

HACKENSACK MERIDIAN *HEALTH* JERSEY SHORE UNIVERSITY MEDICAL CENTER

New Moms Network

New Moms Network is a free group where new mothers can meet to have discussions, develop new friendships and share the experiences of life with a young infant.

Every Tuesday

1 p.m. - 3 p.m.

**Hackensack Meridian *Health* Village
at Jackson**

27 South Cooks Bridge Road
Jackson, NJ 08527

Babies up to 12 months of age are welcome!

An experienced nurse educator is on hand to answer your questions about your experiences as a new mom.

Please call **Linda Carroll, MPH, RN, IBCLC**, at **732-776-4281** prior to attending for the first time.



Hackensack
Meridian *Health*
Jersey Shore University
Medical Center

Directions

Hackensack Meridian *Health Village* at Jackson

27 South Cooks Bridge Road

Jackson, NJ 08527

Intersection of South Cooks Bridge Road and Bennetts Mills Road.

From the South

Travel the Garden State Parkway North to Route 9 North via exit 83. Turn left onto Cross Street and travel 2.9 miles and then turn left onto East Veterans Highway.

Turn right onto North Hope Chapel Road and then turn slight right on South Cooks Bridge Road. Travel about 3 miles and Hackensack Meridian *Health Village* at Jackson will be on the right side.

From the West

Take I-195 East towards New Jersey Turnpike / Shore Points. Merge onto CR-527 South / Cedar Swamp Road via exit 21 toward Jackson. Take first left onto East Commodore Boulevard and then turn left onto Jackson Mills Road. Turn slight right onto North County Line Road and travel 1.5 miles before turning right onto North Cooks Bridge Road. Travel 1.6 miles and Hackensack Meridian *Health Village* at Jackson will be on the left side.

From the North

Travel Route 18 South toward Point Pleasant and merge onto Route 138 West via Exit 6B toward Route 34 / Garden State Parkway. Route 138 becomes I-195 West and take the Jackson Mills exit, exit 22, towards Georgia. Keep right to take the ramp toward Georgia. Merge onto Jackson Mills Road and take the first right onto Harmony Road. Harmony Road becomes North Cooks Bridge Road. Travel 1.5 miles and Hackensack Meridian *Health Village* at Jackson will be located on your left.

From the East

Take I-195 West to Exit 22 (Jackson Mills/Georgia). Take ramp towards Georgia and merge onto Jackson Mills Road. Take the first right onto Harmony Road. Harmony Road becomes North Cooks Bridge Road. Travel 1.5 miles and Hackensack Meridian *Health Village* at Jackson will be located on your left.

