

NOVEMBER 2022

JPS Community Health & Wellness Program- Como Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>SAIL Program JPS Trauma Services Time: 11:00a-12:00p</p> <p>COPD 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 and Dental Hygiene JPS Patient Education 1:00p-2:30p</p>	
7	8	9	10	11
<p>CHW Office Hours Ariel Hall 9:00a-3:00p</p>	<p>SAIL Program JPS Trauma Services Time: 11:00a-12:00p</p> <p>Is this a Cold, Flu, Allergies, or COVID-19? 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 and Eye Disease JPS Patient Education 1:00p-2:30p</p>	
14	15	16	17	18
<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 and the Holidays JPS Patient Education 1:00p-2:30p</p>	<p>Behavioral Health Education JPS BH Outreach 8:00a-11:00a</p>
21	22	23	24	25
<p>CHW Office Hours Ariel Hall 9:00a-3:00p</p>		<p>CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:-00a-3:00p</p>	Thanksgiving	
28	29	30		
<p>CHW Office Hours Ariel Hall 9:00a-3:00p</p>	<p>SAIL Program JPS Trauma Services Time: 11:00a-12:00p</p> <p>Glucometer and Insulin JPS Patient Education 1:00p-2:30p</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

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

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

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.

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.

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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