We know that your schedules and routines have probably changed during this time. To help, we are going to be hosting “live” sessions so we can stay connected even though we are apart. All programs will require registration.

To register for classes, please call 336.907.9356 or email triadwellnessteam@cardinalinnovations.org and we will email you the link to join the program along with anything else you need, such as supply lists or further instructions. Class sizes are limited, so please register early!

### February 2021

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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| 2:00 - 3:00 p.m. Stretch and Tone Exercise Class  
Registration Required | 10:00 - 10:45 a.m. Health and Wellness: Healthy Hygiene Habits  
Registration Required | 11:00 a.m. - 12:00 p.m. What is Recovery  
Registration Required | 1:00 - 2:00 p.m. Arts and Crafts with Local Artist Diana Altrath  
Supply List will be emailed upon Registration  
Registration Required | 1:00 p.m. Prevention 101  
Registration Required |
|     | 1:30 p.m. Tai Chi  
Registration Required | 12:00 p.m. Gentle Yoga  
Instructor, Jane Allen  
Registration Required | 1:30 p.m. Breathing and Relaxation with Beth  
Registration required |     |
|     | 6:00 p.m. Positive Effective Parenting (PEP)  
Registration Required |     | 2:00 - 3:00 p.m. Stretch and Tone Exercise Class  
Registration Required | 2:00 p.m. Virtual BINGO  
Registration Required |

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|     | 10:00 a.m. Simple Crafts  
Registration Required | 10:00 a.m.  
Registration Required | 10:00 - 10:45 a.m. Health and Wellness: Boosting Your Mood  
Registration Required | 12:00 p.m. Cooking with Sarah: The Satisfying Winter Salad and Eating with Mindfulness  
Registration Required |
|     | 10:00 - 10:45 a.m. Health and Wellness: De-coding Body Language  
Registration Required | 10:00 - 10:45 a.m. Health and Wellness: De-coding Body Language  
Registration Required | 12:00 p.m. Basic Abs Training  
Instructor, Victoria Stellato  
Registration Required | 12:00 p.m. De-stress During Lunch: Stress Management Workshop  
Registration Required |
|     | 12:00 p.m. Gentle Yoga  
Instructor, Jane Allen  
Registration Required | 12:00 p.m. Tai Chi  
Registration Required | 12:00 - 12:45 p.m. De-stress During Lunch: Stress Management Workshop  
Registration Required | 1:30 p.m. Chair Yoga  
Registration required |
|     | 6:00 p.m. Positive Effective Parenting (PEP)  
Registration Required |     | 12:00 - 12:45 p.m. De-stress During Lunch: Stress Management Workshop  
Registration Required |     |

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| 9:00 a.m. The Intersectionality of Drug Laws on Race and Class  
Registration Required | 1:30 p.m. Valentine Karaoke  
Registration Required |
| 1:00 - 2:00 p.m. Social Hour: Virtual Bingo  
Registration Required |     |
| 2:00 - 3:00 p.m. Stretch and Tone Exercise Class  
Registration Required |     |
| 4:00 - 5:00 p.m. The Power of Breathing and Relaxation  
Registration Required |     |
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|     | 12:00 p.m. Tai Chi  
Registration Required | 2:00 - 3:00 p.m. Stretch and Tone Exercise Class  
Registration Required | 10:00 - 11:00 a.m. Health and Wellness: De-coding Body Language  
Registration Required | 12:00 - 12:45 p.m. De-stress During Lunch: Stress Management Workshop  
Registration Required |
|     |     |     | 12:00 p.m. Triad Timely Topic: Harm Reduction  
Registration Required | 12:00 - 12:45 p.m. De-stress During Lunch: Stress Management Workshop  
Registration Required |
|     |     |     | 1:30 p.m. Tai Chi  
Registration Required |     |
|     |     |     | 6:00 p.m. Positive Effective Parenting (PEP)  
Registration Required |     |
|     |     |     |     | 1:30 p.m. Breathing and Relaxation with Beth  
Registration required |
|     |     |     |     | 1:00 - 2:00 p.m. Arts and Crafts with Local Artist Diana Altrath  
Supply List will be emailed upon Registration  
Registration Required |
|     |     |     |     | 2:00 - 3:00 pm Stretch and Tone Exercise Class  
Registration Required |
|     |     |     |     | 4:00 - 5:00 p.m. Gentle Yoga  
Registration Required |
Program Descriptions

**Arts and Crafts:** 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. Please join artist Dianna Altrath to create something unique that can give you a sense of pleasure and accomplishment. To Register Email: triadwellnessteam@cardinalinnovations.org

**Basic Abs Training** – Start building your core for better posture, endurance and strength. Join Victoria Stellato to begin and continue your journey to a new you. Registration required

**Black Mental Health Matters:** This virtual event will highlight mental health awareness and wellness to commemorate Black History Month. The event will feature leaders in mental health and the local community as guest speakers sharing information on self-care and building wellness and resilience through the lens of history, respectively. Registration is required for this course. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

**Breathing and relaxation:** 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 promote 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 us for a relaxing journey through deep breathing and reflections to help improve your overall health and wellness. Registration Required

**Chair Yoga:** Chair Yoga is one of the gentlest forms of yoga available. Participants will perform postures and breathing exercises with the aid of a chair. Individuals can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Join instructor Jane Allen for this relaxing physical activity. Registration Required

**Cooking with Sarah: The Satisfying Winter Salad and Eating with Mindfulness:** A follow up to Sarah’s August training, this video will show you how to make a warm, hearty meal perfect for the colder months as well as tips for taking a mental break while enjoying the fruits of your labor. Whether you’re looking to eat healthier, simplify meal prep, or just switch up your routine, this video will help with all the above. Registration is required for this course. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

**Conflict Resolution and De-Escalation:** The Conflict Resolution workshop 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 deescalate in a crisis. Registration is required for this course. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

**De-Stress During Lunch: 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. To Register Email: triadwellnessteam@cardinalinnovations.org

**Gang culture:** A certified Gang Specialist will provide a look into Gang culture in America and North Carolina. It will open your eyes to seeing how many human beings fall to the life of gangs. Mental Health and Substance use behaviors play a huge part of how youth and adults get into gangs. This presentation will open your eyes to this group, who many do not believe are in NC but only in big cities.

**Getting a Good Night's Sleep:** Doctors recommend adults get 7-9 hours of sleep a night. However, as we age, we do not have to settle for disturbed sleep, waking up tired every day, or other symptoms of insomnia. Sleep is important to physical and emotional health at every age. Join Ethan Yun, DO with Novant Health Neurology and Sleep, as he shares how you can get a better night’s sleep. Registration required call 336-474-3289 or email sahedrick@novanthealth.org

**Gentle Yoga** – Yoga appears to be particularly beneficial when it comes to mental health, with studies showing it helps improve psychiatric disorders such as depression, anxiety, attention deficit hyperactivity disorder (ADHD), and post-traumatic stress disorder (PTSD), by using physical postures, breath work, and meditation. Please join Elohee El-Bey as he guides you through yoga. Registration is required for this course. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

**“Heart Matters”** – The presentation will discuss emotional effects on your physical heart and provide a heart healthy recipe that will educate you why the recipe is healthy. Please join Tammy Broadway and Gloria Boone from the Eclectic Healing Room for a heart healthy start. Registration is required for this course. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.
Virtual Calendar

650 North Highland Avenue, Suite 130, Winston-Salem, NC 27101

cardinalinnovations.org

Minutes to Months: Overcoming the Challenges of a Pandemic as a Teen - Since the onset of the pandemic, the stress of social distancing, finding new ways to stay connected to our loved ones and keep ourselves healthy has worn on us all. As many teens thrive on social interaction, connecting with their peers, the stress, grief and uncertainty of the pandemic has been especially wearing on them. While we are still navigating our "new normal", we hope that you will join us for a time to gain tips and insight into ways to keep yourself healthy during this time. Michael comes as a Reconnect for Resilience Skills Educator, a Recovery Coach, the founder of the Urban Arts Institute, and Executive Director of Umoja Health, Wellness and Justice Collective. During this time Michael will be sharing tips for teens and parents to support Resiliency during this very difficult time. Sarah Schaller is a System of Care Clinician for Cardinal Innovations Healthcare. During this time Sarah will be providing insight into signs and symptoms of depression, anxiety and where to turn if you or a loved one are in need of support. Registration is required for this course. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

Positive Effective Parenting (PEP). A free 10-week parenting class designed to promote empathy, discipline with dignity, self-worth and empowerment. Topics include: Ages and Stages of Growth, Alternatives to Spanking, Developing Family Values, and Positive to Deal with Stress. Registration Required

Prevention 101: Join us for a discussion of the history of prevention. In this training we will determine a definition of prevention, discuss how continuum of care fits with intervention, treatment and recovery and how prevention connects to MH/SUD/IDD. We will also discuss how prevention looks in the community, address how prevention appears in your current home/life and then identify ways you can be an influence of prevention in your community. Registration is required for this course. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

Quitline NC Tobacco-Cessation Program Overview – Joyce Swetlick, NC DHHS Director of Tobacco Cessation, will share information on the statewide program called QuitlineNC. She will share how you can get started using this free cessation coaching program as early as today. Please join us to learn more information on this valuable resource to improve your health. Registration is required for this course. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

Rockingham Community Check-In - An opportunity to share updates and keep informed on local activities, resources, and services. Note that this is not intended to serve as the Rockingham Community Partners Meeting. This is simply a way to communicate information with each other, so we can all stay in the loop regarding community-related happenings. Feel free to invite others. Registration is required for this course. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

Self-Care for Social Workers: Prioritizing self-care in high stress working environments: While as helping professionals we know how important self-care is, often times we take care of others and find little time left over to do for ourselves. Join us as we discuss tips to prioritize self-care and fit it into our busy lives. Registration is required for this course. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

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. Materials needed for the virtual class will be sent ahead of time via email after registration. Registration is required for this course and closes two business days before the class begins. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

Stigma: Join us to explore the issue of stigma. Discussion will focus on how the brain, like all organs, is vulnerable to disease; the labels, hostility and discrimination often experienced by individuals with a mental illness, substance use disorder or an intellectual or developmental disability. Often, people experiencing these issues may label and stigmatize themselves. They may put up barriers that prevent proper treatment. This training explores ways to overcome the stigma and the resulting barriers to getting help. Registration is required for this course. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

Strokes- how to prevent or avoid: The American Stroke Association reports up to 80% of strokes, or brain attacks, are preventable. High blood pressure, high cholesterol and uncontrolled diabetes all increase risk of a possible stroke. Strokes can happen at any age. Join J. Keith Miller, MD with Novant Health Neurology and Sleep, as he shares the latest information on strokes, how to recognize a stroke, prevention, causes, and action steps. Registration required call 336-474-3289 or email kashedrick@novanthealth.org

Tai Chi — Kelly Stellato and Elohee El-Bey will guide you in the art of Tai Chi, which utilizes slow-moving external martial arts postures in conjunction with mindful deep breathing techniques to improve your spiritual, mental, emotional, and physical health. No prior experience needed; this class is intended for participants of all levels. Dress for easy movement. Registration required.

The Intersectionality of Drug Laws on Race and Class: PASAPA Training Series, visit the website for Registration https://pasapanc.info/training-schedule

The Power of Breathing and Relaxation — 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 us for a relaxing journey through deep breathing and reflections to help improve your overall health and wellness. Please join Elohee El-Bey as he guides you through deep-breathing techniques and other relaxation strategies. Registration is required for this course and closes two business days before the class begins. Please call 704-467-3861/336-705-9487 or email Triad Wellness Team at triadwellnessteam@cardinalinnovations.org to register.

Valentines Karaoke - During these trying times there are plenty of activities you might be missing, especially those which you regularly share with friends and family and had taken for granted before. But the great thing about it being 2020 is that we can all get a bit more creative with our communication and truly harness the power of technology. Bring a friend and come sing along to songs enjoyed by everyone! Feel free to bring your own romantic music and song selection choice and come jam with us! Registration required.

Virtual Bingo - Who doesn’t love a fun game of Bingo? Enjoy an afternoon socializing, relaxing, and playing one of America’s favorite games virtually. 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. When you register you will receive an email with the Bingo card that you can print or mark out on the computer. Small prizes for the winners, you will receive a prize voucher to turn in for a prize! Registration required.

Virtual Grief Support Group - Hospice is a specialized type of health care that is delivered by our own physicians, nurses, Hospice aides and social workers. Many patients and families also choose to include additional team members such as a spiritual counselor, grief counselor, and a volunteer. Meets 2nd Monday of the month Register at https://hospiceofdavidson.org/events/