

JPS COMMUNITY HEALTH & WELLNESS PROGRAM

COMO COMMUNITY CENTER

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
6	7	8 CHW Office Hours Karina Garcia (Spanish speaking) 9:-00a-3:00p	9 SAIL Program JPS Trauma Services 11:00a-12:00p	10	11
13	14 SAIL Program JPS Trauma Services 11:00a-12:00p	15	16 SAIL Program JPS Trauma Services 11:00a-12:00p	17 Resource Sharing JPS Behavioral Health 9:00a-11:00a	18
20	21 SAIL Program JPS Trauma Services 11:00a-12:00p	22	23	24	25
27 CHW Office Hours Ariel Hall 9:00a-3:00p	28 SAIL Program JPS Trauma Services 11:00a-12:00p	29	30		

PROGRAM DESCRIPTIONS

CHW OFFICE HOURS- CHW STANDS FOR COMMUNITY HEALTH WORKER. THE CHW WILL HELP YOU FIND RESOURCES IN THE COMMUNITY LIKE ASSISTANCE PROGRAMS.

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