

MARCH 2023

JPS Community Health & Wellness Program- Como Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p>CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p</p>	<p>SAIL Program JPS Trauma Services Time: 11:00a-12:00p</p>	
6	7	8	9	10
<p>CHW Office Hours Ariel Hall 9:00a-3:00p</p>	<p>SAIL Program JPS Trauma Services Time: 11:00a-12:00p</p> <p>Chronic Disease JPS Patient Education 1:00p-2:30p</p>	<p>CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p</p>	<p>SAIL Program JPS Trauma Services Time: 11:00a-12:00p</p> <p>Diabetes Management: Healthy Eating & Exercise JPS Patient Education 1:00p-2:30p</p>	
13	14	15	16	17
<p>CHW Office Hours Ariel Hall 9:00a-3:00p</p>	<p>SAIL Program JPS Trauma Services Time: 11:00a-12:00p</p> <p>Osteoporosis JPS Patient Education 1:00p-2:30p</p>	<p>CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p</p>	<p>SAIL Program JPS Trauma Services Time: 11:00a-12:00p</p> <p>Diabetes Management: Eye Disease JPS Patient Education 1:00p-2:30p</p>	
20	21	22	23	24
<p>CHW Office Hours Ariel Hall 9:00a-3:00p</p>	<p>SAIL Program JPS Trauma Services Time: 11:00a-12:00p</p> <p>Stress Management JPS Patient Education 1:00p-2:30p</p>	<p>CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p</p>	<p>SAIL Program JPS Trauma Services Time: 11:00a-12:00p</p> <p>Diabetes Management: Hyperglycemia & Hypoglycemia Treatment JPS Patient Education 1:00p-2:30p</p>	
27	28	29	30	31
<p>CHW Office Hours Ariel Hall 9:00a-3:00p</p>	<p>SAIL Program JPS Trauma Services Time: 11:00a-12:00p</p>	<p>CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p</p>		

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.

COPD- COPD stands for Chronic Obstructive Pulmonary Disease. Learn about COPD and how to manage it.

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 Attack and Stroke- Learn how to identify the signs of a heart attack or stroke, risk factors, and how to live a healthy lifestyle to avoid these things from happening.

High Blood Pressure- This series is about how to live a healthy life with high blood pressure. What does it mean to have hypertension, or high blood pressure? Learn about the symptoms and treatments of high blood pressure and how diet and a healthy lifestyle can prevent long-term problems.

Osteoporosis- Learn this risk factors and symptoms of weak bone strength.

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.

Stress Management- Learn what stress is and tips on how to manage and reduce stress.

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

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