

# Center for Lifestyle Management...

Tools for Everyday Health



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



**Exceptional Care  
Exceptional People**

For more information,  
please contact

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## Support Groups

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

*Amputee*

*Diabetes*

*Breast Cancer*

*Grief*

*Caregiver*

*Pulmonary Rehabilitation*

*Restless Legs Syndrome*

*Stroke/ Brain Injury*

*Hard-of-Hearing*

## Additional Group Meetings

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*AA and AlAnon*

*Overeaters Anonymous*

## Health Education

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

*Diabetes Management*

*Stress Management for Heart and Lung Patients*

*Fitness Workshops*

*Heart Healthy Information*

*Chronic Disease Self-Management*

*Health EASE Series includes:*

*Move Today: Exercise and Getting Fit*

*Serving Up Good Nutrition*

*Bone Up on Your Health*

*Be Wise about your Medication*

*Keeping Up the Beat*

*Maximizing Memory*

*Standing Tall Against Falls*

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

## Health Screenings

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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

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*CPR Certification and Re-certification*

*Safe Sitter*

*Smoking Cessation*