

December 2018				
Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b> 9:30 - 10:30 am Art for Everyone  11:00 am - 12:00 pm Wii Fun  1:00 - 2:00 pm Zumba	<b>5</b> 9:30 - 10:30 am Understanding Money  1:00 - 2:00 pm Social Hour: Bingo	<b>6</b> 9:00 am - 12:00 pm Whole Health Action Management Registration Required  12:00 - 2:00 pm Lunch and Learn: Paper Tigers Screening Registration Required  2:30 - 4:30 pm Legal Aid: Social Security Disability  6:00 - 7:00 pm Art and About	<b>7</b> 9:00 am - 12:00 pm Whole Health Action Management Registration Required
<b>10</b> 9:00 - 10:00 am Stress Management Workshop  12:00 - 1:00 pm Lunch and Learn: Opioid 101: Prevention Through Recovery Registration Required	<b>11</b> 9:30 - 10:30 am Art for Everyone  12:30 - 2:00 pm Jingle Jam: Talent Show  2:30 - 4:30 pm Legal Aid: Custody	<b>12</b> 11:00 am - 12:00 pm Painting: with Artist Sarah Brewer  1:00 - 2:00 pm Social Hour: Bingo	<b>13</b> 6:30 - 7:30 pm Guitar Lessons Registration Required	<b>14</b>
<b>17</b> 9:30 - 10:30 pm Exploring Relaxation Techniques: Music and Storytelling  12:30 - 1:30 pm Health and Wellness	<b>18</b> 9:30 - 10:30 am Understanding Money: Access to Financial Services  11:00 am - 12:00 pm Social Hour: Wii Fun  1:00 - 2:00 pm Zumba	<b>19</b> 9:30 - 10:30 am Life Skills  12:00 - 1:00 pm Lunch and Learn: Conflict Resolution Registration Required	<b>20</b> 9:30 - 10:30 am Painting: with Artist Diana Altrath  11:00 am - 12:00 pm Jingle and Mingle Social: Enjoy light, refreshments, mingle listen to music and drink hot cocoa  2:30 - 4:30 pm Legal Aid: Divorce	<b>21</b>
<b>24</b> Center Closed	<b>25</b> Center Closed	<b>26</b> 9:30 - 10:30 am Creative Space: Materials Provided Class Self-guided  1:00 - 2:30 pm Popcorn and a Movie	<b>27</b> 9:30 - 10:30 am Exploring Relaxation Techniques: Textures and Weaving  1:00 - 2:00 pm Social Hour: Bingo	<b>28</b>
<b>31</b> Center Closed				

## Stokes Program Descriptions:

**Art and About-** Creativity and the arts can help you to express your thoughts and emotions that can be difficult to put into words. It also helps to lower stress and anxiety, increase feelings of relaxation. Creating something unique can give you a sense of pleasure and accomplishment. Monica Shirley local artist and owner of Bungalow Pottery will be leading arts and crafts activities weekly. Art supplies are provided. No registration is required.

**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 and enjoy music, light refreshments and the company of others.

**Art for everyone** – 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. No registration is required.

**Brain Fit:** We often hear of the importance of keeping our bodies physically fit, but what about our minds? There are plenty of ways to keep our minds healthy and you don't need to go to the gym to do them! Mental fitness is just as important as physical fitness. Research shows that engaging in activities that stimulate our minds, whether it be learning about a new topic, trying a new activity, working puzzles, learning a new song or playing a game can keep our minds sharp and healthy. Maintaining a healthy brain is especially important as we age. Mark your calendars for a work out!

**Creative Space:** Engaging in creative activities is healthy for our mind and spirit. This class offers materials and allows you to explore your creativity and individuality in a self-guided setting. Join us for a time to listen to music while letting your creative juices flow!

**Life Skills-**In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. This group will explore life skills that better equip you to deal with life's problems and frustrations. No registration is required.

**Social Hour**– A person's social health also impacts his ability to build friendships and form intimate relationships. Supportive relationships can play a very important role in maintaining overall wellness. Learn one social skill per class and practice the skill through playing one of America's favorite games. Small prizes for the winners. No registration required.

**Health and Wellness** – Physical and emotional wellness are necessary for a good quality of life. It touches all parts of a person's life, which includes physical, emotional, spiritual, social, and financial wellness. Join us for a time to explore ways to enhance your wellness.

**Exploring Relaxation Techniques:** It can be hard to maintain a healthy lifestyle in the busy world that we live in. If you are working, going to school or a caregiver time can seem limited. Taking good care of your body and mind can make a difference in how healthy you are in general and how well you cope with change. Join us as we explore different ways to assist in increasing relaxation including gardening, paper mache, crafts, basket weaving, exploring music, fabric weaving and breathing techniques. Materials for the class will be provided. **All activities are free but registration is required to ensure there are enough materials.**

**Understanding Stress and Stress Management Workshop-** Modern life is very fast paced and can be full of stressors such as balancing family, work, finances, caregiving responsibilities and extracurricular activities. In small doses stress can be helpful, but when we begin to experience stress too frequently it can be harmful to our health. Please join us for a time to explore the roots of stress our lives, the effects of chronic stress and effective ways to manage stress.

**Talent Tuesday –Jingle Jam-** A Talent Show is a great way to showcase your special talents, build confidence, and community. Come share your talent, whether singing, dancing, comedy, or drama, while supporting the other participants. Everyone is a winner! Come join the fun and experience the power of creativity.

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

**Understanding Finances: Managing Money and Accessing Financial Services:** Achieving financial stability can be challenging without the right education. Please join us for a time to explore ways to manage your money effectively while exploring roadblocks to financial stability and resources to help.

**WHAM-**A training program and peer support group model developed by CIHS (Center for Integrated Health Solutions) to encourage increased resiliency, wellness, and self-management of health and behavioral health. WHAM includes weekly support group meetings in which participants collaborate in order to work toward, achieve, and maintain whole health goals. **Registration Required.**

**Guitar Lessons:** Studies show that learning to play an instrument can improve mood and benefit overall well-being. In addition, benefits include reducing stress and improving memory. Guitar lessons will be provided free of charge. The participant must provide their own guitar. Due to limited class size, **registration is required.**

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**Lunch and Learn** - The Stokes County Wellness Center Lunch and Learns are our chance to learn about an interesting topic while partaking in lunch. The third Thursday and second Tuesday of this month, 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.**

**Opioid 101: Understanding the Opioid Crisis:** This training will focus on understanding the opioid crisis and the nature of addictive disease; the continuum of prevention, intervention, treatment, and recovery; reducing stigma; and Stokes community resources. Lunch will be provided. Objectives include, better understanding the opioid crisis, to learn the addictive nature of the disease, and to discuss stigma reduction in the community.

**Conflict Resolution:** The Conflict Resolution presentation will place emphasis on achieving compromise and collaboration in conflictual situations. The training will address why people act and/ or react in specific ways, effective communication skills, problem-solving, and steps to de-escalate in a crisis. This class will be presented by Amanda Smith, Member Engagement Specialist.

**Paper Tigers Screening: Paper Tigers:** Chronicles a year in the life of Lincoln High School in the community of Walla Walla, Washington. The kids who come to Lincoln have a history of truancy, behavioral problems and substance abuse. After Lincoln's principal is exposed to research about the effects of Adverse Childhood Experiences (ACEs), he decides to radically change the school's approach to discipline. With the aid of diary camera footage, the film follows six students. From getting into fights, grappling with traumatic events in their lives, and on the cusp of dropping out, they find healing, support and academic promise at Lincoln High.

**Legal Aid of North Carolina Clinics** - Legal Aid of North Carolina is a statewide, nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. There is a Q & A session at the end where you can ask specific questions. In partnership with Cardinal Innovations Healthcare through the Stokes County Wellness Centers, the following clinics will be held every month:

- **Child Custody Clinic** – Presented by Legal Aid of North Carolina, this event is designed to provide detailed information about North Carolina child custody law via video conference. Anyone with concerns about child custody issues, whether a professional or a member of the general public, will benefit from this clinic. Following the video conference, a question and answer segment with a licensed attorney will allow for specific questions by participants. **Registration is required.**
- **Landlord and Tenant Rights** – Presented by Legal Aid of North Carolina, the Tenant Rights Clinic will educate you, explain your legal rights as a tenant, and instruct you on what to do if your landlord isn't making repairs. You will watch an instructional video, and at the end of the video, you will have an opportunity to ask general

questions to a volunteer attorney through the webinar. You will also have the opportunity to request a callback from Legal Aid to see if you qualify for additional help. **Registration is required.**

- **Divorce Law Clinic** – Presented by Legal Aid of North Carolina, this clinic is designed to provide detailed information about North Carolina divorce law via video conference. Participants will learn the guidelines and paperwork requirements for what is known in North Carolina as a “simple divorce.” Following the video conference, a question and answer segment with a licensed attorney will allow for specific questions by participants. **Registration is required.**
- **Health Care Power of Attorney and Living Wills** – Do you need a living will or healthcare power of attorney but don’t know how to get started? Legal Aid of North Carolina will teach you how to fill out and file the necessary forms to secure these important documents. Forms will be provided during the session. The webinar will be followed by a question and answer segment with a licensed attorney. Registration is required. **Registration Required**
- **Employee Rights Clinic** – Legal Aid of North Carolina wants to educate workers about their rights as employees under North Carolina and Federal law. Learn about employment at will, right to work, discrimination and retaliation in the workplace, and eligibility for unemployment benefits. Registration is required. **Registration Required**
- **Legal Aid: Social Security and Disability**- Our free Social Security Disability clinic will educate participants on the types of adult Social Security Disability benefits, how you qualify, the application process, and what you will need to show to prove you are entitled to benefits. There will be an instructional video at the end of the video, participants can ask general questions to a volunteer attorney through a webinar. Specific legal advice is not provided at these clinics. **Registration is required.**

The Stokes Wellness Center is available for community meetings without charge. All meetings and activities must be coordinated by Wellness Center Staff by calling 336.778.3657 or emailing [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org).

The Stokes Wellness Center operates based on the local schools schedules, if the Stokes County public schools are closed or delayed, the Stokes 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 336.778.3657.

To schedule an event or register for classes, please call 336.778.3657 or email [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org). Class sizes are limited, so please register early.