

2026 RIDGEWOOD

# Winter / Spring Health SERIES

**THE VALLEY HOSPITAL, RIDGEWOOD PUBLIC LIBRARY, AND THE RIDGEWOOD HEALTH DEPARTMENT** are proud to continue a partnership designed to bring Village residents up-to-the-minute health and wellness education and events for the whole family. **Programs will be held at The Ridgewood Public Library, 125 N. Maple Ave., and/or virtually.** There is **NO FEE** to attend these programs, but registration is required. **To register, go to [ValleyHealth.com/Events](http://ValleyHealth.com/Events) or call 1-800-VALLEY 1 (1-800-825-5391).**

### **Powering Up: What You Really Need to Know About Protein (Virtual)**

An interactive and informative session that explores protein's role in health, how much is really needed at different life stages, the pros and cons of popular protein products, and how to get enough protein through real food.

**Nicole Fuller, RDN,**  
Registered Dietitian

**Tuesday, January 27 • 7 – 8 p.m.**

### **Healing Hands (Virtual)**

Join us to learn all about your hands: how they function; common injuries and conditions, such as arthritis, carpal tunnel, and fractures; along with practical tips for taking care of them.

**Alejandro Morales-Restrepo, MD,**  
Orthopedic Surgeon

**Thursday, March 12 • 7 – 8 p.m.**

### **Ten Things You Should Know About Colon Cancer (Virtual)**

Colon cancer is one of the most common cancers but knowing the facts can help with prevention and early detection. Learn the top 10 things you should know, from risk factors to prevention and treatment.

**Kevin Wood, MD, Medical Oncologist and Hematologist**

**Thursday, March 26 • 7 – 8 p.m.**

### **Healthy Hips: Living Well with Hip Arthritis (In Person)**

Did you know arthritis is one of the most common causes of hip pain and mobility challenges? Let's learn what hip arthritis is, some risk factors, and symptoms to watch out for, along with solutions on how to manage.

**Brian DePalma, MD,**  
Orthopedic Surgery

**Ridgewood Public Library**  
125 N. Maple Ave., Ridgewood  
**Wednesday, April 22 • 10 – 11 a.m.**

### **Dementia and How It Affects Caregivers (In Person)**

Caring for someone who has dementia poses many challenges and can affect the mental and physical health of a caregiver. Join us to learn more about dementia and how we can better care for ourselves as we tend to our loved ones who suffer from it.

**Amy Matthews, LLC,**  
Dementia Consultant

**Ridgewood Public Library**  
125 N. Maple Ave., Ridgewood  
**Monday, May 18 • 5 – 6 p.m.**

### **Healthy Steps Walking Program (In Person)**

Healthy Steps is a 10-week walking program designed to encourage fitness and friendship among people of all ages in a fun and motivating atmosphere.

**Veteran's Field, Behind the Ridgewood Public Library**  
125 N. Maple Ave., Ridgewood  
**Starting Tuesday, April 7 at 9 a.m.**

