



Community Calendar- Spring 2023

SPECIAL IN-PERSON EVENTS

April 11, 9 – 11 AM

PRESCRIPTION DRUG TAKE BACK DAY

Mountainside's Pharmacy Department and the Glen Ridge Police Department partner to provide a safe and convenient way to drop off any medications that are expired or you no longer need while promoting safe disposal of medications!

Licensed registered pharmacists will be present to answer any of your medication-related questions!
Registration is not required.

May 11, Noon -1PM

BE FAST: KNOW THE SIGNS OF STROKE

This disease affects the arteries leading to and within the brain. It is the # 5 cause of death and leading cause of disability in the USA, yet 80% of strokes are preventable. Join us as we address signs, treatment and outcomes.

Registration is required.

May 31, 6 -9 PM

WOMAN TO WOMAN: INSPIRING BETTER HEALTH

Van Vleck House & Gardens, Montclair

This special event, hosted by female physicians, focuses on a breadth of female health concerns and promote preventive care, early intervention and state-of-the-art treatment options.

Registration is required.

To learn more about our partnership with the Montclair Public Schools to provide free medical services to Montclair residents with offices in The Hillside and Glenfield Schools,
Please scan this QR Code.



All Events will take place at Mountainside Medical Center, unless otherwise noted. Registration is required.
To register, call 1-800-560-9990, or visit www.mountainsidehosp.com/events
Scan QR code to register.

PARENT EDUCATION CLASSES

Apr. 17 (Virtual) & May. 8, 7-9:30 PM

Infant Care and Safety Class

Expectant parents learn about care, safety, growth and development of infants.

Apr. 19 (Virtual) & May 24, 7-10 PM

Breastfeeding Class

Basics of breastfeeding.

Apr. 22 (Virtual) & May. 27, 9 AM - 4 PM

Prepared Childbirth Class

This class prepares the expectant mother and her support person for the birthing experience.

Apr. 3 & 17 & May 9 & 23, 5:30 - 6:15 PM

Tours of Birthing Center (In Person)

Staff-guided tours of the birthing center. Feel free to ask questions.

Apr. 11, 6:30 – 7:30 PM

The Partner Plan (Virtual Event)

How to Support Your Partner during the Pregnancy.

HEALTH SCREENINGS

No need to fast and registration is not required.

Apr. 5 & May 3, 10AM – 12PM

Blood Pressure and Glucose Screenings

West Caldwell Shop Rite, 540 Passaic Avenue

Apr. 18 & May 16, 11AM – 1PM,

Blood Pressure and Glucose Screenings

Montclair Public Library, 50 South Fullerton Avenue

Apr. 12 & May 10, 10AM – 12PM

Blood Pressure and Glucose Screenings

Nutley Shop Rite, 437 Franklin Avenue

Apr. 19 & May 17, 10AM – 12PM

Blood Pressure and Glucose Screenings

Belleville Shop Rite, 726 Washington Avenue

Apr. 26 & May 24, 12 -2 PM

Glucose Screenings

Bloomfield Public Library, 90 Broad Street