



SEPTEMBER HEALTH WELLNESS CLASSES


All classes are **FREE** and open to our community.
Earn \$20 GNH Bucks for Clothing (Unless SDNP Signatures)
(Class Description and requirements on back)

 **GOOD NEIGHBOR HOUSE**
 EMPOWERING HEALTHIER COMMUNITIES
 627 E. First Street.
 Dayton, Ohio 45402
 Contact Marcia Raglin
 937-224-3003 Ext. 102

2019

Stop Smoking Program
 *Free Doctor Care
 *Free Meds
 *September 17- Oct. 22

 Saturday, Sept. 21
 American Heart Association®
Heart Walk®

S	Mon	Tue	Wed	Thu	Fri	Sa
1	2 Labor Day Closed <i>goodbye, august hello, september</i>	3 Counseling Available T- Pre-School Registration	4 Exercise Band 10:00 Cardio 11:15	5 Awaken Class 10:00 *Life Style Change (Move to Lose) 11:15 Be Still 12:30	6 Household Buck: *Mon. Sept. 30 10:00 * Pop-Up Week of 16-19	7
8	9 Exercise 10:00 Substance Abuse 11:15 Cooking Class 1:00	10 Life Style Change (Move to Lose) 10:30 Kettering Diabetic T- Pre-School Registration 12:00	11 Exercise Band 10:00 Cardio 11:15	12 Awaken Class 10:00 Hypertension Class 11:15 Project Gala Group Collage 12:30	13	14
15	16 Exercise 10:00 Painting 11:15 Project Gala 12:30 T- Care Source 9:00	17 Health In A Box 10:00 Stop Smoking 11:15 Paper Mache' Part 1 12:30 T- Pre-School Registration	18 Exercise Band 10:00 Cardio 11:15 Paper Mache' Pt. 2 12:30	19 Awaken Class 10:00 Life Time Change (Move to Lose) 11:15 Be Still 12:30	20 Heart Association 5 K Walk Sat. Sept. 21 We have a team, Join Us !	21
22	23 Closed	24 Closed	25 Adult Mental Health Workshop 9:00-5:00 Pre-Registration Required Lunch Provided	26 Awaken Series 10:00 Life Time Change (Move to Lose) 11:15 Show Time @GNH 12:30	27	28
29	30 Exercise 9:00 *Handling Your Finances 10:00 Autumn Colors 11:30 T-Care Source					

Hours for Thrift Store- Monday, Tuesday, Wednesday and Thursday from 9:00-4:00
 Closed Friday

Counseling Available Call for an appointment 224-3003 Ext. 102 Marcia Raglin

September 2019 Good Neighbor House Wellness Classes

This year our classes are continuing to focus on the whole individual and we will offer classes in several health and wellness categories:

<i>Physical</i>	<i>Mental</i>	<i>Spiritual</i>
<i>Family Life</i>	<i>Social Relationships</i>	<i>Empowerment</i>

*Please Note: GNH- yellow household buck will be given twice this month for household items. Cash will be accepted anytime.

*Heart Association 5K Walk-Saturday, September 21. Join out team and or make a donation.

REACHING YOUR POTENTIAL/ SOCIAL RELATIONSHIPS

*Open Counseling daily counseling sessions are available for walk-ins or by appointments. Contact Marcia Raglin 937-224-3003 Ext. 102.

SPIRITUAL CLASSES

*Revelation of God's Love - (Relationship Building)- Learn what true love is. How to build healthy relationships with friends, coworkers, and family.

* Be Still— learn to escape stress. relax, mediate, and listen to God's voice, in a calm, comfortable atmosphere. (Bi-weekly –6 class series)

HEALTHY NUTRITIONAL / PHYSICAL CLASSES/ INFORMATION

*Cooking Demos- are instructed by Sinclair dieticians students. They will show you yummy recipes and you'll learn how to eat healthy.

*Kettering Diabetes Center: Get educational information on what diabetes is, and tips to improve your health.

*Exercise Stretching and Easy Walking Combo Classes: These classes are great ways to stretch your muscles and joints to be more flexible. This class will help you be more active, all while staying indoors. Fun and Easy! Join us for one or both classes. Come dressed comfortably and learn new easy ways to relax and become fit. Open to our community.

*New Exercise Class- Flex Stretching , Using Flex Bands, improve your flexibility and increase your strength. (Easy and Gentle)

*Move To Lose— Introduction to a supportive weight loss program. Join us and watch the weight fall away. 12 week program

*Adult Mental Health Training Workshop— Excellent presentation concern adult mental health. Pre-registration is required. \$25.00 fee for Workbook. First 10 registrant will receive a \$10.00 discount. Lunch will be provided.

*Health-N-Box- Humana will present this month the topic "Stretch Your Grocery Dollars". Lunch will be served.

* Stop Smoking Series— Public Health Agency will present a 5 week Stop Smoking Clinic.

*Hypertension Class-Get educated information on hypertension and tips to improve your health.

*Arts & Crafts- creating another craft project, for you to take home. Paper Mache'

*Awaken Series— Eight (8) week series, developing empower individuals, with skills for personal transformation and leadership .

FAMILY LIFE

*Dealing With Depression— Group Collage Making Activity

* Autumn Colors—creating pictures with water colors.

* Handling Your Finances—Wright Patt Credit Union will present information on your budgeting and personal fiancé.

*Substance Abuse— program information and support from Samaritan Behavioral Center

*Painting Class— Adult painting class. Instructors teach skills in creating a painting while members will be able to create their canvas.

* ShowTime at @GNH— Christian movies shown monthly.