

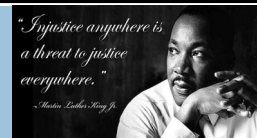
Hello January



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



2020



JANUARY 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

S	Mon	Tue	Wed	Thu	Fri	Sat
	Household Bucks * Jan. 30 Thursday 12:15		1		3	4
5	6 Exercise 10:00 Be Still 11:15	7 Creation Health 10:00 Substance Abuse 11:15	8 Exercise 10:00 Life Style Changes 11:15 Life Healing Choices 12:15	9 Matter of Balance Series Begins 10-12 New Program Getting The Fat Off 12:15	10	11
12	13 Exercise 10:00 Painting 11:15 Cooking Demo 1:00 Overeating-Peer Support 4:00-5:00	14 Revelation of God's Love 10:00 Kettering Diabetic 12:00	15 Exercise 10:00 Life Style Changes 11:15 Life Healing Choices 12:15	16 Matter of Balance Series Begins 10-12 Consumer Health 12:15	17	18
19	20 Closed <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Martin Luther King "I have a dream" </div>	21 Artemis House 10:00 Peer Support 11:15	22 Exercise 10:00 Life Style Changes 11:15 Life Healing Choices 12:15	23 Matter of Balance Series 10:00-12:00 Creation Health 12:15	24	25
26	27 Exercise 10:00 28 Hypertension 11:30 Cooking Demo 1:00 Chemical Dependency Support 4:00-5:00	28 Revelation of God's Love 10:00 Kettering Diabetic 12:00	29 Exercise 10:00 Life Style Changes 11:15 Life Healing Choices 12:15	30 Matter of Balance Series 10-12 *Dental Care Sinclair College 12:15	31	1



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

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 this 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.

*** Recap Awaken-** revisit the lessons learn during the past 8 weeks.

***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.

***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.

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

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 a craft project, for you to take home.