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.
Send an e-mail to: patti.pasquino@nmss.org
Include your name, email / mailing address, daytime phone number, with the name & location of the program(s) you are interested in.
There is a voluntary $30 contribution fee for participation in a program. This is not mandatory for registration.

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: Judith Spagnola
Starting Date: March 11, 2013
Day/Times: Mondays - 2:30 pm to 3:30 pm
Location: Crescent Commons Ct /303 W. Crescent Ave / Allendale

15-Week Program: Yoga Instructor: Martin Bland
Starting Date: March 15, 2013
Day/Times: Fridays – 1:45 pm to 2:45 pm
Location: The Heritage at Lyndhurst / 601 Riverside Ave/ Lyndhurst

8 Month Program: Swim-in
September – May Instructor: Ruth Cowan
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: March 4, 2013
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: March 26, 2013
Day/Times: Tuesdays - 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: March 14, 2013
Day/Times: Thursdays - 1:00 pm to 2:00 pm
Location: TBA – Bayonne / Jersey City area

Mercer County

16-Week Program: Yoga Instructor: Sharon LaForge
Starting Date: March 13, 2013
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: TBA
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: Loretta Wollering
Starting Date: March 13, 2013
Day/Times: Wednesdays - 1:30 pm to 2:30 pm
Location: Church of the Saviour / 155 Morris Ave / Denville

7-Week Program: Yoga Instructor: Diane Speer
Starting Date: March 21, 2013
Day/Times: Thursdays - 7:00 pm to 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 to 2:00 pm
Location: Toms River Fitness Center / 213 Route 37 East / Toms River

Passaic County
14-Week Program: Tai Chi Instructor: Loretta Wollering
Starting Date: March 13, 2013
Day/Times: Wednesdays - 3:30 pm to 4:30 pm
Location: Packanack Community Church / 120 Lake Drive East / Wayne

Sussex County
14-Week Program: Tai Chi Instructor: Loretta Wollering
Starting Date: March 11, 2013
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: March 13, 2013
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: March 13, 2013
Day/Times: Wednesdays - 6:00 pm to 7:00 pm
Location: Rutherfurd Hall / 1686 Route 517 / Allamuchy