

MARCH



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Contact Marcia Raglin
937-224-3003 Ext. 102



2020

MARCH HEALTH WELLNESS CLASSES

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

S	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Exercise 10:00 Substance Abuse 11:15	3 Getting the Fat Off 9:00 ShowTime @Good Neighbor House 10:30	4 Exercise 9:45 Kettering Creation Health 10 Week Series Begins 11:00-12:30 Must Sign-up	5 Matter of Balance 10:00-12:00 Healthy Cooking 12:15 <i>*Life Style Changes Nutrition (Chocolate)</i>	6	7
8	9 Exercise 10:00 Be Still! 11:15 Cooking Demo 1:00	10 Getting the Fat Off 9:00 Revelation of God's Love 10:15 Kettering Diabetic 12	11 Exercise 9:45 Kettering Creation Health 10 Week Series Begins 11:00-12:30	12 <i>*Abigail Journey 10:00</i> <i>*Dental Care</i> Sinclair College 11:15 Life Style Changes II (Diabetic) 4:00-5:00 T- United Health Care	13	14
15	16 Exercise 10:00 Painting 11:15	17 Getting the Fat Off 9:00 Addressing Legal Issues CAP-Attorney Randy Smith 10:15 Smoking Cessation 11:30	18 Exercise 9:45 Kettering Creation Health 10 Weeks Series 11:00-12:30 T-United Health	19 <i>*Consumer Health 10:00</i> Cardio Challenge 11:15 Life Style Changes II (Hypertension) 4:00-5:00	20	21
22	23 Exercise 10:00 <i>*Be Still ! 11:15</i> Cooking Demo 1:00	24 Getting the Fat Off 9:00 Revelation of God's Love 10:15 Kettering Diabetic 12	25 Exercise 9:45 Kettering Creation Health 10 Weeks Series 11:00-12:30	26 Healthy Cooking 10:00 <i>*Dental Care</i> Sinclair College 11:15 Life Style Changes <i>*Vitamins 3:00</i> (Exercise) 4:00-5:00	27	28
29	30 Exercise 10:00 Hypertension 11:30	31 Getting the Fat Off 9:00 <i>*Pharmacy Info. 10:15</i>		Household Bucks • Classes • One Per Week		

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

March 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! Committed-Ten (10) Week Program (10-12 participants) Must sign-up in advance.

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.

***Life Style Changes** – Classes offer in the afternoon to meet the Nutritional Program Requirements (diabetic, hypertension), diabetics.) Various topics will be discussed every **Thursdays afternoon**. (Vitamin information 2320 at 3:00 pm) Open to Everyone!

* **Getting the Fat off!** a supportive weight loss program. Join us and watch the weight fall away. See Paula Collins

* **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.

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

***Vitamins Information**– class with have discussions on the importance of vitamins and how much should be taken.

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

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

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

FAMILY LIFE

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

* **Consumer Health**– Classes from public health department about various topics of health concerns.