

December 2018				
Mon	Tue	Wed	Thu	Fri
3 10:00 - 11:00 am Relaxation and Meditation 1:30 - 2:30 pm BINGO	4 10:00 - 11:00 am Understanding Finances: How to manage money 1:30 - 2:30 pm Simple Crafts 4:00 - 5:00 pm Guardianship Registration Required	5 10:00 - 11:00 am Art 101 taught by Sara Brewer 1:30 - 2:30 pm Jingle and Mingle	6 10:30 - 11:30 am Zumba 1:30 - 2:30 pm Adult coloring 2:30 - 4:00 pm Legal Aid Clinic: Social Security Disability Registration Required	7 1:30 - 3:00 pm Popcorn and a movie
10 Wellness Center programming closed due to meeting	11 10:00 - 11:00 am Nutrition 101 2:00 - 3:30 pm Community Partners Meeting 2:30 - 4:00 pm Legal Aid Clinic: Child Custody Registration Required 4:30 - 5:30 pm ABLE Act Registration Required	12 10:00 - 11:00 am Art 101 taught by Sara Brewer 11:00 am - 12:00 pm Grief and Loss support group: Surviving the Holidays 1:30 - 3:00 pm Popcorn and a movie 3:00 - 4:00 pm Adult coloring	13 Wellness Center programming closed due to meeting	14 10:00 - 11:00 am Simple Crafts 1:30 - 2:30 pm BINGO
17 1:30 - 2:00 pm BINGO 2:00 - 3:00 pm Exploring Relaxation Techniques with Gardening	18 10:00 am - 12:00 pm Holiday Jam 1:30 - 2:30 pm Stress relief activities	19 10:00 - 11:00 am Art 101 taught by Sara Brewer 1:30 - 2:30 pm Simple crafts	20 10:00 - 11:00 am Understanding Finances: Access to Financial services 1:30 - 2:30 pm Zumba 2:30 - 4:00 pm Legal Aid Clinic: Divorce Registration Required	21 10:00 - 11:00 am Couponing 1:30 - 3:00 pm Popcorn and a movie
24 Wellness Centers are close to observe the Christmas Holiday Merry Christmas!	25 Wellness Centers are close to observe the Christmas Holiday Merry Christmas!	26 10:00 - 11:00 am Art 101 taught by Sara Brewer 1:30 - 2:30 pm Stress relief activities	27 10:00 - 11:00 am Relaxation and Meditation 1:30 - 2:30 pm Adult coloring	28 10:00 - 11:00 pm Couponing 1:30 - 3:00 pm Popcorn and a movie
31 Wellness Centers are close to observe the New Year's Holiday Happy New Year!				

Forsyth Program Descriptions

ABLE Act- The ABLE Act is a federal and state law that allows people with disabilities to save money for qualified expenses without it affecting their SSI, SSDI, or Medicaid benefits. Join Lindsay Locklear, Member Engagement Specialist with Cardinal Innovations, as she explains the importance of this Act and the potential benefits for those with disabilities and their families.

Adult Coloring- Don't leave all the fun to the kids! Studies have shown that coloring is an excellent stress-reliever for adults. We provide the adult coloring sheets and markers – just bring yourself.

Art 101 taught by Sara Brewer- Activities like painting, sculpting, drawing, and photography are relaxing and rewarding hobbies that can lower your stress levels and leave you feeling mentally clear and calm. Come, learn and paint with our local artist Sara Brewer. Paint materials provided.

Bingo – Enjoy an afternoon socializing, relaxing, and playing one of America's favorite games. A person's social health impacts his/her ability to build friendships and form intimate relationships, plus studies show that positive social interactions can enhance a person's physical and mental health. Small prizes for the winners!

Couponing- An important aspect of a person's wellbeing is being financially sound. We can all benefit from learning ways to save from the items we purchase every day. Come join Tamika Tatum and learn how to save on various items and in different stores all over the Triad area.

Child Custody Clinic (Legal Aid of NC) - This clinic is designed to provide detailed information about North Carolina's custody laws via video conference. Presented by the Legal Aid of North Carolina. **Registration is required.**

Divorce Clinic (Legal Aid of NC) - This clinic is designed to provide detailed information about North Carolina divorce law via video conference. Presented by Legal Aid of North Carolina. **Registration is required.**

Exploring Relaxation Techniques with Gardening- Therapeutic gardening is now practiced in a wide variety of settings, including schools, nursing homes, hospitals and prisons. Working with plants is used as a rehabilitative tool for both juveniles and adults. Benefits can include, improved memory, cognitive abilities, task initiation, language skills, and socialization. Please join Horticultural Therapist Lea Nading as she leads in a horticultural activity that promotes wellness and stress reduction.

Guardianship- This is an introduction to Guardianship. Join Lindsay Locklear, Member Engagement Specialist, in this informative presentation on some basic facts about guardianship, assessment, and a guardian's rights and responsibilities.

Grief and Loss Support Group: Surviving the Holidays- For family, friends and neighbors who are facing grief after the loss of a loved one, the holidays may be a time filled with pain and sadness. Even for those for whom grief is not as fresh, the holidays may serve as an annual reminder of the loss—not only of that person, but of tradition and celebration. Mountain Valley Hospice will offer this support group for anyone struggling with grief during this holiday season. If you or someone you know is dealing with issues related to loss, we encourage you to attend this supportive and helpful gathering.

Holiday Jam- Socializing with others and giving back to the community enhances one's overall wellness. Come join us for karaoke, light refreshments, and a chance to give back to others in the community by making a homemade Christmas ornament to give to local assisted living facilities.

Jingle and Mingle Social: A person's social health also impacts his ability to build friendships and intimate relationships. Join us for a time to gather, make a craft, and enjoy music, light refreshments and the company of others.

Lunch and Learn - The Forsyth County Wellness Center Lunch and Learns are our chance to learn about an interesting topic while partaking in lunch. We will provide lunch and we always have light refreshments on hand. Lunch and learns are perfect to maximize your lunch hour while gaining professional development and insight. **Registration is required.**

- **Integrated Care Part 1-** This is a two part series. Integrative medicine is an approach to care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual and environmental influences that affect a person's health. Join us for a discussion of an introduction to Integrated Care, Effective Patient Centered Plans, Networking in the Medical Neighborhood, Fostering Patient Activation, Motivational Interviewing, and Effective Use of Registries to Improve Care for High Risk Patients.

Nutrition 101- A healthy diet impacts how well our bodies function overall. Food is the source of energy for all of our bodily functions. There are many reasons why a healthy diet is important, including disease prevention, maintenance of a healthy weight and quality of life. Join us for a time to practice making healthy snacks and to discuss nutrition.

Popcorn & Movie – End the busy work week by watching a movie with friends! Of course, fresh popcorn is provided.

Simple Crafts – Activities like painting, drawing, and sculpting are relaxing and rewarding hobbies that can lower your stress levels. Art can improve well-being by increasing positive emotions and relaxation. Art supplies are provided.

Relaxation and Meditation- The way you breathe affects your whole body. Full, deep breathing is a good way to reduce tension, feel relaxed, and reduce stress. Breathing and relaxation techniques promotes overall wellness and can reduce the symptoms of many health problems brought on by stress such as colds, high blood pressure, anxiety, and depression. Join Robyn Chavis for a relaxing journey through deep breathing and reflections to help improve your overall health and wellness.

Stress Relief Activities- We all experience stress on a regular basis, though the type and intensity of the stress can vary from minor challenges to major crises. When stress gets to be too intense, chronic, and unmanaged, it can take a toll on our health and well-being. That's why effective stress relievers are essential in restoring inner peace and physical health. Come and take part in various activities such as puzzles, games, and art in order to relieve any stress that you may be experiencing.

Understanding Finances: How to manage money- Everyone needs to know about money to have a good quality of life. Understanding money and managing money will help you reach your individual goals. You will learn the basic principles of money. We will discuss why money's important, how we get it, how we create good money habits, and how money management skills help us reach our goals for financial stability.

Understanding Finances: Access to Financial services- Everyone needs access to financial services. There are many ways to keep the money we earn in a safe place. In this program you will learn how to access a checking, savings, and other accounts that not only keep your money in a safe place but also help you earn interest.

Zumba® - Who can do Zumba? Anybody and everybody! Each Zumba® class is designed to bring people together for fun physical activity and social interaction. Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Come join us and instructor Morgan for a low-intensity calorie-burning dance fitness party.

The Forsyth Wellness Center is available for community meetings without charge. All meetings and activities must be coordinated by Wellness Center Staff by calling 336.907.9356 or emailing triadwellnessteam@cardinalinnovations.org.

The Forsyth Wellness Center operates based on the local schools schedules, if the Forsyth County public schools are closed or delayed, the Forsyth Wellness Center will also be closed or delayed. Wellness Center Staff may still be available at the facility for immediate assistance, if you are unsure or have questions, please call 336.907.9356.

To schedule an event or register for classes, please call 336.907.9356 or email triadwellnessteam@cardinalinnovations.org. For trainings you will need to register on <https://cardinalinnovations-extcommregistration.sabacloud.com>. Class sizes are limited, so please register early.