

JANUARY 2023

JPS Community Health & Wellness Program- Como Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p	5 SAIL Program JPS Trauma Services Time: 11:00a-12:00p	6
9 CHW Office Hours Ariel Hall 9:00a-3:00p	10 SAIL Program JPS Trauma Services Time: 11:00a-12:00p	11 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p	12 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Living with Diabetes JPS Patient Education 1:00p-2:30p	13
16 CHW Office Hours Ariel Hall 9:00a-3:00p	17 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Is it a cold, flu, allergies, or COVID? JPS Patient Education 1:00p-2:30p	18 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p	19 Healthy Eating and Exercise JPS Patient Education 1:00p-2:30p	20 Resource Sharing JPS Behavioral Health Outreach 9:00a-11p
23 CHW Office Hours Ariel Hall 9:00a-3:00p	24 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Chronic Disease JPS Patient Education 1:00p-2:30p	25 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p	26 SAIL Program JPS Trauma Services Time: 11:00a-12:00p High Blood Pressure JPS Patient Education 1:00p-2:30p	27
30 CHW Office Hours Ariel Hall 9:00a-3:00p	31 SAIL Program JPS Trauma Services Time: 11:00a-12:00p			

Contact Community Outreach to Sign-up
817-702-2570 | CommunityOutreach@jpshealth.org

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Program Descriptions

CHW Office Hours- CHW stands for Community Health Worker. The CHW will help you find resources in the community like assistance programs.

Chronic Disease- Learn about chronic diseases and how to manage them to live a healthy lifestyle.

Diabetes- This series of classes is all about how to live a healthy life with Type 1 or Type 2 diabetes. Learn what diabetes is, how to check blood sugars, and medication. Also, learn how healthy eating, physical activity and reducing risk can keep people living with diabetes as healthy as possible.

Heart Failure- This class is about how to live with heart failure. Learn about how medicines and managing symptoms, healthy eating, lifestyle, and coping can keep someone with heart failure out of the hospital.

SAIL Program- Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for older adults. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling.

Resource Sharing- A behavioral health specialist will be available to provide resources about mindful living.

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