

APRIL 2023

JPS Community Health & Wellness Program- Como Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
3 CHW Office Hours Ariel Hall 9:00a-3:00p	4 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Heart Failure Self Care JPS Patient Education 1:00p-2:30p	5 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:00a-3:00p	6 SAIL Program JPS Trauma Services Time: 11:00a-12:00p	7
10 CHW Office Hours Ariel Hall 9:00a-3:00p	11 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Heart Failure Nutrition JPS Patient Education 1:00p-2:30p	12 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:00a-3:00p	13 SAIL Program JPS Trauma Services Time: 11:00a-12:00p What is High Blood Pressure JPS Patient Education 1:00p-2:30p	14
17 CHW Office Hours Ariel Hall 9:00a-3:00p	18 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Heart Failure Medication JPS Patient Education 1:00p-2:30p	19 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:00a-3:00p	20 SAIL Program JPS Trauma Services Time: 11:00a-12:00p Healthy Eating with High Blood Pressure JPS Patient Education 1:00p-2:30p	21 Resource Sharing JPS Behavioral Health Time: 9:00a-11:00a
24 CHW Office Hours Ariel Hall 9:00a-3:00p	25 SAIL Program JPS Trauma Services Time: 11:00a-12:00p	26 CHW Office Hours Karina Garcia <i>(Spanish speaking)</i> 9:00a-3:00p	27 SAIL Program JPS Trauma Services Time: 11:00a-12:00p	28

Contact Community Outreach to Sign-up
817-702-2570 | CommunityOutreach@jpshealth.org

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Program Descriptions

CHW Office Hours- CHW stands for Community Health Worker. The CHW will help you find resources in the community like assistance programs.

Heart Failure- This class is about how to live with heart failure. Learn about how medicines and managing symptoms, healthy eating, lifestyle, and coping can keep someone with heart failure out of the hospital.

High Blood Pressure- This series is about how to live a healthy life with high blood pressure. What does it mean to have hypertension, or high blood pressure? Learn about the symptoms and treatments of high blood pressure and how diet and a healthy lifestyle can prevent long-term problems.

SAIL Program- Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for older adults. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling.

Resource Sharing- A behavioral health specialist will be available to provide resources about mindful living.

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