National Multiple Sclerosis Society
New Jersey Metro Chapter

The New Jersey Metro Chapter offers a variety of Wellness programs throughout New Jersey.

Chapter Wellness Programs

For these Chapter programs, you **must** register through the Chapter. Fill out the registration form attached!

Yoga and Tai Chi classes are modified so that individuals may perform the movements in a seated or standing position, and the Aquatics class does have a chair lift.

Participants may bring a companion or aide to any of the classes to participate or for assistance.

Bergen County

14-Week Program: Tai Chi Instructor: Roy Lucianna
Starting Date: September 25, 2012
Day/Times: Tuesdays - 2:30 pm to 3:30 pm
Location: Temple Israel / 475 Grove Street / Ridgewood

15-Week Program: Yoga Instructor: Martin Bland
Starting Date: September 14, 2012
Day/Times: Fridays – 1:45 pm to 2:45 pm
Location: The Heritage at Lyndhurst / 601 Riverside Ave/ Lyndhurst

8 Month Program: Swim-in
Instructor: Ruth Cowan
Starting Date: October 24, 2012
Day/Times: Wednesdays- 1:00pm – 3:00pm
Location: JCC on the Palisades/ 411 E. Clinton Ave/ Tenafly

- Facilitated by a Physical Therapist (PT). Must have doctor sign release and be evaluated by PT in order to participate. Space is limited.
- Volunteers are needed to assist participants, call Patti Pasqino at 201-977-6053.

Essex County

16-Week Program: Aquatics Instructor: Joanne Van Dien
Starting Date: September 17, 2012
Day/Times: Mondays - 12:00 pm to 1:00 pm
Location: Caldwell Community Center / 1 Provost Square / Caldwell

8-Week Program: Yoga Instructor: Diane Speer
Starting Date: October 2, 2012
Day/Times: Mondays – 7:30 pm to 8:30 pm
Location: St. Peter's Episcopal Church / 271 Roseland Avenue / Essex Fells

Hudson County

14-Week Program: Yoga Instructor: Martin Bland
Starting Date: September 13, 2012
Day/Times: Thursdays - 1:00 pm to 2:00 pm
Location: Bayonne Jewish Community Center / 1050 Kennedy Blvd / Bayonne

Mercer County

15-Week Program: Yoga Instructor: Sharon LaForge
Starting Date: September 12, 2012
Day/Times: Wednesdays - 3:30 pm to 4:30 pm
Location: RWJ Hamilton Center/ 3100 Quakerbridge Rd. / Mercerville

Monmouth County

15-Week Program: Yoga Instructor: Barbara Sager
Starting Date: October 2, 2012
Day/Times: Tuesdays - 3:30 pm to 4:30 pm - chair yoga AND 5:00 pm to 6:00 pm mat yoga
Location: Kershaw Commons/ 600 Applewood Dr. / Freehold

Morris County

14-Week Program: Tai Chi Instructor: Roy Lucianna
Starting Date: September 25, 2012
Day/Times: Tuesdays - 4:30 pm to 5:30 pm
Location: Church of the Saviour / 155 Morris Ave / Denville

7-Week Program: Yoga Instructor: Diane Speer
Starting Date: September 27, 2012
Day/Times: Thursdays - 7:00 pm - 8:00 pm
Location: Presbyterian Parish House / 65 South Street / Morristown

Ocean County
Ongoing Aquatic Therapy Instructor: Carol Buckwalter
Days/Times: Fridays – 1:00 pm – 2:00 pm
Location: Toms River Fitness Center / 213 Route 37 East / Toms River

Passaic County
14-Week Program: Tai Chi Instructor: Roy Lucianna
Starting Date: September 25, 2012
Day/Times: Tuesdays - 7:00 pm to 8:00 pm
Location: Packanack Community Church / 120 Lake Drive East / Wayne

Sussex County
14-Week Program: Tai Chi Instructor: Loretta Donnelly
Starting Date: September 17, 2012
Day/Times: Mondays – 12:00 pm to 1:00 pm
Location: First Presbyterian Methodist Church of Sparta / 32 Main St / Sparta

Union County
14-Week Program: Yoga Instructor: Martin Bland
Starting Date: September 12, 2012
Day/Times: Wednesdays - 11:00 am to 12:00 pm
Location: Clark Municipal Building / 430 Westfield Avenue / Clark

Warren County
14-Week Program: Yoga Instructor: Judith Spagnola
Starting Date: September 12, 2012
Day/Times: Wednesdays - 6:30 pm to 7:30 pm
Location: Rutherfurd Hall / 1686 Route 517 / Allamuchy