

November 2019				
Mon	Tue	Wed	Thu	Fri
				1 9:30 - 10:30 am Brain Fit: Sign Language 101 12:30 - 2:00 pm Popcorn and a Movie
4 9:30 - 10:30 am Life Skills 1:00 - 2:00 pm Simple Crafts	5 9:30 - 10:30 am Health and Wellness: Top Ways to Save Money 10:45 - 11:45 am Health Education with Piedmont Health Services: Floating Q&A 1:00 - 2:00 pm Get Moving: Line Dancing 2:30 - 4:00 pm Legal Aid: Expungement	6 9:30 - 10:30 am Health and Wellness: Ways to Stay Healthy While Aging 11:00 am - 12:00 pm Co-Parenting for Healthy Children <i>Registration Required</i> 12:30 - 2:00 pm Nutrition and Cooking: Tasting Around the World <i>Join Us to learn how prepare dishes originating from all over the world!</i> <i>Registration Required</i> Hosted by UNCG	7 9:00 - 10:30 am PAL Support Group (Parents of Addicted Loved Ones) 10:30 - 11:30 am Painting with Artist Diana Altrath 12:00 - 1:00 pm Lunch Social: Bring Your Lunch and enjoy connecting with others 1:00 - 2:00 pm Social Hour: Bingo 2:30 - 4:00 pm Legal Aid: Social Security Disability	8 9:00 - 10:30 am Stress Management Workshop 12:30 - 2:00 pm Popcorn and a Movie Sat 9 9:00 am - 1:00 pm Self-Care Saturday Drop by for a FREE <i>Chair massage, Essential Oils Education, Giveaways and Yoga</i>
11 9:30 - 10:30 am Health and Wellness: The Power of Positive Thinking 12:30 - 2:00 pm Pottery and Sculpting <i>Registration Required</i> 5:30 - 7:30 pm VIP (Very Important Parent) Parenting Class with Stokes Cooperative Extension	12 9:30 - 10:30 am Simple Crafts 1:00 - 2:00 pm Get Moving: Line Dancing 2:30 - 4:00 pm Legal Aid: Custody 4:30 - 5:30 pm Stress and Relaxation Workshop	13 9:30 - 10:30 am Health and Wellness: Chair Exercise hosted by LifeBrite Hospital 11:00 am - 12:00 pm Cardinal Innovations Healthcare Overview <i>Registration Required</i>	14 9:00 - 10:30 am PAL Support Group (Parents of Addicted Loved Ones) 10:30 - 11:30 am Painting with Artist Diana Altrath 12:00 - 1:00 pm Lunch Social: Bring Your Lunch and enjoy connecting with others 1:00 - 2:00 pm Social Hour: Comedy Hour 2:30 - 4:00 pm Legal Aid: Employee Rights 6:30 - 7:30 pm Learn to Play Guitar <i>Registration Required</i>	15 9:30 - 10:30 am Brain Fit: Sign Language 101 12:00 - 1:30 pm Lunch and Learn: Question, Persuade, Respond- Suicide Prevention Training <i>Lunch Provided</i> <i>Registration Required</i>

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Mon	Tue	Wed	Thu	Fri
18 9:30 - 10:30 am Creative Space 1:00 - 2:00 pm Health and Wellness: Understanding Medication Safety <i>Hosted by Insight Human Services</i>	19 9:30 - 10:30 am Health and Wellness: Healthy Eating During the Holidays 1:00 - 2:00 pm Gardening with Stokes Cooperative Extension 6:00 - 7:00 pm Autism Society Informational/Support Group Meeting	20 9:00 am - 5:00 pm Mental Health First Aid Registration Required	21 9:00 - 10:30 am PAL Support Group (Parents of Addicted Loved Ones) 10:30 - 11:30 pm Painting with Artist Diana Altrath 12:00 - 1:00 pm Lunch Social: Bring Your Lunch and enjoy connecting with others 1:00 - 2:00 pm Social Hour: Karoke 2:00 - 3:00 pm Stokes Community Partners Meeting 6:30- 7:30 pm Learn to Play Guitar Registration Required	22 9:00 - 10:00 am Nutrition: Boosting Your Mood with Food Registration Required 12:30 - 2:00 pm Popcorn and a Movie
25 9:30 - 10:30 am Life Skills 12:30 - 2:00 pm Pottery and Sculpting Registration Required 5:30 - 7:30 pm VIP (Very Important Parent) Parenting Class with Stokes Cooperative Extension	26 9:30 - 10:30 am Simple Crafts 12:00 - 1:00 pm Lunch and Learn: Secondary Trauma Registration Required 1:15 - 2:00 pm Stress and Relaxation Workshop	27 9:30 - 10:30 am Health and Wellness: Prepping for a healthy Holiday Season 11:00 - 12:00 pm Co-Parenting for Healthy Children Registration Required 1:00 - 2:00 pm Social Hour: Bingo	28 Center Closed	29 Center Closed

Stokes Program Descriptions:

Self-Care Saturday: Settle Back before the Holiday Season: Settle Back before the Holiday Season It’s almost that time of year again - holiday season! Remembering to take a breather can be crucial to surviving this fast-paced and, at times, stressful season. Join us at Cardinal Innovations’ Stokes County Wellness Center for a time to relax and recharge before the holiday season begins. The Wellness Center strives to provide free opportunities for all community members to promote their health and well-being. This event is free and open to everyone and includes:

- Chair massages provided by Massage by Lori
- Yoga class by Circles around the Sun Yoga
- Education about essential oils and a giveaway by Lu Lu’s Oil Wagon.

Mental Health First Aid: Sometimes, first aid isn’t a bandage, or CPR, or the Heimlich, or calling 911. Sometimes, first aid is YOU! You are more likely to encounter someone, a friend, family member, coworker, neighbor, or member of the community, in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the Signs, and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course: first responders, students, and teachers, leaders of faith communities, human resources professionals, and caring citizens. Someone you know could be experiencing a mental illness or crisis. You can help them.

Get Moving: Get Moving to Improve Your Physical Health by Practicing Different Forms of Line Dancing: Come and explore different types of dance with us! Dancing is a great way to relieve stress, improve the condition of your heart and lungs and manage your weight. This month will offer opportunities to learn line dancing. Everyone is welcome!

Pottery and Sculpting: Engaging in creative activities like pottery and sculpting could be one of the best stress reduction techniques you may not be using. If you are new to pottery and sculpting or if you already enjoy sculpting, please join us for a time to get creative and reduce your stress levels. Children and adults are welcome. Materials and instruction are provided. **Registration Required.**

Gardening with Stokes Cooperative Extension: The benefits of gardening go well beyond producing beautiful plants. Benefits include, stress reduction, sense of accomplishment, better sleep and increased hand strength.

Zumba- The health benefits of Zumba, a dance form of aerobic fitness, are numerous including weight loss, body toning, stress relief and promotion of heart health. Join us for a time to become healthier while having a great time. Class is free and open to community members.

Painting with Artists Diana Altrath: Creativity and the arts can help you to express your thoughts and emotions that can be difficult to put into words. It also helps to lower stress and anxiety, increase feelings of relaxation. Creating something unique can give you a sense of pleasure and accomplishment. Monica Shirley local artist and owner of Bungalow Pottery will be leading arts and crafts activities weekly. Art supplies are provided. No registration is required.

PAL Support Group (Parents of Addicted Loved Ones Support Group) Parents with a child addicted to drugs and/or alcohol can find hope in a support program called Parents of Addicted Loved-ones (PAL). This group will be open to everyone in the community. There is no registration required. This group is intended to be a place where parents of a child struggling with addiction can come in order to receive support, confidentiality is maintained.

Lunch Social: A sense of social connectedness should not be overlooked. Studies show that a sense of connectedness to our peers and community can improve our health and emotional wellbeing. Please join us for a time to connect with others over your lunch break. Attendees are responsible for bringing their own lunch.

Nutrition: Boosting Your Mood with Food: Eating healthy not only helps us to maintain good physical health but can also play a vital role in how we feel emotionally. Please join us for a time to explore how eating certain nutritious foods can increase your mental wellbeing.

Brain Fit: We often hear of the importance of keeping our bodies physically fit, but what about our minds? There are plenty of ways to keep our minds healthy and you don't need to go to the gym to do them! Mental fitness is just as important as physical fitness. Research shows that engaging in activities that stimulate our minds, whether it be learning about a new topic, trying a new activity, working puzzles, learning a new song or playing a game can keep our minds sharp and healthy. Maintaining a healthy brain is especially important as we age. Mark your calendars for a work out!

Creative Space: Engaging in creative activities is healthy for our mind and spirit. This class offers materials and allows you to explore your creativity and individuality in a self-guided setting. Join us for a time to listen to music while letting your creative juices flow!

Life Skills-In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. This group will explore life skills that better equip you to deal with life's problems and frustrations. No registration is required.

Social Hour-A person's social health also impacts his ability to build friendships and form intimate relationships. Supportive relationships can play a very important role in maintaining overall wellness. Learn one social skill per class and practice the skill through playing one of America's favorite games. Small prizes for the winners. No registration required.

Health and Wellness – Physical and emotional wellness are necessary for a good quality of life. It touches all parts of a person's life, which includes physical, emotional, spiritual, social, and financial wellness. Join us for a time to explore ways to enhance your wellness. This month will include a focus on learning to manage stress and increase your ability to relax through activities such as guided meditation, music and essential oils.

Health Education with Piedmont Health Services and Sickle Cell Agency-Piedmont Health Services and Sickle Cell Agency provides a range of education on Heart disease, Diabetes, Sickle Cell Disease and Sexually Transmitted Diseases. The agency will be present at the Wellness Center the second and fourth Tuesday's from 10:45- 11:45 am to meet with anyone who wishes to receive education in any of these areas. Confidentiality is ensured. Please contact Savalas Squire with any questions at

Exploring Relaxation Techniques: It can be hard to maintain a healthy lifestyle in the busy world that we live in. If you are working, going to school or a caregiver time can seem limited. Taking good care of your body and mind can make a difference in how healthy you are in general and how well you cope with change. Join us as we explore different ways to assist in increasing relaxation including gardening, paper mache, crafts, basket weaving, exploring music, fabric weaving and breathing techniques. Materials for the class will be provided. **All activities are free but registration is required to ensure there are enough materials.**

Understanding Stress and Stress Management Workshop- Modern life is very fast paced and can be full of stressors such as balancing family, work, finances, caregiving responsibilities and extracurricular activities. In small doses stress can be helpful, but when we begin to experience stress too frequently it can be harmful to our health. Please join us for a time to explore the roots of stress our lives, the effects of chronic stress and effective ways to manage stress.

Talent Show- A Talent Show is a great way to showcase your special talents, build confidence, and community. Come share your talent, whether singing, dancing, comedy, drama or sharing your creativity and artwork while supporting the other participants. Everyone is a winner! Come join the fun and experience the power of creativity.

Popcorn & Movie - End the busy work week by watching a movie with friends! Of course, fresh popcorn is provided.

Learn to Play Guitar: Studies show that learning to play an instrument can improve mood and benefit overall well-being. In addition, benefits include reducing stress and improving memory. Guitar lessons will be provided free of charge. The participant must provide their own guitar. Due to limited class size, **registration is required.**

Simple Crafts: Activities like painting, drawing, and sculpting are relaxing and rewarding hobbies that can lower your stress levels. Art can improve well-being by increasing positive emotions and relaxation. Art supplies are provided. **Registration is required.**

Very Important Parent (VIP) Parenting Class- Through funding made available from the National Institute of Food and Agriculture, Children, Youth and Family At-Risk Project, the Very Important Parents Curriculum and Program were developed. This curriculum is built on theoretical, research-based principles of parenting, relationship education, and life skill development and on two theories of Instruction, component display theory and experiential learning.

This Class Covers:

- Developing parenting, relationship and life skills
- Cultivating child development and education skills
- Using technology to promote two-way communication between parents and child care providers
- Increasing parent knowledge about social media as a positive tool for parent education. This curriculum will be facilitated by Patti Snyder from the Stokes Cooperative Extension. **Registration is Required.**

Autism Society Informational Session and Support Group: The Autism Society will be hosting meetings every third Monday from 6:30- 8:00 pm. This meeting will provide community members with information in regards to supporting a loved one or friend who has been diagnosed with Autism, as well as information in regards to resources within the community. The group is also meant to be a support for those supporting a loved one diagnosed with Autism.

Co-Parenting for Healthy Children: Children often struggle when they are split between two households. Maintaining a positive friendly relationship between the couple can be hard and children sometimes feel a need to need to choose one parent or other. "Co-Parenting for Healthy Children" is an evidenced based comprehensive course for parents to deal with the challenges of separation. The course is designed to strengthen the parent-child relationship and enhance parenting skills to create healthy children. Class will be taught by the Parenting Path.

Lunch and Learn – Lunch and Learns are a perfect way to maximize your lunch hour while gaining professional development and insight. **Registration is required. Lunch provided at no cost.**

QPR: Question, Persuade, Refer- Suicide Prevention Training: Join us for a wonderful opportunity to learn how to make a positive difference in the life of someone you know. QPR stands for Question, Persuade, Refer. The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The training will be **free of charge** and lunch will be served. **Registration is required.**

Secondary trauma and Self-Care: Individuals that work in various helping fields do not recognize the potential for them to experience secondhand trauma. Amanda Smith, Member Engagement Specialist from Cardinal Innovations will be facilitating this presentation that will help you recognize the symptoms of secondary trauma and how to take care of yourself during stressful times. **Registration is required**

Legal Aid of North Carolina Clinics - Legal Aid of North Carolina is a statewide, nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. There is a Q & A session at the end where you can ask specific questions. In partnership with Cardinal Innovations Healthcare through the Stokes County Wellness Centers, the following clinics will be held every month:

- **Child Custody Clinic** – Presented by Legal Aid of North Carolina, this event is designed to provide detailed information about North Carolina child custody law via video conference. Anyone with concerns about child custody issues, whether a professional or a member of the general public, will benefit from this clinic. Following

the video conference, a question and answer segment with a licensed attorney will allow for specific questions by participants.

Registration is required.

- **Landlord and Tenant Rights** – Presented by Legal Aid of North Carolina, the Tenant Rights Clinic will educate you, explain your legal rights as a tenant, and instruct you on what to do if your landlord isn't making repairs. You will watch an instructional video, and at the end of the video, you will have an opportunity to ask general questions to a volunteer attorney through the webinar. You will also have the opportunity to request a callback from Legal Aid to see if you qualify for additional help. **Registration is required.**
- **Divorce Law Clinic** – Presented by Legal Aid of North Carolina, this clinic is designed to provide detailed information about North Carolina divorce law via video conference. Participants will learn the guidelines and paperwork requirements for what is known in North Carolina as a "simple divorce." Following the video conference, a question and answer segment with a licensed attorney will allow for specific questions by participants. **Registration is required.**
- **Health Care Power of Attorney and Living Wills** – Do you need a living will or healthcare power of attorney but don't know how to get started? Legal Aid of North Carolina will teach you how to fill out and file the necessary forms to secure these important documents. Forms will be provided during the session. The webinar will be followed by a question and answer segment with a licensed attorney. Registration is required. **Registration Required**
- **Employee Rights Clinic** – Legal Aid of North Carolina wants to educate workers about their rights as employees under North Carolina and Federal law. Learn about employment at will, right to work, discrimination and retaliation in the workplace, and eligibility for unemployment benefits. Registration is required. **Registration Required**
- **Legal Aid: Social Security and Disability** - Our free Social Security Disability clinic will educate participants on the types of adult Social Security Disability benefits, how you qualify, the application process, and what you will need to show to prove you are entitled to benefits. There will be an instructional video at the end of the video, participants can ask general questions to a volunteer attorney through a webinar. Specific legal advice is not provided at these clinics. **Registration is required.**

If you have any special requests or accommodations needed in order to fully participate in these events, please contact the event organizer. Please note we may not be able to grant all such requests.

The Stokes Wellness Center is available for community meetings without charge. All meetings and activities must be coordinated by Wellness Center Staff by calling 336.778.3657 or emailing triadwellnessteam@cardinalinnovations.org.

During times of inclement weather Stokes Wellness Center will operate their programs based on school closings. If the county schools are closed, there will be no programming at the Wellness Center. However, staff may be present at the Wellness Center for immediate concerns or needs.

To schedule an event or register for classes, please call 336.778.3657 or email triadwellnessteam@cardinalinnovations.org. Class sizes are limited, so please register early.