

Getting Up and Around after Knee Replacement

Patients who undergo joint replacement surgery at CentraState Medical Center get back on their feet and moving through rehabilitation therapy.

“CentraState offers a range of inpatient and outpatient rehabilitation services for joint-replacement patients. Therapy often starts immediately following surgery, while the patient is still hospitalized,” says Brian Mason, PT, DPT, clinical director, Rehabilitation Services, CentraState. “Most patients are discharged within two or three days following surgery. Some may require additional inpatient rehab. Others can return home and receive home-care therapy. The final stage in the recovery process generally is outpatient rehabilitation.”

Sub-Acute Inpatient Care

CentraState’s short-term residential rehabilitation facility, The Manor Health and Rehabilitation Center, offers sub-acute inpatient rehabilitation therapy to help patients achieve their maximum level of independent function so they can return home safely. Board-certified orthopedists provide specialized medical direction for sub-acute rehab patients after joint replacement and other orthopedic surgeries or injuries.

“Therapists at The Manor focus on the patient’s personal goals,” says Elvira Ngo, PT, director, Rehabilitation Services, The Manor. “Our physical therapists have an average of 10 years of experience and have been shown to achieve better outcomes when compared with the industry norm. We get patients walking and discharged home sooner.”

Outpatient Options

At CentraState’s OceanFirst Rehabilitation Center, joint-replacement patients can receive outpatient therapy, such as exercise on an underwater treadmill in the HydroWorx® pool, which reduces impact on joints. They generally progress from aquatics to land-based rehabilitation, and some move on after that to CentraState’s Sports Performance Program, which helps participants achieve optimal performance levels and prevent future injuries.

“A primary goal of rehabilitation is to get joint-replacement patients walking normally more quickly, since typically they’ve developed poor habits prior to surgery due to pain and discomfort,” says Mason.

For information on Rehabilitation Services at CentraState, visit www.centrastate.com/rehab or call (866) CENTRA7 (236-8727). For information on The Manor, visit www.themanorhealth-rehab.com or call (732) 431-5200. HD

Knee replacement surgery made it possible for George Kleinknecht to accompany his wife Mary Lou on shopping trips again. ►



No Need for Knee Pain

THANKS TO JOINT REPLACEMENT

When George Kleinknecht, 80, of Jackson, found himself unable to accompany his wife on shopping trips in 2006 because of pain in his right knee, he called the CentraState Healthcare System Physician Finder referral service to find an orthopedic specialist.

“I had my left knee replaced in 1996, and I remembered the pain caused by a failing joint very well,” says George, a retired investigator for the state of New Jersey. “I knew something was wrong with my right knee when I couldn’t walk around with my wife anymore. The pain felt comparable to someone sticking a knife in my knee.”

Through the Physician Finder, he was referred to the Advanced Orthopedic and Sports Medicine Institute, a practice he was familiar with because an orthopedist there had treated his grandson. At the practice, George was treated by Alan Nasar, MD, board-certified orthopedic surgeon on staff at CentraState and medical director, The Total Joint Center of New Jersey at CentraState. In January 2007, Dr. Nasar replaced George’s right knee using Zimmer® Trabecular™ Metal cementless technology.

“The cementless technology allows the new joint to form a lifelong bond,” says Dr. Nasar. “The surfaces coming in contact use metal components so bone will fill in the porous space over time. The technology simplifies the surgery. No screws or cement are used, which is a huge advance for total knee replacements. Also, it may be possible to eliminate

or greatly reduce the need for additional surgery that often arises with the cemented technology.”

BACK TO NORMAL ACTIVITIES

George experienced minimal discomfort following his surgery and was able to begin outpatient rehabilitation therapy four days after the procedure. Today he is able to play golf and exercise on the treadmill and stationary bike almost every day.

“The cementless replacement surgery was excellent, especially compared with my first replacement,” says George. “My most recent scar is only about three inches long thanks to less invasive surgical technology. In comparison, the left knee scar is almost nine inches long. I have more flexibility in my right knee than I have had in years, and I can go shopping with my wife again.”

For more information about total joint replacements, visit www.centrastate.com/TJC or call (866) CENTRA7 (236-8727). HD



Alan Nasar, MD, board-certified orthopedic surgeon

Orthopedic Surgeons on Staff at CentraState

Advanced Orthopedic and Sports Medicine Institute

Manuel T. Banzon, MD, FAAOS[†]
Gregg S. Berkowitz, MD, FAAOS[†]
James Cozzarelli, MD
Grigory Goldberg, MD
Gerardo Goldberg, DO
Michael Greller, MD, FAAOS[†]
Alan S. Nasar, MD[†]

Central Jersey Sports Medicine and Orthopedics Center

Andrew Harrison, MD, FAAOS

[†] surgeons who currently perform knee replacement surgery

KEEPING IT IN THE FAMILY



Stuti Agrawal, MD (left), board-certified internal medicine physician, and Neil Agrawal, MD, board-certified family medicine physician

Being hospitalized for a bloodstream infection isn't likely to rank on anyone's list of memorable moments. But for Ken Kiczales, 42, of Marlboro—who was admitted to CentraState Medical Center in 2003 for that very problem—there was a silver lining. It was during this stay that Ken met the two physicians who he and wife Lisa now see for all their primary care.

"Throughout my hospital stay, I was impressed with the quality, compassionate care they provided," he says of Neil

Agrawal, MD, board-certified family medicine physician, and Stuti Agrawal, MD, board-certified internal medicine physician. The husband and wife work together as a team to provide continuous care to all of their patients.

OUTSIDE HOSPITAL WALLS

"Since we know Ken's history, we can give him more comprehensive care, whether he's in the hospital or in the office for a routine visit," says Dr. Stuti Agrawal. "We provide complete care for families, based on the individual needs of each family member. We can combine our knowledge of each patient's habits and individual health history and the family history to suggest beneficial lifestyle changes."

Dr. Stuti Agrawal encouraged Ken to adopt healthier lifestyle habits to improve his cholesterol, including a balanced diet and regular exercise, which helped him lose 50 pounds and lower his cholesterol by 40 points, bringing him back down to both a healthy weight and cholesterol range.

"I was overweight, but thanks to Dr. Stuti Agrawal encouraging me to concentrate on eating healthy and making time for exercise, I was able to improve my quality of life," says Ken. "Now I feel better and can do the things I enjoy, like going to the boardwalk with my kids."

CARE FOR AN EXTENDED FAMILY

Ken's parents and Lisa's grandmother also receive care from both Drs. Agrawal. However, Ken and his loved ones aren't the only families the doctors treat.

"Many of our patients have been with us for years," says Dr. Neil Agrawal. "We believe in continuity of care, so we see our patients in the office as well as in the hospital."

CentraState has more than 70 primary care physicians on staff. To find a primary care physician on staff at CentraState, call (866) CENTRA7 (236-8727) or visit www.centrastate.com/doctors. HD

The Many Important Roles of a Primary Care Physician

Primary care physicians are essential partners in maintaining health and wellness. They are trained to provide comprehensive care for people of all ages—from disease prevention and treatment to management of chronic conditions such as diabetes and hypertension (high blood pressure). With a thorough knowledge of patients' medical histories, they can help identify risk factors for disease and recommend appropriate lifestyle modifications for healthier outcomes. They can also help patients navigate the healthcare system, and provide referrals to appropriate specialists when needed.



Encouraged by his primary care physician to adopt healthier lifestyle habits, Ken Kiczales lost 50 pounds and significantly lowered his cholesterol. ▲

Ensuring Access for All

CentraState Healthcare System is committed to increasing access to primary care physicians as part of its mission to build a healthier community. Through its three-year Family Medicine Residency Program, CentraState is helping ensure that new primary care doctors will continue to practice in the area. CentraState's one-year Geriatric Fellowship Program is integral to its goal of providing for the special health and wellness needs of seniors in the community.



Getting Heart Smart AND HEALTH WISE

Jerry Wiskin knew his weight was putting him at risk for heart disease. His internist and cardiologist constantly chided him to do something about it. He knew that if he kept going the way he was, he might not be around to see his grandchildren grow up.

“That was the impetus I needed,” says Jerry, 62, an attorney from Manalapan. “This wasn’t just about me anymore.”

He called CentraState’s Star and Barry Tobias Health Awareness Center and made an appointment with nutritionist Caryn Alter, MS, RD.

“My weight has been a constant battle my whole life,” says Jerry. “I’ve been on every popular diet. I’ve been to other nutritionists. You name it—I’ve tried it. But it’s Caryn’s approach to weight loss that’s finally made the difference.”

“Caryn was extremely supportive and actually listened to me,” he explains. “She asked me about my lifestyle, likes and dislikes, and allergies, and she worked with me to come up with a diet that I’d like and stick to.”

Caryn encouraged Jerry to replace red meat with omega-rich fish, which is great for heart health. He eats fish, especially salmon, three or four times a week.

“I’m on a calorie-restricted diet, but it doesn’t feel restrictive—and that’s why I’m able to stick with it.” Although he loves steak, he no longer eats it. “If you tell me I can only have three ounces, I’d rather eat a reasonable portion of something else.”

Since starting with Caryn last March, Jerry has lost more than 60 pounds.

“I’m more than halfway to my goal weight, and I feel better than ever,” he exclaims. “People who haven’t seen me in a while say they can’t believe it. It feels good to get that feedback and to know my kids and grandchildren can feel confident that I’m not going anywhere.” **HD**

▲ Jerry Wiskin is losing weight and reducing his risk for heart disease on a diet recommended by nutritionist Caryn Alter, MS, RD.

Cold or Flu? What to Do.

Respiratory illnesses cause problems for numerous Americans each year. They appear in a variety of forms, including common wintertime conditions such as cold and flu. This year, two types of influenza—seasonal and H1N1—are affecting people. By taking measures to prevent these illnesses, as well as avoid infecting others when they do occur, you and your loved ones significantly increase your odds of staying healthy throughout the cold and flu season.

PREVENTION: THE BEST MEDICINE

As you’ve no doubt heard before, the number one way to avoid respiratory illnesses is to prevent infection. Hand washing ranks high on the list of preventive measures. Other ways to protect yourself include:

- Exercising regularly to maintain a healthy immune system
- Getting an annual influenza vaccination (This year, speak with your physician

about whether you should also receive the H1N1 vaccine.)

- Maintaining a healthy diet and sleep schedule
- Not sharing food and drink.

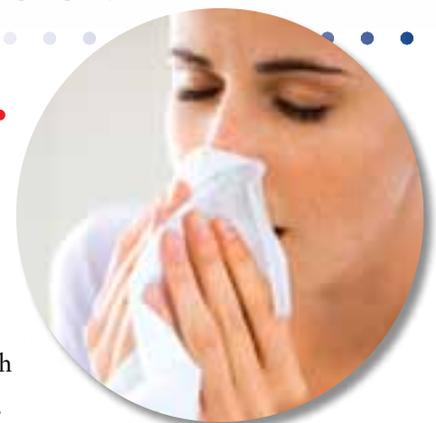
“Influenza vaccinations are important, especially for individuals with chronic respiratory illnesses such as emphysema, lung cancer, and asthma,” says Nirav N. Shah, DO, pulmonary and critical care physician on staff at CentraState. “Patients can find the latest information about vaccinations, including those for seasonal and H1N1 influenza, on the Centers for Disease Control and Prevention website.”

KNOW THE SYMPTOMS

Although cold and flu can have similar symptoms, there are some key differences

Symptoms that can indicate flu or cold include:

- Body aches
- Chest discomfort



- Cough
- Fever.

Symptoms typically associated only with cold include:

- Sneezing and stuffy nose
- Sore throat.

Symptoms typically associated only with flu include:

- Chills
- Exhaustion
- Headache.

To stay up-to-date on the latest information about vaccines, flu, and other seasonal respiratory illnesses, visit www.cdc.gov. **HD**

Heart Disease Prevention: What You Can Do

Be sure to eat a healthy diet and get regular exercise—at least 30 minutes on most days of the week.

Prevent and Control:

High blood cholesterol

- ♥ Eat a diet high in fiber and low in saturated fat and cholesterol. Include foods rich in heart-healthy omega-3 fatty acids such as salmon, tuna, flaxseeds, and walnuts.
- ♥ Get cholesterol levels checked and consult with your physician, who can prescribe a cholesterol-lowering medication when appropriate.

High blood pressure

- ♥ Reduce or eliminate consumption of salt. The American Heart Association recommends consuming no more than 2,400 milligrams of sodium (one teaspoon) per day.

Diabetes

Diabetes can change the chemical makeup of some substances found in the blood, which can cause vessels to narrow or clog up completely.

- ♥ Prevent Type 2 diabetes through weight loss, proper nutrition, and exercise.
- ♥ If you have diabetes, maintain tight control of your blood sugar levels as directed by your physician.

Limit Alcohol Consumption

Excessive use of alcohol can raise the levels of bad fats in the blood and lead to high blood pressure.

Quit Smoking

Smoking injures blood vessel walls and speeds up the process of hardening of the arteries.

Reduce Stress

- ♥ Incorporate activities into your life that can help you relax, such as walking, yoga, meditation, massage, and other “integrative therapies.”

Heart-Healthy Resources at CentraState

Fitness and Wellness Center: (732) 845-9400

Novo Nordisk Diabetes Center: (732) 294-2574

Star and Barry Tobias Health Awareness Center:
(732) 308-0570

- Nutrition counseling
- Smoking cessation
- Integrative therapies.

Thomas J. Blanchet Cardiac Diagnostic Center:
(732) 294-2912

FREE Women's Heart Health Event

Tuesday, Feb. 2, 7 p.m.

See page 16 for more information.



GOT A MINUTE?

Meet the Doctor: Nirav N. Shah, DO

Nirav N. Shah, DO

Medical specialty: pulmonology (diagnosis and treatment of conditions and diseases of the lungs and respiratory tract)

Area of interest: critical care

Medical school: Arizona College of Osteopathic Medicine, Glendale

Residency: UMDNJ-Robert Wood Johnson University Hospital, New Brunswick, NJ

Fellowship: UMDNJ-Robert Wood Johnson University Hospital, Department of Pulmonary/Critical Care

Board Certification: pulmonology and internal medicine

What is the most gratifying part of your job?

I enjoy the constant dialogue with other physicians in their respective fields. We all completed medical school and training,



of course, but we can learn something new every day in medicine when we speak with our colleagues.

This knowledge can then be applied to providing excellent medical care to our patients.

Why did you specialize in pulmonology?

The excitement of pulmonary medicine for me lies in the critical care aspect. The sickest patients in the hospital are usually found in critical care, and having the opportunity to make a significant and immediate impact on the quality of a patient's care is deeply gratifying.

Office: Monmouth Ocean Pulmonary Medicine

Star and Barry Tobias Ambulatory Campus
Building A—Suite 160
901 W. Main Street
Freehold, NJ 07728
(732) 577-6335

Relax AND STAY AWHILE

Aniela Szatkowski, 89, experienced first hand the full circle of care that CentraState Healthcare System offers seniors. After receiving treatment for stomach cancer at CentraState Medical Center, she went on for sub-acute care at The Manor Health and Rehabilitation Center—CentraState’s facility for short-term rehabilitation and long-term skilled nursing services located on the CentraState campus.

Her experience at The Manor helped her find a new home—she chose to stay at The Manor as a resident.

A native of Brooklyn, NY, where she worked as a retail clerk for many years, Aniela originally had retired to a senior living community that was not affiliated with a medical center. With her needs now beyond what that facility could provide, she believed that The Manor, with its affiliation with CentraState, was the better choice.

“The friendly staff helps me with everything I need,” says Aniela. “I walked with a walker before, but now use a motorized chair, which puts less stress on my back and heart. When I go out, staff members help me up and seat me. It’s better than being a millionaire.”

COMPREHENSIVE SERVICES

The Manor provides around-the-clock nursing care, which Aniela says gives her great peace of mind. It’s also right next door to CentraState Medical Center, making it easy for physicians to visit whenever there is a medical concern. Medical direction at The Manor is provided by board-certified geriatricians from the CentraState Family Medicine Residency Program Geriatrics Practice.

On the social side, Aniela can choose from a full calendar of activities available each month. When the weather is nice, she likes to go outside on the terrace, where The Manor hosts barbecues.

HIGH MARKS FOR HEALTH

Aniela says that when she was deciding where to live, one of the things that most impressed her about The Manor was the cleanliness, which she could not say for her former community. The Manor receives high marks on resident satisfaction and state surveys and is among only 12 percent of skilled-nursing rehabilitation centers in New Jersey to be accredited by The Joint Commission.

“The atmosphere here is amazing,” says Aniela. “You feel good and want to make friends. It’s a great place to live. I love it here.”

To discuss short-term rehabilitation or long-term care services at The Manor Health and Rehabilitation Center, call (732) 431-5200 or visit www.themanorhealth-rehab.com. HD



SENIORSFIRST CALENDAR OF EVENTS

JANUARY AND FEBRUARY 2010

Call (732) 780-3013 for reservations for all programs.

STROKE SUPPORT GROUP

Jackson, NJ

Mondays, January 11 and February 8, 2–4 p.m.

PARKINSON SUPPORT GROUP

Manalapan Senior Center

211 Route 522, Manalapan, NJ

Tuesdays, January 19 and February 16, 11:30 a.m.–12:30 p.m.

SENIORSFIRST MEMBERSHIP LUNCHEON—“CRUISE WITH APPLEWOOD”

Applewood Estates Performing Arts Center

Come enjoy a luncheon complete with raffle prizes and entertainment.

Friday, January 15, 11:30 a.m.–2 p.m., \$9.

DINING OUT PROGRAM AND SENIOR GAMES

Star and Barry Tobias Ambulatory Campus Conference Center

Join us for good food and fun with other seniors. Breakfast: bagels, danish, hot beverage. Lunch: wraps, sandwiches, pasta, assorted beverages.

Tuesday, January 26, 9:30 a.m.–1 p.m., \$7.

SENIORSFIRST MEMBERSHIP LUNCHEON—“HAPPY VALENTINE’S DAY”

Applewood Estates Performing Arts Center

Come enjoy a luncheon complete with raffle prizes and entertainment.

Friday, February 19, 11:30 a.m.–2 p.m., \$9.

◀ Aniela Szatkowski finds plenty to keep her busy at The Manor, including playing Wii™ video games with other residents, such as David George, shown here.

Star and Barry Tobias Health Awareness Center Programs

JANUARY—FEBRUARY 2010 HIGHLIGHTS

Star and Barry Tobias Ambulatory Campus • 901 West Main St., Freehold

For more information on these and other classes and programs offered through the Health Awareness Center (HAC), please visit www.centrastate.com/healthawareness or call the **HAC at (732) 308-0570**; the **Student Health Awareness Center (SHAC) at (732) 308-1850**; or the **Novo Nordisk Diabetes Center at (732) 294-2574**.

Parenting & Childhood Programs

Childbirth—Before & After

- Childbirth Preparation (1 day or 5 weeks)
- Sibling Preparation
- Expectant Grandparents
- Breastfeeding—education, support, pump rentals/sales
- Infant Care (1-day class or series)
- Newborn Caregiver Training

Infant/Toddler & Kids (Newborn–5 yrs)

- Newborn Parenting
- Fun Time
- Tumbling Tots
- Musical Munchkins
- Preschool Prep
- VIP—socializing/play group for parents & children

NEW! Baby & Toddler Classes on Weekends

Saturday or Sunday two-week sessions:

Totally Toddlers I & II for parents and children 12–26 months to encourage optimum growth and development at the primary learning stage—*Saturdays, Jan. 9 & 16 or Feb. 13 & 20.*

Moving Up for parents and children ages 7–12 months to help child develop social and motor skills—*Sundays, Jan. 24 & 31 or Feb. 21 & 28.*

Baby & Me for parents and children 2–6 months focusing on parent-child interaction, including infant massage techniques—*Sundays, Jan. 24 & 31 or Feb. 21 & 28.* Call (732) 308-0570.

Lifestyle Management Programs

Nutrition/Weight-Loss Programs for the Whole Family

Classes and private consults, healthy cooking demos, metabolic rate analysis, weight-loss surgery pre- and post-operative education/support, and more. Program highlights for January/February include:

Custom Fit Weight Loss—Nutrition and fitness program for adults to control weight and reduce health risks. Half-hour seated strength training is part of each class. Cooking class also included. Taught by a registered dietitian and a personal trainer.

8 weekly sessions: Tuesdays, 7:30–9 p.m., starting Jan. 12, or Thursdays, 9:30–11 a.m., starting Jan. 14. Call (732) 308-0570.

Kids in Control—Fun, fast-paced nutrition and play-based activity program for children ages 8–12. Information presented in interactive, age-appropriate way to help them control weight gain during their growth years. Taught by a registered nurse and a registered dietitian. *4 weekly sessions: Wednesdays, 4:45–5:45 p.m., Jan. 20–Feb. 10. Call (732) 308-0570.*

Other Programs

- Time to Quit!—smoking cessation (6-week program with support group facilitated by certified tobacco dependency treatment specialists)

- Sign Language
- Integrative Therapies—meditation, creative visualization, Reiki certification

Meditation

5 weekly sessions: Thursdays, Jan. 28–Feb. 25, 7–8:15 p.m.
Call (732) 308-0570.

CPR Training Center

Classes for healthcare providers and the general public (including coaches, teachers, and others who may have a duty to respond):

- Family and Friends CPR
- Heartsaver AED (adult/child CPR and use of automated external defibrillator)
- Heartsaver CPR
- Heartsaver First Aid
- BLS, ACLS, PALS for healthcare providers



Novo Nordisk Diabetes Center

Recognized by the American Diabetes Association, the center works with you and your doctor to provide diabetes prevention and management services. All instructors are certified diabetes educators. Call (732) 294-2574.

"Diabetes, Depression, and Diet" Lecture

- Pre-diabetes
- Gestational diabetes
- Comprehensive Type I & Type II diabetes management
- Insulin pump instruction

Student Health Awareness Center (SHAC)

More than 50 age-appropriate programs for class trips (grades K–12)—including substance abuse prevention, family life education, and general health * Professional development for school personnel * School nurse workshops * Scout programs * Training for babysitters * Programs for parents * Specialized birthday parties and more! Call (732) 308-1850

Michelle and Jennifer Tobias Adventure to Health

A high-tech, educational wonderland that allows children ages 6 and older to immerse themselves in the wonders of the human body through 19 colorful, interactive exhibits. **Open for families Jan. 2 and Feb. 6 (the first Saturday of each month).** Birthday parties available. Call (732) 308-1850.

Other Programs/Services

- Corporate/Community Health Services
- Mobile Wellness Van (offering screenings, and more)
- Customized Health Fairs and Screenings
- Speakers Bureau
- Healthy Lifestyle Programs held at CentraState's Medical Office in Monroe
- H1N1 Vaccinations (\$23)
- Flu Vaccination Clinics (can be brought on-site to businesses, schools, and other organizations)

Peripheral Artery Disease (PAD) Screening

Wednesday, Feb. 17, 3–6 p.m. \$10. Registration required.
Call (732) 308-0570.

CENTRASTATE BRIEFS

SINGLE-INCISION, LAPAROSCOPIC SURGERY NOW OFFERED

CentraState now offers single-incision, laparoscopic surgery for gallbladder, appendix, and colon procedures. This advanced technique allows surgeons to perform certain procedures with multiple, specialized instruments through a single incision at the navel. This reduces patient recovery time, the possibility of wound infection, and scarring. Single-incision, laparoscopic surgery is part of a new frontier in minimally invasive approaches.

NEW MINIMALLY INVASIVE DIAGNOSTIC TECHNOLOGY FOR CHEST, LUNGS, AND GI TRACT

CentraState's Endoscopy Suite now offers minimally invasive endoscopic ultrasound (EUS) and endobronchial ultrasound (EBUS). These powerful outpatient diagnostic procedures offer high-quality images of difficult-to-reach areas inside the body and fast, accurate results. EBUS is performed by a board-certified thoracic surgeon and used in diagnosing lung and chest conditions. EUS is performed by a board-certified gastroenterologist and is used in diagnosing conditions of the gastrointestinal tract. To schedule EUS, EBUS, and other endoscopic procedures, call (732) 294-2848.

Joan Nealon, director, Volunteer Services, CentraState Medical Center, talks with students grades K-5 at a Service Learning Fair at the Catena Schools in Freehold about volunteer activities at the hospital. The fair was organized to expose students to community service and the concept of "giving back." ▶



Photo courtesy of US Drug Enforcement Administration.

▶ During Red Ribbon Week last fall, CentraState employees, Freehold middle- and high-school students, and members of the Freehold Drug Alliance and Noontime Optimist Club came together to form a human sign spelling out the words "drug free" on CentraState's campus. Red Ribbon Week is the nation's largest substance abuse prevention and awareness program. CentraState also hosted a two-mile Red Ribbon Week Walk, and distributed red ribbons and substance abuse literature throughout the hospital and Star and Barry Tobias Ambulatory Campus.

COMMITTED TO COMPLIANCE

CentraState Healthcare System is an organization that strives to be fully compliant with all of the complex laws, rules, and regulations governing the health and long-term care industries. To report a potential issue or concern, you may contact CentraState's specially designated "hotline" at (800) 826-6762. Your call can be anonymous, but you must provide sufficient information for a thorough investigation of the issues. You may also report concerns at www.centrastate.alertline.com/gcs/welcome.

FREE WOMEN'S HEART HEALTH EVENT WITH NOTED EXPERT

Dr. Pamela M. Peeke, internationally renowned expert in women's health, fitness, and nutrition, will speak at CentraState's Star and Barry Tobias Ambulatory Campus on Tuesday, Feb. 2, at 7 p.m. on "Achieve Your Peeke Performance: Mind & Body Makeover—Transforming Your Life...for Life." Offered in partnership with Friends' Health Connection, the presentation will be preceded by a mini-health fair with information and screenings starting at 5:30 p.m. and will be followed at 8:30 p.m. by a book signing. Light refreshments will be served. The event is FREE (except cholesterol screenings, which are \$10), but pre-registration is requested by calling (732) 308-0570.

MODERN HEALTHCARE
BEST PLACES TO WORK

ROBERT WOOD JOHNSON
HEALTH NETWORK

The Cancer
Institute of
New JerseySM
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ROBERT WOOD JOHNSON
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University of Medicine & Dentistry of New Jersey