



Calendar of Events 2011
4440 Wightman St Suite 200
San Diego, CA 92105

Healthy Life Style Nutrition Programs Offered at the Wellness Center

All community residents are encouraged to visit the Center and participate in all of its programs. For more information/registration please contact: **Marilynn: 619 321-2920**

Standing Proud Martial Arts Class “The Fit Club”

Children of all ages are encouraged to take part in this Martial Arts fitness program. It begins by introducing students to proper dietary habits and the benefits of fitness for a healthy lifestyle. Classes begin with a warm-up, followed by some stretching and some light jogging. The Fit Club then takes each child and prepares them for the fundamentals of Martial Arts, primarily Brazilian Jiu Jitsu which is a non-striking art form and basic Muay Thai which incorporates kicks and punches. Students are taught proper technique and evasive maneuvers in a fun way. As students make progress, they are then allowed to practice the techniques they have learned against one another.

Classes: Mondays 4:30-6:00 PM

Wednesdays 2:30-3:30 PM

Limited Space Available

Healthy Lifestyle Nutrition

A series of classes geared especially for Women of all ages focusing on chronic disease prevention and all the health risks due to poor nutrition and physical fitness. The key ingredients of a healthy lifestyle include a balanced diet and regular physical activity that contribute to the well being of individuals with different chronic diseases. This class presents basic nutritional information and suggestions for developing individualized, healthy eating and physical activity habits. Strategies for the prevention and management of chronic diseases such as heart condition (high blood pressure, high cholesterol) stroke and cancer.

Classes every Monday from 5-6 PM

Limited Space Available

Breastfeeding/Nutrition Support Group

This is a weekly instruction and support program for mothers and their babies designed to encourage breastfeeding through the infant's first year of life. Led by a breastfeeding consultant, weekly activities incorporate "hands-on" instruction, support, infant nutrition, as well as health education.

Every Monday 11:00 – 1:00 P.M

Offered in Spanish and English

Integrative Health Nights

Alternative health integrates Eastern and Western practices for the best comprehensive healthcare and personal well-being. The program is offered monthly and offers chair massage, acupuncture, yoga and cooking/ nutrition by health experts.

Offered the 4th Thursday of each month from 3 - 7 PM

“Ask a Health Professional”- Interactive Discussion Nights

A once a month program that will allow you to take charge of your health and will focus on prevention. The Center will feature health professionals that will be allow to address your health needs in a question and answer format. Please see calendar for monthly topics.

3rd Thursday of the month 5-7 PM

Please call for more information on the monthly topic and day and time.

Exercise Program

This program is for busy parents who often don't have time to schedule physical activity into their day. The main goal of the program is to increase parent involvement in physical activity, while making it 100% fun. The Center will be offering this program designed for all adults to help keep in shape and increase flexibility.

Classes every Tuesdays, and Thursdays 12:00- 1:00 PM

Wednesdays 1:00 - 2:00 PM

Parenting Program Discussion Nights

A monthly parenting workshop presented in a Q & A format. Delivered by experienced presenters, providing parents with positive parenting tools to take home and try with their children.

Please see calendar for Monthly topics

2nd Thursday of the month 5-7 PM

Other Weekly Programs

Eligibility Assistance

Eligibility Workers are available to counsel people on eligibility and assist people in applying for Medi-Cal; Healthy Families and other related health care access assistance.

Fridays: 10:00 AM – 1:00 PM

Healthy Development Services Program (Funded in part by First 5 San Diego)

This program is FREE OF CHARGE for children up to 5 years of age and their families. Free services include: Developmental, Speech, Language, and Behavioral screenings, assessment, and treatment groups; Hearing and Vision Screenings and free glasses as needed

For more information or to make an appointment for a free screening

Contact: 619-515-2406

Mid-City CAN

Monthly Networking Council meetings which provide an opportunity for community residents and representatives from private and public organizations, faith communities, schools and businesses to get together and share community resources and information.

Meets the second Tuesday of each month 8:00-10:00 am

Building Healthy Communities Momentum Team Meetings held at the Center

- **Access to Health Care** momentum team meetings are held the 2nd and 4th (sub meeting) Monday of each month from 4:30-6:00 PM
- **Food Justice** momentum team meetings are the 2nd Wednesday of each month from 12-2:00 PM
- **Resident** momentum team meetings are held the 2nd Tuesday of each month from 5:00-7:00 PM

Contact: Diana Ross 619-283-9634