

**HEALTH & WELLNESS MINISTRY**  
**SCREENINGS, PROGRAMS AND SUPPORT**

1) **After mass BP screening and health information table and sign-ups every third weekend of the month.**

2) **MOBILE HEALTH UNIT:**

**Locations:**

June 18 from 10:00 a.m. to noon – Calvert Pines Senior Center (405 West Dares beach Road)

June 19 from 4:00 p.m. to 6:00 p.m. – Yardley Hills Community Center (700 Yardley Drive)

June 26 from 11:00 a.m. to 1:00p.m. - Silverwood Community Center (100 Running Brook Way)

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) **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](mailto:pbraham@calverthospice.org). Widows/widowers ask about the survivor and thriver dinner program.

5) **DIABETES PREVENTION PROGRAM** presented by the Calvert County Health Department. Call Jenn Faulkner at 410.535.5400 ext. 359 to register.

7) **NUTRITION EDUCATION: CANCELLED UNTIL SEPTEMBER**

8) **Living FREE QUIT TOBACCO CLASSES** - Held at Calvert County Health Department Main Office. **One hour a week for eight weeks from 6p.m. to 7p.m. To Register for the next class call 410-535-5400 ext. 359 or visit [www.Calverthealth.org](http://www.Calverthealth.org) – Next class starts Thursday, July 26**

9) **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](mailto: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

10) **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](tel:410-535-3079). On-line registration is available at [www.calverthealth.org](http://www.calverthealth.org). Click on Calendar of Events. Next training is June 25 at 6:00p.m. at the Prince Frederick Library, meeting room 2. **Save A Life. Carry Naloxone.**

11) **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

12) **Diabetes Support Group** – FREE – Just show up – Led by a Dietician

June 7, 2018 Third Thursday of the Month of 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 more information

**Exercise and Walking Programs**

1) **YOGA STYLE STRETCH & EXERCISE**

Tuesday's, 6:30 – 7:30 pm, and Thursday's, 7:00 – 8:00 pm in the Columbus Room in the basement of the church with instructors Dave and Lisa Morgan. **NO FEE.**

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

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

- Contact Carol Santivaci at 410-586-2995 or email [carolsantivasci@hotmail.com](mailto:carolsantivasci@hotmail.com).

(2) **Wednesdays Noon – 12:30 pm.** Meet at the Parish Center Entrance.

- Thomas Voegtli – group leader. Just show up.

(3) **Hike on your own** - Hike at your own leisure at the best time for you - Parker Creek Trail Head next to the Family Life center

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](http://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** - **CANCELLED UNTIL SEPTEMBER**

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

5) **Exercise/Fitness Class** – seeking a volunteer instructor for 1 hour per week – days and time TBD