

January 16, 2018

SJV Health and Wellness Ministry

Education Programs

Diabetes Prevention

Starts Tuesday, January 9, 2018

6:30 p.m. Vianney Room

16 Week Program - Meets once a week for 1 hour

Presented by Calvert County Health Department

Quit Smoking

Two sessions to choose from

1s Session starts Thursday, January 11, 2018

Time 6:00 p.m. Calvert County Health Department

2nd Session starts Saturday, January 13, 2018

Time 9:00 a.m. Calvert County Health Department

The program includes a variety of medications to assist in quitting. The program is FREE to those without insurance. Most insurance accepted.

Contact Jane Dodds at 410.535.5400 extension 359 for more information.

Seeking 10 or more participants to hold a class at SJV.

New Year, New You -Nutrition Class

Kick-off Meeting

Wednesday, January 17, 2018 from 6:30 p.m. to 7:30 p.m.

Church Basement Conference Room

Presented by Registered Dietitians

Janet McDonald RD, LDN and Katie Williams RD, LDN

Register by contacting Mike in the Parish Office at 410.535.0223

or via email at: secretary@sjvchurch.net

NAMI

Family-to-Family Mental Health Support Group

starting January 29, 2018 6:00 p.m. to 8:30 p.m.

12-week course

taught by teachers who have lived with mental illness experiences

Church Basement Conference Room

Support Group for Family members and friends of people living
with mental illness

To register contact Deacon Joe Mills at: joe.mills52@comcast.net

Or: Nicole Frey at: nic6281@aol.com
