

February 2019				
Mon	Tue	Wed	Thu	Fri
				1 11:00 am – 12:00 pm Adult Coloring
4 9:00 am - 5:00 pm WRAP (Wellness Recovery Action Plan) Registration Required	5 9:00 am - 5:00 pm WRAP (Wellness Recovery Action Plan) Registration Required 2:30 - 4:00 pm Legal Aid Clinic: Expungement Registration Required	6 10:00 – 11:00 am Art 101 taught by Sara Brewer 1:30 - 2:30 pm Bingo	7 10:00 - 11:00 am Healthy Living for Your Brain and Body 1:30 - 2:30 pm Zumba 2:30 - 4:00 pm Legal Aid Clinic: SSI/SSDI Registration Required	8 10:00 – 11:00 am Adult Coloring 1:30 – 3:00 pm Dedication and Painting class Registration Required
11 10:00 - 11:00 am Self-care activity: Music therapy 1:30 - 2:30 pm Bingo	12 10:00 - 11:00 am Brain Fit 1:30 - 2:30 pm Simple Crafts 2:30 - 4:00 pm Legal Aid Clinic: Custody Registration Required 4:00 - 5:00 pm Tai-Chi and Meditation	13 10:00 - 11:00 am Art 101 taught by Sara Brewer 11:00 am - 12:00 pm Back to Life: Grief and Loss Support Group 1:30 - 2:30 pm Stress relief activities	14 10:00 am - 12:00 pm Valentine’s Social 10:00 - 11:00 am HUD VASH Support group Registration Required 1:30 - 3:00 pm Valentine’s Simple Crafts and Hot Cocoa 2:30 - 4:00 pm Legal Aid Clinic: Employee Rights Registration Required	15 9:00 am - 3:00 pm WHAM (Whole Health Action Management) Registration Required 10:00 – 11:00 am Adult Coloring 1:30 - 3:00 pm Popcorn and a Movie
18 10:00 - 11:00 am Self-care activity: Easy stretches 1:30 - 2:30 pm Relaxation and Meditation	19 10:00 - 11:00 am Brain Fit 2:00 - 3:30 pm Forsyth Community Partners meeting 4:00 - 5:00 pm Tai-Chi and Meditation	20 10:00 - 11:00 am Art 101 taught by Sara Brewer 12:00 - 1:30 pm Lunch and Learn: Conflict Resolution Registration Required 1:30 - 2:30 pm BINGO	21 10:30 - 11:30 am Zumba 2:30 - 4:00 pm Legal Aid Clinic: Divorce Registration Required	22 Wellness Center programming closed due to meeting
25 1:30 - 2:00 pm Bingo 1:30 - 2:30 pm Relaxation and Meditation	26 11:30 am - 12:00 pm Brain Fit 4:00 - 5:00 pm Tai-Chi and Meditation	27 10:00 – 11:00 am Art 101 taught by Sara Brewer 1:30 - 2:30 pm Stress relief activities	28 10:00 - 11:00 am Zumba 1:30 - 3:00 pm Popcorn and a Movie 2:30 - 4:00 pm Legal Aid Clinic: Tenants Rights Registration Required	

Forsyth Program Descriptions

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!

Back to Life: Grief and Loss Support Group- Grief support groups offer companionship and understanding from others who have experienced a similar loss, and are experiencing the similar challenges that living with grief brings. In a culture that often avoids talking about loss, support groups give you the opportunity to share your story openly and guilt-free. This group will be facilitated by a Mountain Valley Hospice Bereavement Counselor.

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!

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.**

Dedication and painting class- This program requires registration for materials and light refreshments. Join us in dedicating a painting in memory of Katie Lee Langan, Community Engagement Specialist. There will be a painting class with Diana Altratch after the dedication. **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.**

Employee Rights (Legal Aid of NC) – Know your rights on the job. Learn about what your employer can and cannot do. Join Legal Aid of North Carolina in explaining your rights. **Registration is required.**

Forsyth Community Partners Meeting – The Forsyth Stakeholders Work Group is composed of representatives from entities such as DSS, DJJ, Public Health, W-S Forsyth County Schools, and Law Enforcement, along with behavioral health agency representatives providing services in Forsyth County. The group was formed to address the specific behavioral health needs of the residents of Forsyth County. This meeting is open to the general public. Come have a voice in your community.

Grief and Loss Support Group: 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.

Healthy Living for Your Brain and Body: This program is presented by the Alzheimer's Association. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

Legal Aid Clinic: 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.

HUD VASH Support Group- The HUD-VASH Support Group is a professionally-guided psychoeducational/support group for Veterans actively receiving case management services through the HUD-VASH program. Active group participation is encouraged. The group utilizes therapeutic techniques to guide discussion amongst group participants on topics commonly faced by Veterans in the HUD-VASH program. Each group session will have a specified topic. Your feedback and suggestions for group topics is welcomed.

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.**

- **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.

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.

Self-care Activities- Come to Rockingham Wellness Center and explore different self-care activities. Self-care is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress. 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.

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.

Social Security Disability (Legal Aid of NC)- 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.

Tai Chi — Kelly Stellato 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.

The Tenant Rights Clinic (Legal Aid of NC) – Legal Aid of NC will educate you, explain your legal rights as a tenant, and empower 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.

Valentine's Social- 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 Valentine's Day card give to local assisted living facilities.

Valentine's Simple crafts and Hot Coco- 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.

WRAP (Wellness Recovery Action Plan)- WRAP® is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams.

WHAM (Whole Health Action Management)- 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.

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.

During times of inclement weather Forsyth 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, if you are unsure or have questions, please call 336.714.9100.

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.