Wellness Programs within the Community

To learn details of any of the programs listed below or to register, please contact them directly.

These programs are not facilitated nor developed by the Chapter or the National MS Society. This list is provided to you as a *courtesy*.

Bergen County

Center for Modern Dance Education, Inc.
84 Euclid Avenue
Hackensack, NJ 07601
Contact: 201-342-2989 (NJTTY 800-952-7897) or
e-mail: cmde1962@aol.com / Website: www.cmde.org

Tejase Yoga
30 North Hillside Place
Ridgewood, NJ 07450
Contact: Penni, 201-488-1600
e-mail: penni@tejase.org / Website: www.tejase.org

Wyckoff Family YMCA - MS Aquatic Therapy Class
691 Wyckoff Avenue, Wyckoff, NJ 07481
Contact: 201-891-2081

YWCA of Bergen County
112 Oak Street, Ridgewood, NJ 07450
To find out more about their accessible pool, Contact: Linda Doller, Director of Health and Therapeutic Services, 201-444-5600 x 348.

Essex County

Kessler Institute of Rehabilitation
Support Group and Wellness Seminars
1199 Pleasant Valley Way
West Orange, NJ 07052
Contact: The Department of Psychology & Neuropsychology
973-324-3634
(This program is partially funded by the New Jersey Metro Chapter)

Saint Barnabas MS Comprehensive Care Center –
Wellness Programs
200 South Orange Ave
Livingston, NJ 07039
Contact: 973-322-7484

Mercer County

Robert Wood Johnson University Hospital Hamilton –
Various Exercise Programs, ask about working with a trainer who is able to modify exercises if you experience any limitations
3100 Quakerbridge Road
Mercerville, NJ 08619-1658
Contact: 609-584-7600
Website: rwjhamiltonwellness.com

Middlesex County

Integral Yoga Institute-Princeton
MS Healing Circle, Gentle and all level Yoga classes
www.IYIprinceton.org
613 Ridge Road, Suite 110
Monmouth Junction, NJ 08852
Contact: 732-274-2410
Mondays, 1:00 pm – 2:30 pm

Jewish Community Center – Open swim for all disabilities.
Runs from September – June & must have doctor's note.
$25 fee per year.
1775 Oak Tree Road
Edison, NJ 08820
Contact:
Tuesdays, 1:00 pm – 2:00 pm

JFK Rehabilitiation Institute – Fitness & tai chi programs, personal trainers. Prices vary for programs.
65 James St
Edison, NJ 08818
Contact: Fitness Center, 732-632-1610

Monmouth County

Centra State - 12 week wellness program & graduate program
901 West Main Street
Freehold, NJ 07728
Contact: Ruth Memoli, Wellness Coordinator, 732-637-6334
(This program is partially funded by the New Jersey Metro Chapter)

Heart & Soul Holistic Center – Yoga Classes for people with MS
1613 Main Street
South Belmar, NJ
Contact: Instructor, Vinnie, 732-681-8508
Mondays, 11:15 am

Mullaney Associates PT – Yoga Classes
127 Main St Suite E
Matawan, NJ 07747
Contact: Barbara Sager, 732-842-4000, ext. 1
Tuesdays, 7:00 pm – 8:00 pm

Red Bank YMCA – Chair Yoga for limited mobility.
Please note: There are 2 steps to get into the room.
166 Maple Ave
Red Bank, NJ 07701
Contact: 732-741-2504
Tuesdays & Thursdays, 11:30 am – 12:20 pm, 8 week sessions

SCAN Learning Center – Exercise for people with Special Needs. Must have doctor's written recommendation.
Monmouth Mall
180 Route 35 South
Eatontown, NJ 07724
Contact: Beth Stamp, 732-542-1326, ext. 14 or visit www.scannj.com
Tuesdays & Thursdays, 11:00 am – 12:00 pm

Sunnyside Recreation Area – Yoga for limited mobility
628 Middletown-Lincroft Road
Lincroft , NJ 07738
Contact: Barbara Sager, 732-842-4000, ext. 1
Mondays, 12:00 pm – 1:00 pm & Wednesdays 12:00 pm – 1:00 pm

Yoga Suite About You Chiropractor – Gentle Yoga Classes
557 South Atlantic Ave
Aberdeen, NJ 07747
Contact: Barbara Sager, 732-583-0602, www.yogasuite.net
Wednesdays, 6:30 pm – 7:45 pm

YMCA of Western Monmouth County / Freehold YMCA –
Swim for those with MS. Program runs September - June. No fee.
470 E. Freehold Road
Freehold, NJ 07728
Contact: Adda Germann, 732-833-0106
Tuesdays, 1:00 pm – 3:00 pm (Pool Time 1:30 pm – 2:30 pm)

Ocean County

Fit For Sure – Variety of exercises, chair exercise bands, stretching & more. $6.25 per class or $35 per month unlimited.
541 Liberty Way
Lanoka Harbor, NJ 08734
Contact: Lorna Thomas or Linda Petillo, 732-237-2011
Tuesdays & Thursdays, 9:30 am, 10:30 am, 3:30 pm & 6:00 pm

Toms River YMCA – Therapeutic Chair Yoga for limited mobility, $55 for basic membership & $69 for 10 week session.
1088 West Whitty Rd
Toms River, NJ 08755
Contact: Terry, 732-341-9622
Wednesdays, 10:40 am – 11:40 am (10 week session)
Wednesdays, 6:30 pm – 7:30 pm (9 week session)

Toms River YMCA – Open swim for all disabilities. Must be approved by aquatics instructor at YMCA, and be able to assist yourself or bring a companion to assist you. No fee.
1088 West Whitty Rd
Toms River, NJ 08755
Contact: Aquatics Coordinator, Mary Ann McCormick,
732-341-9622, ext. 4210
Mondays & Fridays, 11:00 am – 12:00 pm

Passaic County

Starlight Farm, LLC – Hippotherapy
97 Ricker Drive
Ringwood, NJ 07456
Phone: 973-728-6376
Fax: 973-728-4541
Starlightfarm@optonline.net

Organized Programs in Multiple Counties

Kessler Institute for Rehabilitation Health and Fitness Centers
Programs are available at Kessler Institute for Rehabilitation outpatient departments and are open to the general public.
Contact: 1-888-KESSLER

S.W.I.M., Inc. – Specialized Water Interest Movement
This is a recreational program that has multiple locations throughout New Jersey. The mission of Swim, Inc. is to provide a safe and supportive environment for adults with impaired mobility to participate in aquatic exercise emphasizing faculties of body, mind, and spirit in a social gathering of caring and respect. If you are interested, please 908-685-0040 or go to our web-site www.swim-inc.org to obtain an application, medical form and helpful hints for your first visit.

Exercise is a key component of your overall healthcare strategy, but that doesn't mean you need to be a super athlete to enjoy the benefits. Studies show that moderate aerobic exercise improves cardiac health, stamina, and mood, *and* helps manage symptoms like fatigue, weakness, and bladder and bowel difficulties. Stretching exercises—whether done on your own or with a helper—can relieve stiffness and improve your flexibility and mobility. Learn more about good ways to get yourself moving—and have fun while you're doing it!

Register for Wellness Classes today!