

HEALTH & WELLNESS MINISTRY

SCREENINGS, PROGRAMS AND SUPPORT

- 1) **After mass BP screening and health information table and program sign-ups every third weekend of the month.**
- 2) **MOBILE HEALTH UNIT: at SJV food pantry 1st Wednesday of each month from 2 - 6 PM.**
- 3) **FREE – Vascular Screening**
Recommended for individuals over age 50 with any other the following risk factors: smoking, high blood pressure, obesity, diabetes, high cholesterol, and family history of cardiovascular disease. Appointments occur at Calvert Health Hospital at 8:45 a.m. on Monday's through Friday's with appointments only. Please contact Tammy Russel at 410.414.4539 to schedule an appointment.
- 4) **DIABETES PREVENTION PROGRAM** presented by the Calvert County Health Department. Call Jenn Faulkner at 410.535.5400 ext. 357 to register.
- 5) **Diabetes Support Group – FREE – Just show up – Led by a Dietician**
Third Thursday of the Month - March, April, May, September, October, November from 7 p.m. to 8 p.m. Calvert Health Medical Center/Hospital Classroom 1 and 2. Call 410.414.4783 for information.
- 6) **Living Well with Diabetes - 6 week workshop- Call Jen Schindler at CCHD 410-535-5400x459.**
- 7) **Prevent T2 Lifestyle Coach Training**
2 Day Training Available – Dates TBA – contact Jenn Faulkner at 410.535.5400 ext. 357 or via email at: jenn.faulkner@maryland.gov
CDC-recognized Lifestyle change programs must have Lifestyle coaches who are trained to use CDC-approved curriculum and who have the knowledge and skills to effectively deliver the program. The Lifestyle coach's ability to support participants, provide guidance, and help groups work together effectively is essential for a successful Lifestyle change program.
- 8) **FREE QUIT TOBACCO CLASSES** - Held at Calvert County Health Department Main Office. **One hour a week for eight weeks. To Register call 410-535-5400 X 359 . Next class starts 10/17/19 at 6P.**
- 9) **NARCAN (NALOXONE TRAINING):**
The Prevention Services Department of Calvert County Behavioral Health is offering free **Narcan (Naloxone) Training** by contacting Ashley Staples-Reid at Ashley.staples@maryland.gov or calling [410-535-3079 x 41](tel:410-535-3079). On-line registration is available at www.calverthealth.org. Click on Calendar of Events. **Save A Life. Carry Naloxone. Next SJV food pantry training 10/30/19.**
- 10) **CALVERT HOSPICE GRIEF SUPPORT PROGRAM:** Educational seminars, counseling, and support for those who are grieving the death of a loved one. Online registration is available at <http://calverthospice.org/education-seminars>. For information and signup call 410-535-0892 or email pbraham@calverthospice.org. Seminars are held at Springhill Suites Marriot in Prince Frederick 1-230 pm on the 2nd Tues of the month. **Widows/widowers ask about the survivor and thriver dinner**

program.

For questions about the Drop-In Support Group or, contact Tessa Washington at 410-535-0892 ext. 2201 <twashington@calverthospice.org>. Support groups include; spouse loss; substance abuse loss; & child loss groups.

- 11) **NUTRITION CLASS** restarts monthly on September 11th 6:30-7:30P in the SJV Church basement. Topics for Sept: Tips for eating fresh & Advantages of eating plant foods as a protein source. Nutrition COOKING DEMO SJV Food Pantry Wednesday 9/25/19, time TBD.
- 12) Samaritan Program - to request a ride to your non- emergency medical appointment contact Lynda Strain (sjvh.vdrivers@gmail.com / 410-535-6829) or parish office by email or phone. Starts 9/1/19.

Exercise and Walking Programs

1) **YOGA STYLE STRECTH & EXERCISE**

Tuesday's and Thursday's, 6:30 – 7:30 pm

in the Columbus Room in the basement of the church with instructors Dave and Lisa Morgan. **NO FEE.**

CHAIR YOGA (seated) - Thurs 9 - 10a Columbus Room in the church basement with Lisa.

2) **WALKING GROUPS: NO FEE.**

(1) **Saturdays 10:30 – 11:00 am** , at Anne Marie Gardens in Dowell

- Contact Carol Santivaci at 410-586-2995 or email .

(2) **SJV hiking group -**

-for the hiking group contact Gayle at: gaylewallace@comcast.net, Ruth at: remora63@msn.com, or Sharon at: s.seckens@verizon.net.

3) **FREE Physical Fitness Program for individuals Age 50+ at Calvert Pines Center**

Walk to the Beat half hour walking program

- Monday, Wednesday, Friday 9:30a.m.to 10:00a.m.

More information available at www.co.cal.md.us – search for “Bimonthly Newsletter” or pick up a copy at the Dares Beach location. Phone 410.535.4606.

4) **PICKLEBALL -**

Tuesdays 10:00 am – Noon at the Family Life Center.

5) **Pilates** – **Wednesday's 10 to 11 am** - In the church basement Columbus Room. Contact Lisa Morgan at LC-Morgan123@comcast.net.