



Get Involved

MONTHLY CALENDAR OF EVENTS

SEPTEMBER 2020

CONNECTING WITH THE COMMUNITY

6:30 PM - 7:30 PM

FACEBOOK LIVE HOSTED BY DR. ELNAHAL
WITH SPECIAL GUESTS

SEPT 3 – Vaccine Trials 101

SEPT 17 – Top 10 Reasons to Have Your Baby
at UH

CULINARY VOYAGE FROM SPAIN TO THE US

SEPT 17 & EVERY THURSDAY

IN THE CAFE

Lunch Specials in the Cafe for Hispanic
Heritage Month

UH BEAUTIFICATION & GRATITUDE DAY

SEPT 26

9 AM - 1 PM

Join UH's neighbors on Bergen Street for a
community clean up.

**For more info and/or to register:
community@uhnj.org or
call 973-972-6273**

HISPANIC HERITAGE MONTH

SEPTEMBER 15 - OCTOBER 15 – 6:30 PM - 7:30 PM

In partnership with NJMS & Park Elementary School's
Bilingual Program

SEPT 15, 22, 29 - Bilingual (Spanish & English) workshop
for parents/caregivers on a health related topic.

OCT 15 - Live science classes with doctors and medical
students. See human organs, watch an ultrasound, etc.

WELLNESS WEDNESDAYS

12 NOON - 1 PM

A power hour to help you manage your health.

Please click the link below to join the webinar:

[Register Here.](#)

Passcode: Wellness

SEPT 16 – National Preparedness Month (NPM)

*is recognized each September to promote family and
community disaster planning now and throughout the year.
As our nation continues to respond to COVID-19, there is no
better time to be involved this September.*

SEPT 23 – Kickoff for Making Strides Against Breast
Cancer: (Wear Pink) Join the UH team for Making Strides
Against Breast Cancer. Although the walk is virtual, learn
how UH can still make an impact.

SEPT 30 – Smoking Cessation: *If you are ready to kick
the smoking habit, listen to get the support and tips you
need to quit.*



One Goal. One Passion. Every Patient. Every Time.

Our Mission: As New Jersey's public academic health center, University Hospital
is committed to providing exceptional care to every patient, every time.