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.

For more information, please contact

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Lifestyle Management Coordinator
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Support Groups

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

Bariatric Surgery
Breast Cancer
Diabetes
Caregiver
Grief
Pain Management
Pulmonary Rehabilitation
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 Healthy 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 & Getting Fit
Serving Up Good Nutrition
Standing Tall Against Falls
Women’s Health: The Big Three

If you are interested in learning about additional topics, experts are available upon request from the Speakers’ Bureau.

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 and Re-certification
Safe Sitter
Smoking Cessation