

NOVEMBER HEALTH WELLNESS CLASSES

All classes are FREE and open to our community.

Earn \$20 GNH Bucks for Clothing (Unless SDNP Signatures)



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

2019



S	Mon	Tue	Wed	Thu	Fri	Sa
	Household Buck: *Tues. Nov. 5 11:30 * Tues. Nov. 19 10:00				1	2
3	4 Exercise Classes 10:00 Substance Abuse 11:15	5 Peer Support 10:00 Free Delivery <u>Pharmacy Program</u> 11:30 T- Pre-School Promise	6 Exercise Cardio 10:00 Life Healing	7 Recap Awaken 10:00 Life Time Changes 11:30 Arts & Crafts 12:30 T-United Health Care	8	9
10	11 <i>Closed For Veterans Day</i> 	12 Revelation of God's Love 10:00 Kettering Diabetic 12:00 T-Care Source	13 Exercise Cardio 10:00 Life Healing Choices 11:15 T- United Health	14 Life Time Changes 9:00 Disabilities Services 10:00 Hypertension 11:30	15	16
17	18 Exercise 10:00 Stretching Painting 11:15 (2) Projects)	19 <u>Creation Health</u> 10: 00 Smoke Cessation 11:15	20 Exercise Cardio 10:00 Life Healing Choices 11:15	21 Life Time Changes 10:00 Health in A Box 11:15 Decoration Party 12:00	22	23
24	25 Exercise 10:00 Stretching Be Still 11:30 Cooking Demo 1:00	26 Revelation of God's Love 10:00 Kettering Diabetic 12:00	27	28	29	30



Hours for Thrift Store– Monday, Tuesday, Wednesday and Thursday from 9:00-4:00 Beginning 11/4 Friday– 9-12

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

November 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- red household buck will be given once his month for household items. Cash will be accepted anytime.*

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.

****CREATION Health**: Wellness is trusting that a loving and kind God has a "better idea" for living and that he is eager to help us experience full life, as He created us to live it!

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.

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

* **Life Style Changes** Introduction to a supportive weight loss program. Join us and watch the weight fall away.

***Be Still**- A mediating relaxing class, to escape the stress of life. Calm and soothing.

***Substance Abuse**- presenters are from Samaritan Health to provide information programs for individuals and family members

***Life Healing Choices**- Freedom from your hurts, habits, and hang-ups

***Peer Support Counseling**- counseling from another approach, insightful ways you may help others.

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

***Awaken Series**- Recap of the eight (8) week series, developing empower individuals, with skills for personal transformation and leadership

* **Health In A Box**- Humana's presentation includes smart health topics and they provide lunch.

***Diabetes & Your Kidneys**- What is the relationship between your kidneys and diabetes.? An very informative class.

***Life Healing Choices**- Freedom from hurts, habits, and Hang-Ups! Eight week series that takes you step by step through self discovery and recovery Process . See Posted Flyer for topics.

* ***Nursing students from Kettering College*** will give short presentations about arthritis and renal failure on November 26. The presentations include information about the conditions and lifestyle changes that can help prevent or reduce the effects of these disorders.

***CREATION Health**: Wellness is trusting that a loving and kind God has a "better idea" for living and that he is eager to help us experience full life, as He created us to live it!

- **Smoke Cessation**- introduction to how you can kick the habit!

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FAMILY LIFE

* **Disabilities Services** -Learn information on the services Montgomery County offers for those with disabilities.

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

****Arts & Crafts** - creating another craft project for you to take home