

February 2019				
Mon	Tue	Wed	Thu	Fri
				1 10:00 - 11:00 am Self Exploration and Goal Setting 12:30 - 2:00 pm Popcorn and a Movie
4 9:30 - 10:30 am Creative Space 1:00 - 2:00 pm Social Hour: Bingo 3:00 - 4:00 pm Tai Chi 5:30 - 6:30 pm Pilates	5 9:30 - 10:30 am Nutrition 10:45 - 11:45 am Health Education with Piedmont Health Services: Floating Q&A 1:00 - 2:00 pm Zumba 2:30 - 4:30 pm Legal Aid: Expungement	6 10:00 - 11:00 am Music and Relaxation 1:00 - 2:00 pm Health and Wellness: Understanding Diabetes	7 9:00 - 10:30 am PAL (Parents of Addicted Loved Ones Support Group) 10:30 - 11:30 am Painting with Artist Diana Altrath 1:00 - 2:00 pm Brain Fit 2:30 - 4:00 pm Legal Aid: Social Security/Social Security Disability	8 10:00 - 11:00 am Self Exploration and Goal Setting 12:30 - 2:00 pm Popcorn and a Movie
11 9:30 - 10:30 am Gardening with Stokes Cooperative Extension 12:30 - 1:30 pm Simple Crafts 5:30 - 7:30 pm VIP (Very Important Parent) Parenting Class with Stokes Cooperative Extension 6:30 - 8:00 pm Autism Society Informational Session and Support Group	12 9:30 - 10:30 pm Understanding Money: Identifying Resources to help save money 1:00 - 2:00 pm Nutrition 2:30 - 4:00 pm Legal Aid: Custody	13 9:30 - 10:30 am Life Skills 1:00 - 2:00 pm Social Hour: Bingo	14 9:30 - 10:30 am Creative Space 1:00 - 2:00 pm Talent Show: Love Songs 2:30 - 4:30 pm Legal Aid: Employee Rights 6:30 - 7:30 pm Learn to Play Guitar: Registration Required	15 10:00 - 11:00 am Self Exploration and Goal Setting 12:30 - 2:00 pm Popcorn and a Movie
18 9:30 - 10:30 am Creative Space 1:00 - 2:00 pm Social Hour: Bingo	19 9:30 - 10:30 am Nutrition 10:45 - 11:45 am Health Education with Piedmont Health Services: Floating Q&A 1:00 - 2:00 pm Zumba	20 9:30 - 10:30 am Life Skills 12:00 - 1:00 pm Lunch and Learn: Guardianship 1:00 - 2:30 pm Social Hour: Bingo	21 9:00 - 10:30 am PAL Support Group (Parents of Addicted Loved Ones) 11:00 am - 12:00 pm Painting with Artist Diana Altrath 1:00 - 2:00 pm Social Hour: Bingo 2:30 - 4:00 pm Legal Aid: Divorce 6:00 - 7:00 pm Painting with Artist Monica Shirley	22 9:00 - 10:00 am Stress Management Group 12:30 - 2:00 pm Popcorn and a Movie

February 2019				
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25 9:30 - 10:30 am Brain Fit 1:00 - 2:00 pm Health and Wellness: Dental Health Education with Dental Hygienist, Melissa Hartle 5:30 - 7:30 pm VIP (Very Important Parent) Parenting Class with Stokes Cooperative Extension	26 10:00 - 11:00 am Music and Relaxation 11:00 - 12:00 pm Adult Coloring 1:00 - 2:00 pm Nutrition	27 9:30 - 10:30 am Life Skills 1:00 - 2:00 pm Social Hour: Bingo	28 9:00 am - 12:00 pm Understanding Substance Use and Effective Prevention- A Faith-based Approach Presented by: NCTTA Registration Required 9:00 - 10:30 am PAL Support Group (Parents of Addicted Loved Ones) 11:00 am - 12:00 pm Creative Space 11:00 am - 12:00 pm Wii Family Fun 12:30 - 2:00 pm Talent Show	

Stokes Program Descriptions:

Zumba- The health benefits of Zumba, a dance form of aerobic fitness, are numerous including weight loss, body toning, stress relief and promotion of heart health. Zumba class will be held the second and fourth Tuesday of each month at 1 p.m. beginning on January 8. Join us for a time to become healthier while having a great time. Class is free and open to community members.

Tia Chi- Tia Chi is a graceful form of exercise that involves a series of slow focused movements that is accompanied by deep breathing. Studies show that exercise is beneficial for numerous reasons including stress reduction, healthy weight management and boosting cognitive functioning. Join us for a time to relax your mind and exercise your body. Class is free. Registration is required.

Pilates: If you are looking for a mind- body workout, this is the one for you! Participating in Pilates can increase flexibility, improve muscle tone, promote weight loss and provide stress relief.

Painting with Artists Diana Altrath and Monica Shirley: 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.

PAL Support Group (Parents of Addicted Loved Ones Support Group) Parents with a child addicted to drugs and/or alcohol can find hope in a support program called Parents of Addicted Loved-ones (PAL). This group will be open to everyone in the community. There is no registration required. This group is intended to be a place where parents of a child struggling with addiction can come in order to receive support, confidentiality is maintained.

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.

Health Education with Piedmont Health Services and Sickle Cell Agency- Piedmont Health Services and Sickle Cell Agency provides a range of education on Heart disease, Diabetes, Sickle Cell Disease and Sexually Transmitted Diseases. The agency will be present at the Wellness Center the second and fourth Tuesday's from 10:45- 11:45 am to meet with anyone who wishes to receive education in any of these areas. Confidentiality is ensured. Please contact Savalas Squire with any questions at

Understanding Substance Use and Effective Prevention- A Faith- Based Approach Presented by: NC Prevention Training and Technical Assisatnce Center- Participants in attendance will learn about how communities are addressign the opioid crisis, identifying information, awareness and what are effective presntion strategies they can use. This is an information and interactive training with strategies and best preactice solutions to take back to their community. **Registion is Required.**

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 Show- 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.

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.**

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.

Self- Exploration and Goal Setting: It’s the New Year full of new possibilities for improved health and wellness. Join us for a time to explore goals that will move you forward during 2019. We will spend time exploring your values, what leaves you feeling fulfilled and energized and setting achievable goals for yourself.

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.

Adult Coloring: Coloring isn’t just for kids! A soothing alternative to meditation, these coloring sessions offer a pleasant, stimulating musical environment that supports wellbeing by reducing stress and anxiety. Coloring may take you back to childhood memories of a simpler world and allow you an opportunity to enjoy a creative and social time with others.

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.

Lunch and Learn –Lunch and Learns are a perfect way to maximize your lunch hour while gaining professional development and insight. **Registration is required. Lunch Provided at no cost.**

Guardianship: This is an introduction to Guardianship. Join Amanda Smith, Member Engagement Specialist, in this informative presentation on some basic facts about guardianship, assessment, and a guardian’s rights and responsibilities. Lunch will be provided. **Registration required.**

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.

During times of inclement weather Stokes Wellness Center will operate their programs based on school closings. If the county schools are closed, there will be no programming at the Wellness Center. However, staff may be present at the Wellness Center for immediate concerns or needs.

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