

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 email [triadwellnessteam@cardinalinnovations.org](mailto: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! Please also state what program and what county you are going to attend.

September 2020				
Mon	Tue	Wed	Thu	Fri
	<p><b>1</b></p> <p><b>10:00 - 10:45 a.m.</b> Health and Wellness: Improving Your Mental Health with Exercise (Stokes) <b>Registration Required</b></p> <p><b>11:00 – 11:45 a.m.</b> Tai Chi Instructor, Kelly Stellato (Davie) <b>Registration Required</b></p> <p><b>1:00 p.m.</b> Karaoke (Rockingham) <b>Registration Required</b></p> <p><b>1:30 p.m.</b> Zumba (Forsyth) <b>Registration required</b></p>	<p><b>2</b></p> <p><b>12:00 – 12:45 p.m.</b> Pilates Instructor, Victoria Stellato (Davie) <b>Registration Required</b></p> <p><b>1:30 p.m.</b> Chair Yoga (Forsyth) <b>Registration required</b></p>	<p><b>3</b></p> <p><b>1:00 - 2:00 p.m.</b> Arts and Crafts with Local Artist Diana Altrath (Stokes) <i>Supply List will be emailed upon Registration</i> <b>Registration Required</b></p> <p><b>4:00 – 5:00 p.m.</b> The Power of Breathing and Relaxation Registration Required (Rockingham) <b>Registration Required</b></p>	<p><b>4</b></p> <p><b>11:00 a.m.</b> Prevention 101 <b>Registration Required</b></p>
<b>7</b>	<p><b>8</b></p> <p><b>10:00 a.m.</b> Stigma <b>Registration Required</b></p> <p><b>1:30 p.m.</b> Tai Chi with Kelly (Forsyth) <b>Registration required</b></p> <p><b>10:00 - 10:45 a.m.</b> Health and Wellness: Tips for Dealing with Uncertainty (Stokes) <b>Registration Required</b></p> <p><b>5:30 – 6:30 p.m.</b> Med instead of Meds Hosted and Presented by Jordan Jefferies-James, Rockingham County Cooperative Extension (Rockingham) <b>Registration Required</b></p> <p><b>5:45 – 7:15 p.m.</b> NAMI Support Group <b>Registration Required</b></p>	<p><b>9</b></p> <p><b>10:00 – 10:45 a.m.</b> Gentle Yoga Instructor, Jane Allen (Davie) <b>Registration Required</b></p> <p><b>2:00 - 2:45 p.m.</b> Gardening: Fall Crops Hosted by: <i>UNCG’s Recipe for Success</i> (Stokes) <b>Registration Required</b></p>	<p><b>10</b></p> <p><b>1:00 - 2:00 p.m.</b> Social Hour: Karaoke (Stokes) <b>Registration Required</b></p> <p><b>1:30 p.m.</b> Zumba (Forsyth) <b>Registration required</b></p> <p><b>4:00 – 5:00 p.m.</b> Tai Chi (Rockingham) <b>Registration Required</b></p>	<p><b>11</b></p> <p><b>11:00 a.m.</b> What is Recovery? <b>(Bob)</b> <b>Registration Required</b></p>
<b>14</b>	<p><b>15</b></p> <p><b>10:00 - 10:45 a.m.</b> Health and Wellness: Goal Setting: Reaching Your Goals One Step at a Time (Stokes) <b>Registration Required</b></p> <p><b>1:00 p.m.</b> ABLE Act <b>Registration Required</b></p> <p><b>1:30 - 3:00 p.m.</b> Forsyth County Community Check-In <b>Registration Required</b></p> <p><b>5:30 – 6:30 pm</b> Med instead of Meds Hosted and Presented by Jordan Jefferies-James, Rockingham County Cooperative Extension (Rockingham) <b>Registration Required</b></p>	<p><b>16</b></p> <p><b>1:00 p.m.</b> Simple Crafts: DIY Towel Animals <b>Registration Required</b></p> <p><b>1:00 - 2:15 p.m.</b> Triad Timely Topic: Featuring NC Legal Aid <b>Registration Required</b></p> <p><b>1:30 p.m.</b> Chair Yoga (Forsyth) <b>Registration Required</b></p>	<p><b>17</b></p> <p><b>1:00 - 2:00 p.m.</b> Arts and Crafts with Local Artist Diana Altrath (Stokes) <i>Supply List will be emailed upon Registration</i> <b>Registration Required</b></p> <p><b>2:00 - 3:00 p.m.</b> Stokes County Community Check-In <b>Registration Required</b></p> <p><b>4:00 – 5:00 pm</b> Gentle Yoga (Rockingham) <b>Registration Required</b></p>	<p><b>18</b></p> <p><b>11:00 – 11:45 am</b> Tai Chi Instructor, Kelly Stellato (Davie) <b>Registration Required</b></p>

September 2020				
Mon	Tue	Wed	Thu	Fri
<p><b>21</b></p> <p><b>10:00 – 10:45 a.m.</b> Gentle Yoga Instructor, Jane Allen (Davie) <b>Registration Required</b></p> <p><b>1:30 p.m.</b> Tai Chi with Kelly (Forsyth) <b>Registration required</b></p>	<p><b>22</b></p> <p><b>10:00 - 11:00 a.m.</b> Health and Wellness (Stokes) <b>Registration Required</b></p> <p><b>1:00 p.m.</b> Trauma Informed Care (Davie) <b>Registration Required</b></p> <p><b>1:30 p.m.</b> Virtual Bingo (Forsyth) <b>Registration Required</b></p> <p><b>5:30 – 6:30 p.m.</b> Med instead of Meds Hosted and Presented by Jordan Jefferies-James, Rockingham County Cooperative Extension (Rockingham) <b>Registration Required</b></p> <p><b>5:45 – 7:15 p.m.</b> NAMI Support Group <b>Registration Required</b></p>	<p><b>23</b></p> <p><b>2:00 - 3:00 p.m.</b> Davie County Community Check-In <b>Registration Required</b></p> <p><b>4:00 p.m.</b> Wonder Woman Wednesday <b>Registration Required</b></p>	<p><b>24</b></p> <p><b>1:00 – 4:00 p.m.</b> WHAM <b>Registration Required</b></p> <p><b>1:00 - 2:00 p.m.</b> Social Hour: Trivia (Stokes) <b>Registration Required</b></p> <p><b>4:00 – 5:00 p.m.</b> Tai Chi (Rockingham) <b>Registration Required</b></p>	<p><b>25</b></p> <p><b>1:00 – 4:00 p.m.</b> WHAM <b>Registration Required</b></p>
<p><b>28</b></p> <p><b>1:30 p.m.</b> Virtual Karaoke (Forsyth) <b>Registration Required</b></p>	<p><b>29</b></p> <p><b>10:00 - 11:00 a.m.</b> Health and Wellness: Tips to Coping with Disappointment (Stokes) <b>Registration Required</b></p> <p><b>11:00 am – 12:00 p.m.</b> Virtual Pet Show (Davie) <b>Registration Required</b></p> <p><b>1:00 p.m.</b> Anyone Can Draw (Rockingham) <b>Registration Required</b></p> <p><b>1:30 p.m.</b> Breathing and Relaxation with Beth (Forsyth) <b>Registration Required</b></p> <p><b>5:30 – 6:30 p.m.</b> Med instead of Meds Hosted and Presented by Jordan Jefferies-James, Rockingham County Cooperative Extension (Rockingham) <b>Registration Required</b></p>	<p><b>30</b></p> <p><b>10:00 a.m.</b> Stigma <b>Registration Required</b></p> <p><b>12:00 - 12:45 p.m.</b> De-stress During Lunch: Stress Management Workshop (Stokes) <b>Registration Required</b></p>		

## Virtual Program Descriptions

**Achieving a Better Life Experience (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. **Registration is required for this course and closes two business days before the class begins. Please email Triad Wellness Team at [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org) to register.**

**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](mailto:triadwellnessteam@cardinalinnovations.org)

**Anyone Can Draw** – Everyone is born an artist, until someone tells them they aren't. This class will prove that anyone can draw if they are willing to work on developing the skill. 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. **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](mailto:triadwellnessteam@cardinalinnovations.org) to register.**

**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 Davie Community Partners Meeting or the Stokes Community Advisory Council. 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 required.** Please email [triadwellnessteam@cardinalinnovations.org](mailto: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](mailto:triadwellnessteam@cardinalinnovations.org)

**Gardening: Fall Crops** – Did you know that gardening is considered a moderate to high intensity form of exercise? Not only does gardening promote relaxation but it also comes along with physical health benefits such as the potential to lower blood pressure, increase our immunity and burn calories. Please join us for a time to learn more about planting fall crops while nurturing and benefiting you health. This event will be presented by UNCG's Recipe for Success program. **Registration is required for this course and closes two business days before the class begins. Please email Triad Wellness Team at [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org) to register.**

**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. **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](mailto:triadwellnessteam@cardinalinnovations.org) to register.**

**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. This month will include a focus on learning to manage stress and increase your ability to relax through activities such as guided meditation, music and essential oils. This will also be a time to connect with community supports that promote our ability to stay healthy.

**Med instead of Meds:** Interested in eating the Mediterranean way, but not sure where to start? The Med instead of Meds class series will help you Go Med by exploring seven simple steps to eating the Med Way. This class is presented by Jordan Jefferies-James, Rockingham County Cooperative Extension Family & Consumer Science Agent and hosted by Rockingham County Cooperative Extension. Email Jordan at [jjeffer3@ncsu.edu](mailto:jjeffer3@ncsu.edu) for more information and to register for this course.

**Pet Show:** Please join us for a virtual Pet Show. During the Pet Show you can tell us about your furry friends. You can send pictures of your pets ahead of time if you choose to participate. **Registration required**

**Pilates** – if you are looking for to strengthen your core (abdomen and pelvis), maintain good posture, and enjoy Yoga, but need a more intense core workout, then Pilates may be for you. Join Victoria Stellato certified Pilate's instructor in this combination of a physical and mindful workout. **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 and closes two business days before the class begins. Please email Triad Wellness Team at [triadwellnessteam@cardinalinnovations.org](mailto: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](mailto:triadwellnessteam@cardinalinnovations.org) to register.**

**Social Hour:** A sense of social connectedness should not be overlooked. Studies show that a sense of connectedness to our peers and community can improve our health and emotional wellbeing. During this time, maintaining feelings of connection to others is especially important. Join us for a time to connect with others to increase and increase your health and wellbeing. To Register Email: [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org)

**Stigma:** Join us to explore the issue of stigma through a discussion on how the labels made specifically to individuals who experience a mental illness, substance use disorder, or an intellectual or developmental disability impact acceptance and getting proper treatment. This training explores ways to overcome the stigma and the resulting barriers to getting help. **Registration is required for this course and closes two business days before the class begins. Please email Triad Wellness Team at [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org) to register.**

**Triad Timely Topic** :Join us for a dialogue on relevant issues that will interest and inform. Topics will range each month from local and beyond and will highlight Triad community impact. **Registration Required.** Please email [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org)

**Trauma Informed Care** - Trauma-informed care reflects increasing recognition that the experience of trauma is widespread across the population and has significant long-term consequences for health and well-being. This recognition has led to the development of approaches addressing the impact of trauma and avoiding re-traumatization within settings, not limited to, such as skill nursing homes, state department of social services and criminal justice institutions. This class will discuss the types of trauma and the components of a TIC organization. The workshop is presented by Therapeutic Alternatives. **Registration is required for this course and closes two business days before the class begins. Please email Triad Wellness Team at [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org) to register.**

**What Is Recovery?-** This presentation will help participants define recovery, understand the ten fundamental components of recovery, the four dimensions of recovery, and recovery supports. **Registration is required for this course and closes two business days before the class begins. Please email Triad Wellness Team at [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org) to register.**

**Whole Health Action Management (WHAM)-** The primary purpose of this training is to teach skills to better self-manage chronic physical and mental health illnesses to achieve whole health, which is defined as having a healthy mind and body. Amanda Smith and Lindsay Locklear, both Member Engagement Specialists with Cardinal Innovations will guide you through the process. **Registration is required for this course and closes two business days before the class begins. Please email Triad Wellness Team at [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org) to register.**

**Wonder Woman Wednesday-** Women all over the Triad are doing remarkable things to assist and empower their communities. This is our chance to highlight their meaningful work. Join us to be moved and inspired. **Registration is required for this course and closes two business days before the class begins. Please email Triad Wellness Team at [triadwellnessteam@cardinalinnovations.org](mailto:triadwellnessteam@cardinalinnovations.org) to register.**