

AUGUST 2022
JPS Community Health & Wellness Program

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHW Office Hours Ariel Hall 9:00a-3:00p	2 Behavioral Health Introduction JPS BH Outreach 11:00a-12:00p	3 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p	4	5 Behavioral Health Education JPS BH Outreach 1:00p-3:00p
8 CHW Office Hours Ariel Hall 9:00a-3:00p	9 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Living with HF & Smoking Cessation Info 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 Living with Diabetes 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 HF Nutrition & Smoking Cessation Info 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 Healthy Eating & Exercise with Diabetes JPS Patient Education 1:00p-2:30p	19
22 CHW Office Hours Ariel Hall 9:00a-3:00p	23 SAIL Program JPS Trauma Services Time: 11a-12p HF Medication & Smoking Cessation Info JPS Patient Education 1:00p-2:30p	24 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p	25 SAIL Program JPS Trauma Services Time: 11a-12p Living with High Blood Pressure JPS Patient Education 1:00p-2:30p	26
29 CHW Office Hours Ariel Hall 9:00a-3:00p	30 Glucometer/Insulin Patient Education 1:00p-2:30p	31 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p		

Contact CommunityOutreach@jpshealth.org for more information.

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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.

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.

HF- HF stands for 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.

Living with Diabetes- This class is 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.

Glucometer & Insulin- This class will teach people who are living with diabetes how to test the amount of sugar in their blood with a glucometer device.

Living with High Blood Pressure- This class 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.

Behavioral Health- A behavioral health specialist will be available to provide resources about mindful living.

Smoking Cessation- Smoking cessation is another way to say “quit smoking”. It means that a person wants to stop smoking tobacco and nicotine products such as cigarettes. JPS refers people who want to quit smoking to the Live Tobacco Free virtual program with Tarrant County Public Health.

JPS Connections- offers ways to connect you and your family with medical care, with cost friendly co-pays for doctor appointments, specialized care and medications.

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