





# FEBRUARY 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) Classes are for Adults only*

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



**2020**

S	Mon	Tue	Wed	Thu	Fri	Sat
		<p>"Only a life lived for others is a life worth while."  <small>-Albert Einstein</small></p> 	<p><b>Household Bucks: Once a Week:</b></p> <p><b>*Red Classes</b></p>			1
2	<p>3 Exercise 10:00</p> <p>Be Still 11:15</p>	<p><b>4Getting The Fat Off! 9:00</b></p> <p>Tentative– YWCA Programs 10:15</p>	<p>5 Exercise 10:00 (Challenge Cardio)</p> <p>Life Style Changes 11:15</p>	<p>6 Matter of Balance Series (Closed)10-12</p> <p>Life Style Changes II Nutrition Class 4:00-5:00</p>	7	8
9	<p>10 Exercise 10:00</p> <p>Painting 11:15</p> <p>Cooking Demo1:00</p> <p>T-Care Source</p>	<p>11Getting The Fat Off 9:00</p> <p>Revelation of God's Love 10:00</p> <p>Kettering Diabetic 12:00</p>	<p>12 Exercise 10:00</p> <p>Life Style Changes 11:15</p> <p><b>Miami Works 12: 30</b></p>	<p>13 Matter of Balance Series (Closed) 10-12</p> <p>*Dental Care Sinclair College 12:15</p> <p>Life Style Changes II Hypertension 4:00-5:00</p>	14	15
16	<p>17</p> <p><b>Closed</b></p> 	<p>18 Getting The Fat Off! 9:00</p> <p>Creation Health 10:00</p> <p>Smoking Cessation11:15</p>	<p>19 Exercise 10:00</p> <p>Healthy Cooking Class 11:15</p> <p>T-United Health Care</p>	<p>20 Matter of Balance Series (Closed) 10:00-12:00</p> <p><b>Learn About Vitamins 3:00</b></p> <p>Life Style Changes II Diabetic 4:00-5:00</p>	21	22
23	<p>24 Exercise 10:00</p> <p>Hypertension 11:30</p> <p>Cooking Demo1 :00</p> <p>T-Care Source</p>	<p>25 Keep The Fat Off! 9:00</p> <p>Revelation of God's Love 10:00</p> <p>Kettering Diabetic 12:00</p>	<p>26 Exercise 10:00 (Challenge Cardio)</p> <p>Healthy Cooking Class 11:15</p>	<p>27 Matter of Balance Series (Closed)10-12</p> <p><b>Dental Care Sinclair College 12:15</b></p> <p>Life Style changes II Exercise 4:00-5:00</p> <p>T-United Health Care</p>		



Hours for Thrift Store– Monday, Tuesday, Wednesday ,Thursday -9:00-4:00 Friday– 9:00-12:00

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

## 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 a week 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.

\***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.

\***Hypertension Class**-Get educated information on hypertension 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.

\***Life Style Changes II**- Classes offer in the afternoon to meet the Nutritional Program Requirements (diabetic, hypertension), diabetics.) Various topics will be discussed every **Thursdays afternoon**. (Vitamin information 2/20 at 3:00 pm) Open to Everyone!

\***Challenge Exercise Cardio** is a class that will "pick-up the pace" a little with up beat walking routines.

\***Getting The Fat Off!** -New Health Class with the objective of losing weight (the "FAT") in a health-lifestyle method. Joins us to be come fit-trim and healthy! This is a three month continuous program. See Paula Collins for more importation.

.\***Life Style Changes** a supportive weight loss program. Join us and watch the weight fall away. The last 2 classes of this series.

Healthy Cooking Class- discover and taste new recipes which will promote healthy eating and their benefits.

\***Be Still** is a mediating relaxing class, to escape the stress of life. Calm and soothing.

\***Smoking Cessation** has returned for those who would like to quit the habit of smoking.

\***Matter of Balance Series (Prevention Class From Falling)**- eight weeks of learning how to become more flexible, more aware and cautious to prevent falls and injuries. This class is now closed. Will be offered again in the fall.

### FAMILY LIFE

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

\***Miami Works**-Easter Seals provides individuals with job opportunities. Need a job? Attend this presentation. You will be glad you did.