

The Center for Lifestyle Management at Cape Regional Health System offers a broad variety of support groups, health education classes, wellness programs, and information on healthcare services in Cape May County.

Cape Regional Health System  
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# CENTER FOR LIFESTYLE MANAGEMENT



For a Healthier Life.

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For a Healthier Life.

## Support Groups

The Center for Lifestyle Management provides ongoing support groups for those coping with the following:

Bariatric Surgery  
Breast Cancer  
Caregiver  
Diabetes  
Grief  
Pain Management  
Prostate Cancer  
Restless Legs Syndrome  
Stroke/Brain Injury

## Additional Group Meetings

AA and AlAnon

## Health Education

Our health education series cover a variety of topics with programs available at the Medical Center and in the community.

### Chronic Disease Self-Management

#### Colorectal Cancer Prevention

Diabetes Management

Fitness Workshops

Heart Health Information

Skin Cancer Prevention

Stress Management for Heart  
and Lung Patients

### Health EASE Series includes:

Be Wise about your Medication

Bone Up on Your Health

Keeping Up the Beat

Maximizing Memory

Move Today: Exercise and Getting Fit

Serving Up Good Nutrition

Standing Tall Against Falls

Women's Health: The Big Three

## Health Screenings

We provide opportunities for the community to monitor their health with the following screenings available at the Medical Center and throughout Cape May County:

Blood Pressure

Blood Sugar

Cholesterol

Fracture Risk

Peripheral Artery Disease

## Certification Programs

CPR Certification

CPR Re-certification

Safe Sitter

Smoking Cessation

If you are interested in learning about additional topics, please call 609.463.4043.