

November 2019				
Mon	Tue	Wed	Thu	Fri
				1 1:00 – 3:00 pm Popcorn and a Movie
4 1:30 – 2:30 pm Bingo	5 10:00 - 11:00 am Health and Wellness: Sleep 1:30 – 2:30 pm Relaxation and Guided Meditation 2:30 - 4:00 pm Legal Aid Clinic: Expungement Registration Required	6 10:00 - 11:00 am Art 101 taught by Sara Brewer Registration Required 1:30 - 2:30 pm Chair Yoga	7 1:30 - 2:30 pm Zumba 2:30 - 4:00 pm Legal Aid Clinic: SSI/SSDI Registration Required	8 10:00 – 11:00 am Adult Coloring 1:00 – 3:00 pm Popcorn and a Movie
11 10:00 - 11:00 am Brain Fit 1:30 – 2:30 pm Bingo 5:30 - 7:30 pm CFAC (Consumer and Family Advisory Committee) meeting	12 10:00 - 11:00 am Health and Wellness Series- Mindful Eating: Learn How to Listen to and Nurture Your Body 12:00 - 1:30 pm Lunch and Learn: Recovery Registration Required 1:30 – 2:30 pm Simple Crafts 2:30 - 4:00 pm Legal Aid Clinic: Custody Registration Required	13 10:00 - 11:00 am Art 101 taught by Sara Brewer Registration Required 11:00 am - 12:00 pm Back to Life: Grief and Loss Support Group Registration Required 1:30 – 2:30 pm Tai Chi	14 10:00 - 11:00 am Self-Employment and Public Benefit Work Supports (Upward to Financial Stability Module 7) 11:30 am - 1:00 pm MH/SUD Advisory Committee meeting 1:30 - 2:30 pm Zumba 2:30 - 4:00 pm Legal Aid Clinic: Employee Rights Registration Required 4:00 - 5:00 pm Guardianship	15 10:00 – 11:30 am Free Hands only CPR class 1:00 – 3:00 pm Popcorn and a Movie
18 9:00 am - 5:00 pm WRAP (Wellness Recovery Action Plan)	19 9:00 am - 5:00 pm WRAP (Wellness Recovery Action Plan)	20 10:00 - 11:00 am Art 101 taught by Sara Brewer Registration Required 1:30 - 2:30 pm Chair Yoga	21 10:00 - 11:00m Relaxation and Guided Meditation 1:30 - 2:30 pm Zumba 2:30 - 4:00 pm Legal Aid Clinic: Divorce Registration Required	22 10:00 – 11:00 am Adult Coloring 1:00 – 3:00 pm Popcorn and a Movie
25 10:00 – 11:00 am Brain Fit 1:30 – 2:30 pm Bingo	26 10:00 am - 12:00 pm Popcorn and a Movie 1:30 - 2:30 pm Simple Crafts	27 10:00 - 11:00 am Art 101 taught by Sara Brewer Registration Required 1:30 - 2:30 pm Tai Chi	28 Wellness Center Closed for Fall Holiday	29 Wellness Center Closed for Fall Holiday

Forsyth Program Descriptions

Adult Coloring- Don't leave all the fun to the kids! Studies have shown that coloring is an excellent stress-reliever for adults. We provide the adult coloring sheets and markers – just bring yourself.

Art 101 taught by Sara Brewer- Activities like painting, sculpting, drawing, and photography are relaxing and rewarding hobbies that can lower your stress levels and leave you feeling mentally clear and calm. Come, learn and paint with our local artist Sara Brewer. Painting materials are included. **Registration is required.**

Bingo – Enjoy an afternoon socializing, relaxing, and playing one of America's favorite games. A person's social health impacts his/her ability to build friendships and form intimate relationships, plus studies show that positive social interactions can enhance a person's physical and mental health. Small prizes for the winners!

Back to Life: Grief and Loss Support Group- Grief support groups offer companionship and understanding from others who have experienced a similar loss, and are experiencing the similar challenges that living with grief brings. In a culture that often avoids talking about loss, support groups give you the opportunity to share your story openly and guilt-free. This group will be facilitated by a Mountain Valley Hospice Bereavement Counselor.

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!

CFAC (Consumer and Family Advisory Committee) meeting- The Consumer and Family Advisory Committee (CFAC) consists of adult volunteers age 18 or older who receive services for mental health, intellectual or developmental disabilities or substance use disorder (MH/IDD/SUD) or are family members of those receiving services. CFAC offers advice and guidance on improving services to Cardinal Innovations Healthcare. CFACs were created by the state to provide active participation by members and family members.

Child Custody Clinic (Legal Aid of NC) - This clinic is designed to provide detailed information about North Carolina's custody laws via video conference. Presented by the Legal Aid of North Carolina. **Registration is required.**

Chair Yoga- Chair Yoga is one of the gentlest forms of yoga available. Participants will perform postures and breathing exercises with the aid of a chair. Individuals can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Join instructor Jane Allen for this relaxing physical activity.

Community Resources –How Mental Health Association of Forsyth County reaches our community- Join Susan Wheeler, a Certified Peer Support Specialist with the Mental Health Association of Forsyth County and learn how this community resource provides support and outreach to individuals in need in our community.

Divorce Clinic (Legal Aid of NC) - This clinic is designed to provide detailed information about North Carolina divorce law via video conference. Presented by Legal Aid of North Carolina. **Registration is required.**

Employee Rights (Legal Aid of NC) – Know your rights on the job. Learn about what your employer can and cannot do. Join Legal Aid of North Carolina in explaining your rights. **Registration is required.**

Expungement Law Clinic (Legal Aid of NC) – Presented by legal Aid of North Carolina, this clinic is designed to explain North Carolina's expunction law. It will help participants determine if they are eligible to have one or more charges removed from their records. Specific legal advice for individual cases is not provided at this clinic. **Registration is required.**

Free Hands only CPR- This method of CPR was recommended by the AHA in 2010. It is intended for bystanders untrained in CPR. It is also recommended for situations when the rescuer is unable or unwilling to provide mouth-to-mouth ventilations.

Forsyth Community Partners Meeting – The Forsyth Stakeholders Work Group is composed of representatives from entities such as DSS, DJJ, Public Health, W-S Forsyth County Schools, and Law Enforcement, along with behavioral health agency representatives providing services in Forsyth County. The group was formed to address the specific behavioral health needs of the residents of Forsyth County. This meeting is open to the general public. Come have a voice in your community.

Guided meditation and relaxation- The way you breathe affects your whole body. Full, deep breathing is a good way to reduce tension, feel relaxed, and reduce stress. Breathing and relaxation techniques promotes overall wellness and can reduce the symptoms of many health problems brought on by stress such as colds, high blood pressure, anxiety, and depression. Join us for a relaxing journey through deep breathing and reflections to help improve your overall health and wellness.

Health Care Power of Attorney and Living Wills (Legal Aid of NC) – 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.**

Health and Wellness Series- Learn about ways to keep your mind and body healthy regarding sleep and nutrition and other issues that may affect your overall wellness.

I/DD (Intellectual and Developmental Disabilities) Advisory Committee meeting- The I/DD Advisory committee is a group of members, families, and advocates. They meet to improve the lives of those with an I/DD diagnosis. This group collaborates to improve the public health system, discuss ideas for new services, provides member feedback. The committee offers grants to area non-profits that serve people with special health needs. Forsyth County provides the funding for this group.

Lunch and Learn - The Forsyth County Wellness Center Lunch and Learns are our chance to learn about an interesting topic while partaking in lunch. We will provide lunch and we always have light refreshments on hand. Lunch and learns are perfect to maximize your lunch hour while gaining professional development and insight. **Registration is required.**

- **Recovery:** Recovery is a journey of healing and transformation enabling a person with a mental health problem or substance use to live a meaningful life in a community of his or her choice, while striving to achieve his or her full potential. Today, when individuals with mental and/or substance use disorders seek help, they are met with the knowledge and belief that anyone can recover and/or manage their conditions successfully.

MH/SUD (Mental Health and Substance Use Disorder) Advisory Committee meeting: The MH/SUD Advisory committee is a group of members, families, and advocates. They meet to improve the lives of those with MH/SUD diagnosis. This group collaborates to improve the public health system, discuss ideas for new services, provides member feedback. The committee offers grants to area non-profits that serve people with special health needs. Forsyth County provides the funding for this group.

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

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.

Self-Employment and Public Benefit Work Supports (Upward to Financial Stability Module 7)- In this program you will learn rights & responsibilities, SNAP and HUD work supports, Small Business Development, PASS: Plan to Achieve Self-support, Alternative Finance Project; Assistive Technology Loans, How To Purchase a Reliable Vehicle and learn of local success stories.

Social Security Disability (Legal Aid of NC)- 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.**

Tai Chi — Kelly Stellato will guide you in the art of Tai Chi, which utilizes slow-moving external martial arts postures in conjunction with mindful deep breathing techniques to improve your spiritual, mental, emotional, and physical health. No prior experience needed; this class is intended for participants of all levels. Dress for easy movement.

The Tenant Rights Clinic (Legal Aid of NC) – Legal Aid of NC will educate you, explain your legal rights as a tenant, and empower 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. **Registration is required.**

Zumba® - Who can do Zumba? Anybody and everybody! Each Zumba® class is designed to bring people together for fun physical activity and social interaction. Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Come join us and instructor Morgan for a low-intensity calorie-burning dance fitness party.

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 Forsyth Wellness Center is available for community meetings without charge. All meetings and activities must be coordinated by Wellness Center Staff by calling 336.907.9356 or emailing triadwellnessteam@cardinalinnovations.org.

During times of inclement weather Forsyth 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, if you are unsure or have questions, please call 336.714.9100.

To schedule an event or register for classes, please call 336.907.9356 or email triadwellnessteam@cardinalinnovations.org. For trainings you will need to register on <https://cardinalinnovations-extcommregistration.sabacloud.com>. Class sizes are limited, so please register early.