

MAY 2023

JPS Community Health & Wellness Program- Como Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHW Office Hours Ariel Hall 9:00a-3:00p	2 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Stress Management JPS Patient Education 1:00p-2:30p	3 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p	4 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Diabetes Management: Oral Health JPS Patient Education 1:00p-2:30p	5
8 CHW Office Hours Ariel Hall 9:00a-3:00p	9 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Relaxation JPS Patient Education 1:00p-2:30p	10 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p	11 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Diabetes Management: Healthy Eating JPS Patient Education 1:00p-2:30p	12
15 CHW Office Hours Ariel Hall 9:00a-3:00p	16 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Circulatory System JPS Patient Education 1:00p-2:30p	17 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p	18 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Diabetes Management: Travel JPS Patient Education 1:00p-2:30p	19 Resource Sharing JPS Behavioral Health Time: 9:00a-11:00a
29 Memorial Day	30 SAIL Program JPS Trauma Services Time: 11:00a-12:00p	31 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p		

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.

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.

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

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.

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