



Community Care Program



YOGA

Yoga Class

Every Monday at 10 am and 6:30 pm.

Instructor: Vicky Louges

937-835-7503

The Yoga Classes on Mondays are free to all who wish to attend. **BE ON TIME!** To prepare for the stretching needed to keep your muscles and joints supple and well-oiled. See you there. 😊

Visit Nurse Tammi

Reminder: Every Wednesday from 10 am to 2 pm, Tammi Whalen, RN, provides professional care and resources for anyone within or outside of Jefferson Township. You don't have to be a resident to receive attention for your health issues.

Coming Soon

Free Nutrition Program

Ohio State University Extension Office is bringing to Jefferson Township Fire Station 59 a new program called *Eat Smart. Be Active. Learn How.* This free nutrition program will start June 2, 2016 from 6 - 7:30 pm. It is an 8 week program. Incentive prizes and recipe tasting each class!


Contact: Tammi Whalen
937-470-5333



Did You Know



Jefferson Care Call Program

If you live alone and you need a contact person you can count on, consider Jefferson Care Call Program. We have volunteers located at Fire Station 62 on Kimmel Lane near Ballard Avenue. They are ready to contact anyone one who wishes to be a part of this program. All is needed is your name, telephone number and address. A lock box on the door that allows access for our EMS staff is optional. If you are interested contact Battalion Chief Chad McInturff at 937-262-3591 x 215. 

This July, declare your independence from unhealthy habits—attend Healthy U!

Chronic Disease Self-Management Workshop

Offered by the Area Agency on Aging, PSA 2

Learn to better self-manage your health!

- ◆ The workshop is held **once a week for 6 weeks.**
- ◆ Learn from trained leaders who use **workshop tools** to manage their own health conditions.
- ◆ **Set your own goals** and make step-by-step plans to improve your health—regaining control of the things that matter to you!

Topics include:

- ◆ Strategies to deal with stress, fatigue, pain, weight management and depression.
- ◆ Using physical activity to maintain and improve strength, flexibility and endurance.
- ◆ Appropriate use of medications.
- ◆ Communicating effectively with family, friends, and health professionals.



Healthy U is funded by the Older Americans Act. There is no charge for participants who are 60 or older, but donations are welcome. Those under 60 years of age must pay a \$15 fee at Session 1. Complete the workshop and receive a free copy of the companion book, *Living a Healthy Life with Chronic Conditions*.

Consider attending Healthy U if you:

- ◆ Live with long-term health conditions such as arthritis, diabetes, lung disease, high blood pressure, heart disease, chronic pain, anxiety, and depression.
- ◆ Feel limited in your daily activities.
- ◆ Feel tired, alone, or fearful because of your health conditions.
- ◆ Are looking for better ways to manage your symptoms.



Area Agency on Aging, PSA 2

Upcoming Workshop:

Tuesdays, July 5—Aug 9, 2016

9:30 am — noon

Jefferson Township Fire Station #59
7828 Dayton-Liberty Road, Dayton

Space is limited, so please register TODAY!

Contact Tammila Whalen

937-258-2000, option 0

tammila.whalen@wright.edu

\$25 Visa Gift Card Drawing—for those who attend at least four sessions and are present at the final session on August 9.

Diabetes Wellness Retreat

Join Premier Community Health for the 3rd Annual Diabetes Wellness Retreat. Learn more about controlling your diabetes and participate in health screenings.

Saturday, June 25, 2016
9:00 a.m. to 12:00 p.m.

Good Samaritan North Health Center
9000 N. Main St., Dayton, OH, 45415

People who have diabetes and a support person are invited to attend. In addition to a variety of vendors, this event will host a guest speaker and a celebrity "Top Chef." Attendance is limited and registration is required. Hurry and sign up, today!

Only \$10 per person – no charge for support person

To register, please call 1-866-608-3463.

 **Premier Health**
Premier Community Health

Retreat Schedule

9:00 a.m. – 10:00 a.m. Screenings

Free screenings for total cholesterol, HDL (good) cholesterol, blood sugar, and hemoglobin A1c.

Visit with diabetes professionals including: Certified Diabetes Educators, Registered Nurses, Registered Dietitians, Podiatrists, Pharmacists and more.

10:00 a.m. – 11:00 a.m. Presentation



Dr. Miguel Parilo, MD, FACP will give a presentation and answer questions about diabetes.

11:00 a.m. – 12:00 p.m. Cooking Demo



Bravo TV's "Top Chef" fan favorite, Chef Tiffany Derry, will be preparing nutritious meals.

All Morning

- Door Prizes and Giveaways
- Free Samples