effects of certain treatment, such as chemotherapy. Every day, we can “choose foods that will help us or harm us based on what we decide to put on the end of our forks.”

Robin is a certified holistic nutritionist at the Graf Center for Integrative Medicine, where she counsels clients who want to learn how to adopt healthier habits, prevent disease, and improve their overall well-being.



The holistic nutritionists, who also work with patients undergoing treatment at The Lefcourt Family Cancer Treatment and Wellness Center at Englewood Health, consider the whole person when making recommendations. Along with a client’s diet, they take into account physical, emotional, spiritual, and environmental factors. They assess how these factors either promote or impede health, and how they can be improved in connection with a client’s dietary choices.



When working with patients with cancer or other life-changing conditions, the Graf Center nutritionists may also suggest other therapies to support their recovery, such as acupuncture, massage, aromatherapy, or yoga, which are also available at the center.

An Individualized Approach

Graf Center nutritionists understand that each client is unique; recommendations are tailored to the client's individual goals, lifestyle, and needs.

Almost anyone can benefit from consulting a holistic nutritionist, says Robin. "No matter what you're doing in your life, there's always room for improvement." To prevent disease and meet various health goals, Robin counsels clients on everything from weight loss and management to preventing hereditary diseases such as diabetes, coping with food allergies, and learning how to choose healthier foods and make more nutritious meals for themselves and their families.



Holistic nutrition counseling at the Graf Center is available to everyone. No prescription or physician referral is necessary, but an appointment is required. To make one, call 201-608-2377.

Comprehensive Services for Cancer Prevention and Survivorship

Tracy Scheller, MD, the medical director of integrative medicine, sees holistic nutrition as part of a larger commitment to health and well-being, which includes programs geared toward prevention as well as

supporting those with cancer. "Diet and lifestyle play a big role in how we heal. We want to educate people about the benefits of healthy eating and how it can improve our energy, digestion, and mood," she says. "All of our services are based on scientific evidence and we work in partnership with oncologists."

For those looking to reduce their risk of cancer, the Graf Center is offering workshops and store tours later this fall (see page 7), as well as a smoking cessation program (see page 12).

CLASSES AND EVENTS

Eating Right for Cancer Prevention: Lecture and Store Tour**Tuesday, October 1 at 6:00 PM (Lecture)****Tuesday, October 15 at 11:00 AM (Store Tour – option 1)****Tuesday, October 22 at 6:00 PM (Store Tour – option 2)**

Did you know that aside from contributing to a healthy diet, some foods can actually help decrease risk for diseases like breast cancer? Join us in honor of Breast Cancer Awareness Month and learn how foods can do more than establish a healthy diet. Learn how eating your colors helps maintain your overall health, and also how those colors serve as specific cancer-fighting agents in your body. Shop for foods that contribute to a healthy diet while also decreasing cancer risk. The tour will focus on anti-inflammatory, healthy foods for disease prevention.

INSTRUCTOR: Robin DeCicco, Holistic Nutritionist

FEE: \$15 for lecture and one store tour or \$10 for store tour only; \$10 for members of JCC for lecture and one store tour with ID. Prepayment and preregistration is required.



KAPLEN JCC on the Palisades

LOCATION: Lecture held at Graf Center for Integrative Medicine. Store tours at Stop & Shop, 34 West Railroad Ave, Tenafly.



REGISTRATION: To register for our classes and special events, or to book an appointment, call us at 201-608-2377, email grafcenter@ehmchealth.org, or visit englewoodhealth.org/graf.

CLASSES AND EVENTS (continued)

Let's Talk Diabetes: Lecture and Store Tour

Thursday, November 7 at 6:00 PM (Lecture)

Thursday, November 21 at 11:00 AM (Store Tour)

Whether you have prediabetes, diabetes, a strong family history or a loved one with this disease, it can be frustrating and confusing to watch your sugar. "Should you be eating that?" "Did you check your sugars?" This lecture will teach you how and what foods impact your blood sugar, other factors that contribute to high blood sugar, and how to read and understand your blood work and medications. You will leave with a better understanding and tools to initiate changes to control and lower your blood sugars and risks.

The store tour is for those looking to change their eating habits to lower their risk for diabetes. Understand what it means to be prediabetic/diabetic, and how sugary foods can affect your health. Learn about how consuming low-glycemic foods can help keep your blood sugar under control and the tools to prevent diabetes by giving you the do's and don'ts of eating with prediabetes.

INSTRUCTOR: Rachel Albaum, RDN, CDE, IFNCP, Nutritionist

FEE: \$15 for lecture and store tour or \$10 for either session alone; \$10 for members of JCC for lecture and store tour with ID. Prepayment and preregistration is required.

LOCATION: Lecture held at Graf Center for Integrative Medicine. Store tour at Healthway, 35 Riveredge Road, Tenafly



Staying Healthy During the Holidays: Store Tour

Tuesday, December 3

6:00 PM – 7:00 PM

Stay healthy around the holidays by finding healthy alternatives and substitutions for ingredients in classic holiday recipes. The holidays are perhaps the hardest time to maintain a healthy diet. However, you can still enjoy your favorite holiday meals with substitutes of fresh, homemade ingredients. Learn which ingredients to use to create healthier holiday meals that incorporate more whole foods and give you the best nutritional benefit.

INSTRUCTOR: Nina Spiegel, Holistic Nutritionist

FEE: \$10. Prepayment and preregistration is required.

LOCATION: Healthway, 35 Riveredge Road, Tenafly



SERVICES BY APPOINTMENT

Integrative Medicine Consultation with Dr. Tracy Scheller

Tracy Scheller, MD, MBA, MS, FACOG, offers a comprehensive understanding of various healing approaches for a variety of diseases and conditions, as well as preventive health and overall improved lifestyle. During the consultation, a comprehensive health history is provided regarding nutrition, sleep patterns, stress levels, eating habits and digestion, social support, medications, and lifestyle. Dr. Scheller will review your personal medical history to develop a collaborative holistic treatment plan that is tailored to your individual needs. You will be a partner in your healing process and will review different recommendations, which may include the use of dietary supplements, nutritional consultations, acupuncture, massage therapy, Reiki, meditation and yoga.



APPOINTMENTS: 201-731-3178

NOTE ABOUT INSURANCE: Health insurance accepted for an integrative medicine consultation as an in-network provider.

Wellness Coaching

Wellness Coaching is tailored to your unique goals and needs. When and how long you meet with your coach is determined by your scheduling needs and what you hope to accomplish.

FEE: \$100 for initial 90-minute session. Follow-up sessions are \$55 for 30 minutes (6 for \$300) or \$80 for 60 minutes (6 for \$420).

To help clients achieve their goals, it is recommended that they use all six sessions within 60 days.

INSTRUCTOR: Nina Spiegel, Wellness Coach and Holistic Nutritionist

CLASSES AND EVENTS



Wellness and Longevity: Heart Health Program

If you have heart disease or risk factors for heart disease, the Wellness and Longevity: Heart Health Program can help you lead a well-rounded, healthy lifestyle.

Key Features

- Physician-developed program
- Twice-weekly supervised private-group workouts
- Wellness and nutrition coaching
- Meditation and stress-management strategies
- Access to Kaplen JCC on the Palisades

Eligibility

The program is open to patients with their doctor's approval who meet one of the following criteria:

- Patients with a diagnosis of heart disease or who are at risk of heart disease, such as those with diabetes, high blood pressure, or a family history of heart disease or who are overweight.
- Patients who have completed a formal cardiac rehabilitation program.

FEE: \$100

REGISTRATION AND MORE INFO: Visit englewoodhealth.org/hhp

LOCATION: Kaplen JCC on the Palisades,
411 E. Clinton Ave., Tenafly



KAPLEN JCC on the Palisades

2019 FALL PROGRAM

Mondays and Thursdays:
October 24, 28, 31.

November 4, 7, 11, 14, 18, 21, 25.

ALL SESSIONS 6:00 PM – 7:00 PM

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS (continued)

Mind, Body, and Books**Friday, September 27****Friday, October 25****Friday, November 22****1:00 PM – 2:30 PM**

This monthly book club is open to those interested in having deep, meaningful conversations with like-minded people. Gain a better understanding of yourself, your community, your spirituality, and your wellness. Each month is a different book selection; contact us to inquire.

FEE: \$5; prepayment and preregistration required. Book must be purchased separately.

Journaling Series: For Your Body, Mind, and Spirit**Series 1: Wednesdays, October 16, 23, 30 and November 6****Series 2: Wednesdays, November 13 and 20; December 4 and 11****12:30 PM – 1:30 PM**

Discover the benefits of journaling—the ritual of putting pen to paper, which can reduce stress, lower blood pressure, improve memory and cognitive function, boost mood, and release our creativity and hidden thoughts. Feeling a sense of accomplishment enhances the feeling of well-being. These classes incorporate mindfulness meditation and breathing techniques

INSTRUCTOR: Jeri G. Kadison, Certified Yoga and Meditation Instructor

FEE: \$20 per class or \$60 for a four-week series; prepayment and preregistration required

CLASSES AND EVENTS (continued)



Pack it up

Learn to live a smoke-free life

Tuesday, October 15
 Tuesday, October 22
 Tuesday, October 29
 Tuesday, November 5

Thursday, November 7
 Tuesday, November 12
 Tuesday, November 19

5:30 PM – 7:00 PM

The Graf Center for Integrative Medicine has tools to help you quit smoking. Our group smoking cessation program will teach you strategies to commit to quitting smoking. The program is led by a licensed clinical social worker who is certified through the American Lung Association Freedom from Smoking Program®.

Plus, experience the benefits of acupuncture. This program will also include guided meditation and acupuncture, a safe and effective tool. Our certified acupuncturist will offer group auricular (ear) acupuncture, which may help to reduce nicotine cravings by stimulating brain receptors.

INSTRUCTOR: Cathy Verhulst, MS, LCSW, OSW-C

FEE: \$30 per session or \$110 paid upfront (\$100 savings); preregistration required; no refunds

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS (continued)

Cancer Confidence: Complimentary Hair Care

FREE

Tuesday, October 8
 (rescheduled from Monday, October 7)
Tuesday, November 5
Tuesday, December 3

**Appointments available 10:00 AM – 2:00 PM**

Englewood Health and The B Hive Salon are helping cancer patients look their best and feel confident during treatment. This program provides one complimentary service, such as a cut and style, for patients currently going through cancer treatment at Englewood Health. On select Tuesdays, the salon will be closed to the general public for privacy. The Graf Center for Integrative Medicine will provide integrative medicine services at the salon. The B Hive Salon focuses on non-toxic, holistic hair care, so cancer patients can feel comfortable in a safe, secure environment.

FEE AND REGISTRATION: Free, but space is limited. Appointments required. Call 414-666-3297 or email BHiveMondays@gmail.com. A certificate and clearance form (available from your cancer patient navigator) must be presented to the salon at time of your appointment.

LOCATION: B Hive Salon, 269 Broadway, Hillsdale

Project Real Life Choices: A Program for Young Adults with Special Needs

Various dates, fall 2019

This program provides young adults with intellectual and/or developmental disorders—including autism spectrum disorder—along with their parents and caregivers, accurate and evidence-based information on health, nutrition, cooking, life skills and mindfulness. Project Real Life Choices is a series designed to help young adults gain tools and knowledge to live a healthy lifestyle, improve nutritional choices, embrace physical well-being and develop greater potential for independence in their daily lives. Sessions emphasize healthy eating, and include lessons on cooking, exercise, stress management, and mindfulness.

REGISTRATION AND MORE INFO: Contact Shelley Levy, Director, Guttenberg Center for Special Services, 201-408-1489 or slevy@jcctp.org.

LOCATION: Kaplen JCC on the Palisades,
 411 E. Clinton Ave., Tenafly



KAPLEN JCC on the Palisades

REGISTRATION: To register for our classes and special events, or to book an appointment, call us at 201-608-2377, email grafcenter@ehmchealth.org, or visit englewoodhealth.org/graf.



Acupuncture Workshops and Services

Acupuncture involves the use of very fine needles placed at strategic points on your body. The Graf Center for Integrative Medicine offers private acupuncture sessions for a number of health issues and concerns, including chemotherapy-related or surgery-related nausea and vomiting; headaches and migraines; pain; menopause symptoms; anxiety, fatigue, depression, and sleep disturbances; reducing nicotine cravings; immune system support and seasonal allergies; and control of appetite and cravings to support weight loss goals.

CLASSES AND EVENTS

Acupuncture for Neck or Back Pain

Thursday, October 24

12:00 PM - 1:00 PM

Neck and back pain negatively affects us at work, at home, when trying to keep fit, and in our overall happiness. If you want to avoid the pharmaceutical route, an alternative natural approach is acupuncture, which can sometimes target the root of the problem.

INSTRUCTOR: Carleen Implicito, ATC, LAc, Dipl. Ac. (NCCAOM), Acupuncturist

FEE: \$10 (\$7 for JCC members), preregistration and prepayment required

LOCATION: Crush'd Garage, 15 Broadway, Cresskill



KAPLEN JCC on the Palisades



LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

SERVICES BY APPOINTMENT

Acupuncture to Support Weight Loss

The Graf Center for Integrative Medicine has tools to help support your weight loss goals. Acupuncture can help with appetite and cravings and, in combination with nutritional counseling with our registered dietitians and holistic nutritionists, can help you develop a holistic weight loss plan.

FEE: \$40 for 1 session per week (30 minutes); \$70 for 2 sessions per week (30 minutes). See Service Price List for package rates.

Acupuncture to Quit Smoking

Acupuncture can help reduce nicotine cravings by stimulating receptors. To help support your goals to quit smoking, our certified acupuncturist will offer auricular (ear) acupuncture in a private room. Your custom-designed program can also include guided meditation.

FEE: \$40 for 1 session per week (30 minutes); \$70 for 2 sessions per week (30 minutes). See Service Price List for package rates.

Seasonal Acupuncture

Wednesday, September 18 – Friday, September 20

Wednesday, December 18 – Friday, December 20

Appointments available 11:00 AM – 6:00 PM

During the change of seasons, many people develop colds or allergies. The body needs energy to shift from season to season with the changes in the environment. If the immune system is already weak, it is easier for a virus to create havoc on your body and you become sick. Seasonal acupuncture targets strategic energy points to boost your immune system and help with the transition from season to season.

FEE: \$65 for a 45-minute session; appointment required



Massage Therapy and Reiki

Massage therapy can be used with traditional medical treatment for many conditions. We offer Swedish, therapeutic, deep tissue, and neuromuscular massages, as well as Reiki and reflexology. If you are undergoing cancer treatment or have lymphedema, we have special massage techniques to help you with your symptoms. We also offer massages to new and expecting mothers in the safety of their own hospital room.

Massage therapy can:

- Decrease anxiety and stress.
- Reduce muscle and nerve pain, including pain after surgery, and facilitate recovery.
- Help relieve headaches and insomnia.
- Reduce edema, pain, and heaviness associated with lymphedema.
- Improve circulation.

SERVICES BY APPOINTMENT

AromaTouch Massage

AromaTouch is a clinical approach to applying essential oils during a massage. Dr. David Hill, a leading expert in integrative medicine, developed the technique. It uses eight specific essential oils and blends to promote relaxation, stress relief, offer immune support, decrease pain and inflammation, and elevate mood. Essential oils are applied along energy lines and reflexology points, stimulating homeostasis and balancing the body.

FEE: \$165 plus tax for 80-minute session (please allow additional 10 minutes for consult/dressing)

SERVICES BY APPOINTMENT

Manual Lymphatic Drainage Massage

If you have lymphedema, you may benefit from manual lymphatic drainage massage. This type of massage therapy drains tissue to reduce swelling, bruising, and discomfort after surgery and supports recovery. It can also be used before surgery to prepare tissue for surgery, stimulate the immune system, and reduce anxiety. The certified therapist uses a precise technique that is specific to your surgery and your needs.

FEE: 25-minute session: \$50; 50-minute session: \$85 each or \$375 for five. (Please allow additional 5 minutes for consult/dressing with a 25-minute massage; additional 10 minutes for consult/dressing with a 50-minute massage. If additional time is needed, please discuss when booking.)

Reiki and Reflexology

Reiki is a complementary therapy to reduce stress, anxiety, pain, and fatigue through a gentle laying of the hands. A Reiki practitioner uses a gentle touch on various parts of the body to generate heat energy. The therapy is very relaxing and restorative. It can also be used for injuries and prior to surgery. Reflexology is a practice in which different amounts of pressure are applied to specific points on the feet or hands.

FEE: 30-minute session: \$45. See Service Price List for more options.

CLASSES AND EVENTS

Reiki Level 1 Certification Class

Thursday, November 7

6:00 PM – 8:30 PM

Choose one session.

Monday, November 11

1:00 PM – 3:30 PM

This class is an introduction to Reiki to treat yourself. Learn Reiki hand positions and receive a personal attunement to open the crown and palm chakras. Certification for Level 1 Reiki.

FEE AND REGISTRATION: \$200. Call 201-482-8288 to register. No refunds.

INSTRUCTOR: Karen Lazarovic, Reiki Master



Meditation, Yoga and Body Movement

We offer a number of meditation classes and stress management workshops, including a Mind-Body Stress Reduction series, weekly meditation classes, and other programs, all part of our Rodgers Family Meditation Program. In addition, we offer yoga for all levels. Yoga at the Graf Center uses gentle poses, breathing, and imagery, and incorporates meditation. Many of our yoga and body movement classes are designed for people facing certain health issues, and we take special care in ensuring your safety and comfort.

SERVICES BY APPOINTMENT

Individual Private Stretching Sessions

Flexibility is necessary for proper muscle balance and posture and decreases the likelihood of a future injury. Sessions are developed to assess muscle function, improve range of motion, and increase strength and flexibility. Initial 60-minute session includes a review of goals, muscle function and flexibility assessment, guided self-stretch warm-up, full body passive stretching, and comprehensive guideline packet. Follow-up sessions are 30 minutes for stretching only or 45 minutes for reassessment with stretching.

INSTRUCTOR: Katie Reiss-Tolliver, MS, C-EP, Exercise Physiologist and Board-certified Massage Therapist

FEE: \$100 for initial session; \$45 for 30-minute or \$60 for 45-minute follow-up session; prepayment and preregistration required

Pre/Post-Surgery Meditation

Part of The Rodgers Family Meditation Program

To heal your body, it helps to exercise your mind. Come prepare for your surgery and gain tools to relieve stress and anxiety and promote healing. Research shows that practicing meditation and guided imagery can reduce the nervous system response to stress and accelerates healing from surgery.

INSTRUCTOR: Linda Davida, Certified Yoga Alliance and Meditation Instructor

FEE: 60-minute session: \$80 each or \$750 for 10 sessions

Movement for Lymphedema

Learn gentle movements to help reduce swelling and improve range of motion, flexibility, lymph flow and balance. Mats available, or practice in a chair.

INSTRUCTOR: Linda Davida, Certified Yoga Alliance and Meditation Instructor

FEE: 60-minute session: \$80 each or \$750 for 10 sessions



MEDITATION, YOGA, AND BODY MOVEMENT

SERVICES BY APPOINTMENT (continued)

Fitness Assessment and Bodyweight Training

Gain greater strength, cardiovascular fitness, balance, and flexibility with an efficient, customized, weight-free exercise program. An initial session consists of prescreening, determination of your fitness and lifestyle goals, baseline assessment(s) to help us develop an appropriate program and track your progress, and demonstration of exercises with proper technique. The session is designed so that you have the tools to move forward with a greater understanding of your capabilities and a realistic timeline for your expectations to be met. Follow-up sessions are designed to evaluate progress, discuss new goals, and elevate exercises to keep your fitness program dynamic and effective.

INSTRUCTOR: Katie Reiss-Toliver, MS, C-EP, Exercise Physiologist and Board-certified Massage Therapist

FEE: \$100 for initial 60-minute session; \$75 for 45-minute follow-up sessions or \$50 for 30-minute sessions

WEEKLY CLASSES

Yoga for Women with Breast Cancer

Mondays

10:00 AM – 11:00 AM

Therapeutic yoga, breath work, and meditation. Made possible with the support of, and taught by, Kula For Karma, a nonprofit organization whose mission is to offer yoga to those who have been challenged by difficult circumstances.

FEE: Free; preregistration and physician clearance required



**KULA FOR
KARMA**
Discover the Heart of
Therapeutic Yoga

FREE

Gentle Chair Yoga for Cardiovascular and Pulmonary Rehab

Mondays

11:30 AM – 12:30 PM

For patients recovering from a heart attack, angioplasty, heart surgery, heart or lung transplant, and patients with chronic obstructive pulmonary disease, angina, and other related conditions. Participants will use a chair for seated poses and as a prop for standing poses. Made possible with the support of, and taught by, Kula For Karma, a nonprofit organization whose mission is to offer yoga to those who have been challenged by difficult circumstances.

FEE: Free; preregistration required



**KULA FOR
KARMA**
Discover the Heart of
Therapeutic Yoga

FREE

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

WEEKLY CLASSES (continued)

Meditation for Stress, Anxiety, and Depression

Part of The Rodgers Family Meditation Program

Mondays

5:30 PM – 6:30 PM

Learn simple meditation techniques to help relax the body, center your mind, and build resistance to stress. With simple tools and strategies for making meditation part of your daily routine, you can transform how you handle stress, anxiety, and depression. Meditation can boost your mood and empower you to handle all of life's stressors. Open to beginners.

INSTRUCTOR: Mark Van Buren, Mindful Living Trainer, yoga/meditation instructor, personal trainer, musician, and author

FEE: \$10; prepayment and preregistration required

Meditation and Gentle Yoga for Stress and Pain Management

Part of The Rodgers Family Meditation Program

Wednesdays

11:15 AM – 12:15 PM

Learn to meditate mindfully, using breathing techniques and easy movement. Meditation can reduce stress, lower blood pressure, assist with pain management, and reduce the risk of stress-related diseases. Mats or chairs provided. All levels welcome.

INSTRUCTOR: Jeri G. Kadison, Certified Yoga and Meditation Instructor

FEE: \$10 per session; prepayment and preregistration required

Gentle Yoga

Wednesdays

5:30 PM – 6:30 PM

Yoga for all levels to unite the body, mind, and spirit through gentle poses, breathing and imagery. Come practice and learn how yoga can help you relax, refocus and reconnect.

INSTRUCTOR: Linda Davida, Certified Yoga Alliance and Meditation Instructor

FEE: \$10; preregistration and prepayment required

CLASSES AND EVENTS

Meditation, Movement, and Chair Yoga Part of The Rodgers Family Meditation Program

FREE

Wednesdays, September 11 – October 30

11:00 AM – 12:00 PM



This eight-week series will help you calm your mind and body. Through mindful meditation, chair yoga, guided imagery, and breathing techniques, you'll relax, refocus, and reconnect. Perfect for all levels. Dress comfortably; no workout attire needed.

INSTRUCTOR: Linda Davida, Certified Yoga Alliance and Meditation Instructor

FEE AND REGISTRATION: Free; preregistration preferred. To register, call the Tenafly Library at 201-568-8680 or visit tenaflylibrary.org/calendar. Limited space.

LOCATION: Tenafly Library, Friend Room, 100 Riveredge Road, Tenafly

Yoga with Jennifer Graf

Wednesday, September 18

9:30 AM – 10:30 AM



BodyBurn Barre and the Graf Center for Integrative Medicine are teaming up for this special class. Treat yourself to some well-deserved self-care. You will feel refreshed and ready to embrace the everyday, back-to-school schedule. BodyBurn Barre will donate 10% of sales on all athletic leisure wear to support the Graf Center for Integrative Medicine on September 18.

INSTRUCTOR: Jennifer Graf, LCSW, Certified in Mind Body Medicine and Positive Psychology, Yoga Instructor, and Reiki Master

FEE: \$25, preregistration and prepayment required.

LOCATION: BodyBurn Barre, 103 N. Summit Street, Tenafly



LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS (continued)

Meditation & Yoga on Englewood Field Club Lawn

Part of The Rodgers Family Meditation Program

Tuesday, September 10

Tuesday, September 24

10:30 AM – 11:30 AM



Englewood Field Club and the Graf Center for Integrative Medicine have teamed up for the perfect setting to refresh and rejuvenate. Join us for this class on the lawn for yoga and meditation. All levels welcomed. Yoga clothes not required. Bring your own mat and towel.

INSTRUCTOR: Mary Ann Fernandez, CYT and Meditation Instructor

FEE: \$10 per class. Access to yoga class on the lawn only. Preregistration and prepayment required.

LOCATION: Englewood Field Club, 341 Engle Street, Englewood. EFC front green lawn. Free valet parking at Englewood Health and walk across the street.

Mini Meditation and Yoga Retreat

Part of The Rodgers Family Meditation Program

Saturday, September 14

10:30 AM – 12:30 PM



Looking for a warm, friendly environment to connect with others and learn the benefits of meditation and yoga? The Englewood Field Club and the Graf Center for Integrative Medicine are offering this mini retreat, designed to ease both the mind and body in the serene outdoors. All levels welcomed. Yoga clothes not required. Bring your own mat or towel.

INSTRUCTOR: Mary Ann Fernandez, CYT and Meditation Instructor

FEE: \$15. Access to yoga class on the lawn only. Preregistration and prepayment required.

LOCATION: Englewood Field Club, 341 Engle Street, Englewood

MEDITATION, YOGA, AND BODY MOVEMENT

CLASSES AND EVENTS (continued)

Mindful Meditation for Wellness

Part of The Rodgers Family Meditation Program

FREE

Tuesday, September 3

Tuesday, October 1

Tuesday, November 5

Tuesday, December 3

11:30 AM – 12:30 PM



ARBOR TERRACE
teaneck

Learn mindful tools to assist with sleep, blood pressure, chronic pain, stress, and anxiety. All levels welcome and no specific attire required.

INSTRUCTOR: Mark Van Buren, Mindful Living Trainer, yoga/meditation instructor, personal trainer, musician, and author

FEE: Free, preregistration required

LOCATION: Arbor Terrace, 600 Frank W. Burr Blvd, Teaneck

Bite-sized Mindfulness and Meditation for the Classroom

Part of The Rodgers Family Meditation Program

Friday, October 4

Friday, October 11

Friday, October 18

4:15 PM - 5:15 PM



Are you looking to bring mindfulness and meditation into your classroom in fun and engaging ways? Simple, kid-friendly practices can help your students manage their behaviors and emotions. Join this uplifting class to connect with other educators and develop and/or strengthen a mindfulness practice for yourself and your students. Transform your ability to teach and your students' ability to learn.

INSTRUCTOR: Stefanie Dunnigan, Fifth Grade Teacher

FEE: \$20 per class. Preregistration is required. Please indicate which grade level(s) you teach when you register. Each week's class will focus on different material, but are not prerequisites for the next class. Participants can attend individual classes or the three-class series. Please bring a journal.

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS (continued)



Gentle Movement and Meditation

Part of The Rodgers Family Meditation Program

Series 1: Tuesdays, October 15, 22, and 29

Series 2: Tuesdays, November 5, 12, and 19

Series 3: Tuesdays, December 3, 10, and 17

5:30 PM – 6:15 PM

During this three-week program, you will learn how to establish a personal meditation practice, balancing mind and body. Class developed for all levels—beginners welcome.

INSTRUCTOR: Jennifer Graf, LCSW, Certified in Mind Body Medicine and Positive Psychology, Yoga Instructor, and Reiki Master

FEE: \$12 each or \$30 for a three-week series; preregistration preferred

CLASSES AND EVENTS (continued)

Vital Movement

Gentle Movement and Stretching for Bariatric Patients

FREE

Tuesday, October 1

Tuesday, November 5

Tuesday, December 3

6:00 PM – 7:00 PM

(Class is held immediately following the preoperative bariatric class.)

Anyone considering weight-loss surgery or who has had such surgery is invited to join us for a free gentle movement and stretching class. Participants will learn gentle movements while standing as well as seated. The class will help support a healthier recovery and a healthy lifestyle.

INSTRUCTOR: Linda Davida, CYT

FEE: Free, preregistration required.

Journaling and Meditation

Part of The Rodgers Family Meditation Program

Tuesdays, October 15, 22, 29, and November 5

6:00 PM – 7:00 PM

Journals are amazing tools to help us record moments, thoughts, insights, and/or downloads from our psyche. Journaling combined with meditation can help unleash your true self and assist with taking steps toward creating a mindful and fulfilling lifestyle.

Week 1: The Composition Book: Who Am I, Really?

Week 2: Vision Board:

Journaling Through Art: What Do I Want My Life to Look Like?

Week 3: Meditation Training – Let it Go

Week 4: Practice for Life

INSTRUCTOR: Mary Ann Fernandez, CYT, Meditation Instructor

FEE: \$50 for the four-week series; prepayment and preregistration required. Please bring any type of journal book for first class.

CLASSES AND EVENTS (continued)

Create Your Own Mala Beads for Meditation

Part of The Rodgers Family Meditation Program

Thursday, October 17

6:30 PM – 8:30 PM

A mala is a strand of 108 beads plus a “guru” bead used for meditation. As a meditation tool, mala beads can help you stay focused on your intentions by using each bead as an opportunity. At the workshop, participants will be given supplies, guidance, and instructions to design a personal mala and will be guided through a mala meditation.

INSTRUCTOR: Jacquelyn Rose, Yoga/Meditation Instructor

FEE: \$40 in advance or \$50 at the door

Sound Healing Meditation

Part of The Rodgers Family Meditation Program

Friday, October 18

Friday, November 15

11:00 AM – 12:00 PM

This session consists of the ancient practice of tapping, breath work, and sound healing meditation. Tapping and breath work are used to open the body, developing deeper mind and body connection. This creates a space for sound to travel through the body, releasing stress. The second half of the session is 30 minutes of sound healing, with gongs and crystal bowls while participants lie on a mat. Perfect class to revitalize energy and to focus.

INSTRUCTOR: Jason Wood M. Ed., RMT

FEE: \$10

Senior Fitness Series

Thursdays, October 10, 17, 24, 31

11:00 AM – 12:00 PM

This four-week series is designed to help those 55+ prevent muscle deterioration, improve bone strength, and boost quality of life. The series will concentrate on balance, core strengthening, flexibility, and cardiovascular exercise.

FEE: \$10 per class or \$30 for the four-week series; preregistration and prepayment required.

INSTRUCTOR: Sonia Solomon, BS, ACE-CPT

CLASSES AND EVENTS (continued)

Transforming Your Classroom, and Your Life, in Three Steps

Part of The Rodgers Family Meditation Program

Friday, October 25

Friday, November 1

4:15 PM – 5:15 PM



A program designed for schoolteachers. Imagine being the best version of you, even when life is hard. Learn to embrace and navigate challenges by practicing gratitude, mindfulness and meditation. It's all about perspective. Change your lens, change your mind. Better yet, change your lens, master your mind. Join me on this journey of inner transformation and show up in your life and classroom in a new way. Each week's class will focus on different material, but are not prerequisites for the next class. Participants can attend individual classes or the two-class series.

INSTRUCTOR: Stefanie Dunnigan, Fifth Grade Teacher

FEE: \$20 per class. Prepayment and preregistration is required. Please indicate which grade level(s) you teach when you register.

Shake Your Soul®

Part of The Rodgers Family Meditation Program

Tuesday, October 22

Tuesday, November 12

6:30 PM – 7:30 PM

Discover the union of the body and spirit that is unique to yoga, but with the flow of dance. This is an exhilarating approach to whole body fitness with simple and easy-to-follow movements. Calm your mind and get energized during our workshop. Suitable for all fitness levels and flexibility. Dress comfortably.

INSTRUCTOR: Odelia Sharigan, Shake Your Soul® and Yoga Instructor

FEE: \$10 for one person or \$15 for two; prepayment and preregistration required



CLASSES AND EVENTS

Self-Care with Essential Oils

FREE

Thursday, September 26

11:30 AM – 1:30 PM (open house)

As summer ends, we transition to busier schedules and new routines. For many, the back-to-school bustle can be challenging. Self-care is important when life gets hectic. Learn to manage stress, awaken the immune system, and improve sleep quality with essential oils. Demo led by a doTERRA expert.

FEE: Free, walk-ins welcome; preregistration preferred.

Essential Oils for Cancer Side Effects

FREE

Wednesday, October 16

11:30 AM – 1:30 PM (open house)

Come learn the benefits of essential oils for cancer symptoms and stress.

Demo led by a doTERRA expert. Essential oils can assist with nausea, anxiety and stress, immunity, mouth sores, sleep issues, hydration, and hot flashes. Enter to win a doTERRA drawing. 10% off doTERRA product purchases on October 16 only.

FEE: Free, walk-ins welcome; preregistration preferred.

Essential Oils for the Winter and Holiday Season

FREE

Wednesday, December 11

11:30 AM – 1:30 PM (open house)

Learn about essential oils to boost your immune system and combat flu and cold. Demo led by a doTERRA expert. Enter to win a doTERRA drawing. 10% off doTERRA product purchases on December 11 only. Perfect gifts for the holidays.

FEE: Free, walk-ins welcome; preregistration preferred.

SERVICES BY APPOINTMENT

Pre/Postnatal Massage Therapy

Provided in the privacy of your hospital room, these massages focus on the special needs of the expectant and new mother. Massage helps the body prepare for and cope with the special demands of pregnancy.

FEE: \$45 plus tax for a 25-minute session in hospital room (please allow additional 5 minutes for dressing/consultation). Also available in the comfort of the Graf Center for Integrative Medicine.

Prenatal Manual Lymphatic Drainage Massage

This type of massage keeps immune system functioning optimally, reduces edema and retention, constipation relief and stretchmark prevention and management. Recommended only in second trimester, after morning sickness has subsided. Doctor clearance necessary. Patient is clothed.

FEE: \$50 plus tax for a 25-minute session in hospital room (please allow additional 5 minutes for dressing/consultation). Also available in the comfort of the Graf Center for Integrative Medicine.

Postnatal Manual Lymphatic Drainage Massage

Can assist with weight reduction from fluid buildup, faster healing from natural and C-section deliveries, minimize scarring from C-section, increase milk production. Doctor clearance necessary. The touch and moves are very light to encourage movement for quicker healing, recovery and fluid movement. 30-minute sessions. Patient is clothed.

FEE: \$50 plus tax for a 25-minute session in hospital room (please allow additional 5 minutes for dressing/consultation). Also available in the comfort of the Graf Center for Integrative Medicine.

Pre/Postnatal Nutrition Consultations

Learn about the proper nutrients to support pregnancy, including vitamins and supplements, which foods to avoid, and safe food preparation. Vegetarian, diabetic, and lactating mothers are all welcome.

FEE: \$45 for a 30-minute session; \$80 for 60-minute session

Organic Mother/Baby Gifts Our boutique sells items specifically for new moms, including Dream Cream, a thick cream to heal and protect dry skin, natural belly oil to improve stretch marks and elasticity, and beautifully designed gift boxes filled with natural products.

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS

Prenatal Yoga

Series 1: Tuesdays, October 1, 8, 15, and 22

Series 2: Tuesdays, October 29, November 5, 12, and 19

Series 3: Tuesdays, November 26, December 3, 10, and 17

6:30 PM – 7:30 PM

Designed specifically for pregnant women, our gentle yoga series will teach you safe and effective yoga postures and incorporate breathing exercises and meditation.

INSTRUCTOR: Arlene Minoyan, CYT

FEE: \$75 for 4-week series, preregistration and prepayment required.

Postnatal Mommy & Baby Yoga

Wednesdays, September 4 – December 18 (Except October 9)

12:30 PM – 1:30 PM

This yoga class is designed for mother and baby. Classes consist of a brief meditation, gentle warm-up stretches, and a series of yoga poses while bonding and relaxing with your baby.

INSTRUCTOR: Arlene Minoyan, CYT

FEE: Free for JCC members. Nonmembers can purchase a single session for \$15 each or the series for \$180. Preregistration and prepayment required.

LOCATION: Kaplen JCC on the Palisades,
411 E. Clinton Ave., Tenafly



KAPLEN JCC on the Palisades



CLASSES AND EVENTS

Mind, Body & Art Series

Sunday, October 20
Sunday, November 24
Sunday, December 15

2:00 PM – 4:00 PM

Connect with your inner self to express creativity while healing through art. Art projects are developed to relax and rejuvenate the mind and body. The art facilitator will guide you through projects with a creative flair. No experience needed; beginners welcome.

October 20: Rock Reflections. Art, health, and nature rolled into one art project. Explore and view the geode rock, which has a hard, plain exterior, but a beautiful surprise inside. Come express your inner-core with painting and collaging rocks.

November 24: Gratitude Glass Vase. Perfect class for a Thanksgiving bauble, a gratitude vase. Come decorate a glass vase with tissue paper for a stained glass effect.

December 14: Intention Box. Create your own personalized intention box. Place your own intentions inside the box of things that you wish to attract or manifest in 2020. Invite your family to also place their intentions in the box. Next year, open the box and see what you're accomplished.

INSTRUCTOR: Claudia Portnoy, RN

FEE: \$12 per class or \$30 for 3-session series if purchased by October 15. Supplies are included. Prepayment and preregistration required 5 days prior to class date. Limited space. Open to adults only.

LOCATION: Taub Family Education Center, Room 5504, Englewood Health. No valet parking available on weekends.



LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS (continued)

Art Workshops

FREE

Wednesdays, 10:00 AM – 1:00 PM

Thursdays, 11:00 AM – 2:00 PM

Come join Englewood Health and The Art School at Old Church to relax and rejuvenate. Participants will work with a variety of themes and projects, and all art creations will be tailored to your own personal interpretation to allow for individual creativity and thoughts. No experience needed. Each month will have a different theme:

September: Opening and Closing Doors. Can we open a door to healing, faith, and love? Can we close a door to illness, strain, or despair? Participants will discuss the literal and metaphorical meanings and uses of doors, and then use colored pencils, markers, or pastels to create an image that represents their personal viewpoint.

October: Masks. This month, we are all thinking about who we are who we would like to be, and what to scare away. Participants will create a mask that can reveal a secret persona, share innermost feelings, or hide personal demons. The possibilities are endless.

November: A Toast to You. The holidays are filled with get-togethers, so it's the perfect time to create wine glass tags. Keep track of your glass in a group of family or friends with a beautiful, beaded tag that can be personalized with your initials. Also makes a great gift!

December: Warm and Cool. In the winter, when the temperatures drop, we seek warmth. Colors can be on the warm or the cool spectrum. This workshop is designed to identify which are which and to explore the emotions evoked with either. Use color swatches from magazines or old calendar pictures to create unique collages.

INSTRUCTOR: Art facilitators from The Art School at Old Church

FEE: Free, walk-ins welcome to attend. Open to patients and family members of patients.

LOCATION: Wilson Kaplen Infusion Center, Englewood Health.



Our 4th Anniversary Specials

Celebrate the Graf Center for Integrative Medicine's 4th anniversary with a unique discount. During the month of October, visit us for "Throwback Thursdays."

25-minute massage: \$34

(please allow additional 5 minutes for dressing/consultation)

50-minute massage: \$64

(please allow additional 10 minutes for dressing/consultation)

80-minute massage: \$84

(please allow additional 10 minutes for dressing/consultation)

No other discounts apply. Valid only for massages scheduled for Thursdays, October 3, 10, 17, 24, and 31. Limited space. Tax not included.

IMPORTANT NOTE ABOUT MASSAGES: *Please allow additional 5 minutes for consult/dressing with a 25-minute massage; additional 10 minutes for consult/dressing with a 50- or 80-minute massage. If additional time for dressing/consultation is needed, please discuss when booking.*

LOCATION: *Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.***

Creamy Butternut Squash & Apple Soup



Fall is here and that means it is apples and cinnamon season! It is also the time of year when we crave warming foods like this delicious soup full of fall favorite ingredients.

Butternut squash is a starchier vegetable that becomes caramelized when roasted and tastes sweet and super satisfying. Full of beta carotene and vitamins A and C, it can help boost immunity, prevent disease and improve eye health, bone health, and tissue repair. Both apples and squash are high fiber, keeping you full and satisfying cravings.

Nothing says fall like cinnamon – so be liberal with this spice, which is naturally free of sugar but can add sweetness to any recipe! Cinnamon contains many anti-inflammatory benefits and is excellent for reducing the risk of diabetes and high blood sugar.

The Greek yogurt serves as a protein punch, keeping you feeling full for a longer period of time. To make it even more filling and high in protein, add in more yogurt to your individual bowl and lots of pumpkin seeds, sunflower seeds, and almonds. Seeds and nuts are nutrition powerhouse foods – fueling your brain with Omega 3 fatty acids and keeping your blood sugar stable, providing you with long-lasting energy, focus and appetite satisfaction.

Ingredients

- 2 lbs butternut squash, cubed 1 lb Granny Smith apples
- 1 tbsp olive oil
- 2 onions, chopped
- 4 tsp garlic, chopped
- 2 cups organic reduced-sodium chicken broth
- 2 cups plain Greek yogurt or canned coconut cream
- Pumpkin seeds, sunflower seeds, roasted almonds
- Sprinkling of black pepper and cinnamon
- Optional toppings: fresh apple slices, shredded unsweetened coconut

Instructions

1. Heat oven to 400°F.
2. Peel and core the apples and cut into wedges.
3. Roast squash and apples on large baking sheet sprayed with cooking

oil (coconut oil spray). Roast, turning apples, until squash is tender and apples are golden brown (25 minutes for apples and 45 minutes for squash).

4. Heat olive oil in pot over medium heat. Add the onions and garlic and cook 6 minutes.
5. Add the chicken broth and bring to a simmer.
6. Stir in the Greek yogurt or coconut cream and mix until soup becomes thick.
7. Scoop half of squash into blender with half of apples and half of broth mixture. Puree until smooth. Repeat with remaining ingredients (or use immersion blender in the pot).
8. Season to taste. Add in cinnamon. Serve in bowls, topped with fresh apple slices, seeds, and unsweetened coconut shavings

Serves 4

Courtesy of Robin DeCicco, Holistic Nutritionist from the Graf Center for Integrative Medicine



A DAY DEVOTED SOLELY TO YOUR HEALTH AND WELL-BEING

Nothing affects the quality of your life more than the quality of your health. All around you, at home and at work, people are depending on you to be at your best – and that requires good health and wellness.

The Braverman Family Executive Wellness Program is designed to provide a comprehensive head-to-toe assessment and wellness evaluation, all in a single visit directed by a dedicated concierge.

From the moment you enter Englewood Hospital, your health is our center of attention. You are the sole focus of select physicians, nurses, therapists, and technicians. Your personalized itinerary of exams, lab tests, and consultations is arranged for the most efficient use of your time.

At the end of the day, you and one of the program's co-medical directors create an action plan to address any challenges and position you for better health. You leave with the confidence that you're in command of your total well-being.

IT'S TIME TO PROTECT YOUR MOST IMPORTANT ASSETS

Good health is a win-win proposition. Your six-hour investment in yourself will empower you to make important decisions that can directly impact your future. And people depending on you will have peace of mind knowing that you're taking good care of yourself.

For more information on The Braverman Family Executive Wellness Program at Englewood Health, call 201-608-2355 or or visit englewoodhealth.org/executive.



THE BRAVERMAN FAMILY
EXECUTIVE WELLNESS PROGRAM



Englewood Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Para asistencia lingüística gratuita, llamar al 201-894-3368.

무료 통역 서비스를 원하시면 201-894-3368로 문의바랍니다.





ENGLEWOOD
HEALTH

350 Engle Street
Englewood, NJ 07631



Fall 2019

Calendar of Events and Services