

## **HEALTH & WELLNESS MINISTRY EDUCATION PROGRAMS**

- 1) **DROP-IN GRIEF SUPPORT GROUP** (Presented by Hospice)  
1st Wednesday of the month from 10:00 – 11:00 a.m. and 3rd Wednesday of the month from 5:00 – 6:00 p.m. The Space - 96 Central Square Drive, Prince Frederick – Free - Pre-registration: Not required. For questions about the Drop-In Support Group, contact Tessa Washington at 410-535-0892 ext. 2201 twashington@calverthospice.org
  
- 2) **NUTRITION EDUCATION:**  
Join us on the 3<sup>rd</sup> Wednesday of the month for a nutrition talk.. There is a different topic discussed each month. The next session is Wednesday, April 18, 2018 from 6:30 p.m. to 7:30 p.m. Church Basement Conference Room. **April topic: Tips for Trimming Calories & Choosing the Right Fats for Health.** Presented by Registered Dietitians Janet McDonald RD, LDN and Kate Williams RD, LDN. Register by contacting Mike in the Parish Office at 410.535.0223 or via email at: secretary@sjvchurch.net
  
- 3) **MOBILE HEALTH UNIT:**  
**at SJV Food Pantry :**  
April 18, 2018 DENTAL SCREENINGS 3:00 p.m. to 6:00 p.m.  
**Other Locations:**  
April 17 from 2:00 p.m. to 5:00 p.m.- Yardley Hills Community Center (700 Yardley Drive) - DENTAL SCREENING  
April 23 from 1:00 p.m. to 3:00 p.m. Calvert Pines (405 West Dares beach Road)  
April 24 from 11:00 a.m. to 1: 00p.m. - Silverwood Community Center (100 Running Brook Way) - DENTAL SCREENINGS –
  
- 4) **NARCAN (NALOXONE TRAINING)**  
The Prevention Services Department of Calvert County Behavioral Health is offering free **Narcan (Naloxone) Training**. Registration is required by contacting Ashley Staples at [Ashley.staples@maryland.gov](mailto:Ashley.staples@maryland.gov) or calling **410-535-3079 x 41**. On-line registration is available at [www.calverthealth.org](http://www.calverthealth.org). Click on Calendar of Events. Classes are: Thursday, April 26<sup>th</sup> at 5:00 p.m. at the Prince Frederick Library, Meeting Room 2; or Tuesday, May 22<sup>nd</sup> at 6 p.m. at the Fairview Branch Library, Large Room. **Save A Life. Carry Naloxone.**
  
- 5) **Living Well with Diabetes Workshop (targeted audience - those that are Diabetics)**  
6 week program for 2-1/2 hours per week  
**Day program starts May 7 at Southern Pines Senior Center (20 Appeal Lane, Lusby) from 1 to 3:30 p.m.**  
**Evening program starts May 15 at Harriet Brown Community Center (901 Dares Beach Road, Prince Frederick) from 6 p.m. to 8:30 p.m.**  
Contact Jenn Schindler at 410.535.5400 ext. 359 at Calvert County Health department for details.
  
- 6) **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.