



OFFICE OF HEALTHY BEHAVIORS CALENDAR OF EVENTS MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Aerobics Class Georgia Avenue High rise 174 Georgia Avenue</p> <p>11:00 am</p>	<p>2</p> <p>Aerobic Class Cosby Spears Towers 355 North Avenue</p> <p>1:00 pm</p>	<p>3</p> <p>Family Empowerment Reaching New Heights 1303 Sandalwood Drive</p>	<p>4</p> <p>Safe Kids Walk Your Kid 2 School Day Mary Bethune Elementary College Park, GA 7:00 am – 9:00 am</p>	<p>5</p> <p>Family Empowerment Trinity Hall 265 Washington Street</p> <p>10:00 am</p>	<p>13</p> <p>Annual Sigma Gamma Rho Sorority Youth & Safety Symposium “It’s All About Me”</p> <p>Mall West End 850 Oak St. 10:00 am – 2:00 pm</p> <p>Child Safety Seat Demo Health Screenings Christian Hip Hop Guest Speakers</p> <hr/> <p>27</p> <p>CHOICES 5th Annual Nutrition and Physical Activity Expo</p> <p>Adamsville Recreation Center 3201 Martin Luther King Jr. 10:00 am – 4:00 pm</p> <p>Fun Health Fitness for Kids Health Screenings Cooking Demonstrations Greeting from Atlanta Mayor Kasim Reed and Councilman C. T. Martin</p>
<p>“Sanctuary Walk”</p> <p>Every Sunday</p> <p>Greater Deliverance Baptist Church 705 Joseph E. Lowery Blvd Atlanta, GA - 30318</p> <p>1:00 pm</p> <p>Walk to the melodic sounds of Greater Deliverances’ Ensemble</p> <p>Everyone is Welcome!</p>	<p>8</p> <p>Aerobics Class Georgia Avenue High rise 174 Georgia Avenue</p> <p>11:00 am</p>	<p>9</p> <p>Family Empowerment Kennedy Middle School 225 Griffin Street.</p>	<p>10</p> <p>Family Empowerment Hunters Glen 8601 Roberts Drive</p>	<p>4</p> <p>Living Well with Chronic Conditions West Hunter Baptist Church 1040 Ralph D. Abernathy</p> <p>9:00 am – 12:30 pm</p>	<p>12</p> <p>Family Empowerment Trinity Hall 265 Washington Street</p> <p>10:00 am</p>	
	<p>15</p> <p>Aerobics Class Georgia Avenue High rise 174 Georgia Avenue</p> <p>11:00 am</p>	<p>16</p> <p>Aerobics Class Piedmont Towers 3601 Piedmont Road</p> <p>1:00 pm</p>	<p>17</p> <p>Family Empowerment Reaching New Heights 1303 Sandalwood Drive</p>	<p>11</p> <p>REACH For Wellness Coalition Meeting Mechanicsville Library 400 Formwalt Street 5:30 pm</p>	<p>19</p> <p>Family Empowerment Trinity Hall 265 Washington Street</p> <p>10:00 am</p>	
	<p>22</p> <p>Aerobics Class Georgia Avenue High rise 174 Georgia Avenue</p> <p>11:00 am</p>	<p>23</p> <p>Aerobic Class Cosby Spears Towers 355 North Avenue</p> <p>1:00 pm</p>	<p>24</p> <p>Family Empowerment Hunters Glen 8601 Roberts Drive</p> <p>1:00 pm</p>	<p>25</p> <p>7th Annual Fitness & Residential Life Fun Week</p> <p>Morehouse College Archie Hall Gymnasium 830 Westview Dr.</p> <p>11:00 am – 3:00 pm</p>	<p>26</p> <p>Family Empowerment Trinity Hall 265 Washington Street</p> <p>10:00 am</p>	
	<p>29</p> <p>Aerobics Class Georgia Avenue High rise 174 Georgia Avenue</p> <p>11:00 am</p>	<p>30</p> <p>Center of Excellence for Elimination of Disparities</p> <p>Service Providers’ Breakfast Aldredge Health Center 99 Jesse Hill Jr. Drive 4th Floor Conference Rook</p>	<p>Colet Odenigbo, Acting Program Manager – OHB Carolyn Atwater-Wooten, Safe Kids Coordinator Vivian Moore, SUCEED Cervical Cancer Coordinator Deborah Cherry, REACH for Wellness Coordinator Keisha Jackson, H.I.R.E. Learning Coordinator Carolyn McKenzie, Primary Care Lite Administrator Bertha Henry – Administrative Assistant</p> <p style="text-align: center;">~Please see the full schedule of REACH For Wellness Events on page 2~</p>		<p>404-730-1519 404-730-1309 404-730-1517 404-730-1513 404-730-1308 404-730-1299 404-730-1243</p>	

Fulton County Office of Healthy Behaviors Calendar of Events – MARCH 2010

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<p>Aerobics Class 11:00 am – Georgia Ave. Apt 174 Georgia Ave,</p>	<p>Aerobics Class 11:00 am – Georgia Avenue Apt 174 Georgia Avenue</p> <p>Aerobics Class 1:00 pm – Piedmont Towers 3601 Piedmont Road</p> <p>Aerobics Class 1:00 pm – Cosby Spears Towers 355 North Avenue</p>	<p>Family Empowerment 10:00 am – Reaching New Heights 1303 Sandalwood Dr.</p> <p>Family Empowerment 1:00 pm – Hunters Glen 8601 Roberts Drive</p>	<p>Cooking Class 6:00 pm – West End Library 525 Peeple Street</p> <p>Aerobics Class 1:00 pm – Cosby Spears 355 North Avenue</p>	<p>Family Empowerment 10:00 am – Trinity Hall 265 Washington St</p>	<p>SUNDAY “Sanctuary Walk”</p> <p>Greater Deliverance Baptist Church 705 Joseph E. Lowery Blvd 1:00 pm</p>

**REACH For Wellness
Coalition Meeting**
Mechanicsville Library
400 Formwalt Street

March 11, 2010
5:30 pm

Headache & Stress Relief

**Presented by:
Dr. Leana Kart
Northwest Chiropractic**

Learn how to reduce your stress and how to avoid having terrible headaches. Remedies you can use right away!

Free posture screenings will be conducted on site.

Live Healthy Fulton!

*Fulton County Department of Health and Wellness,
Office of Healthy Behaviors is encouraging all
Fulton County residents to
take charge of their health in 2010.*

***FEEL BETTER – LOOK BETTER
BE BETTER***

*Get regular check ups, eat healthy meals, be active, quit
smoking, control asthma, manage stress
reduce your risk for cancer and
ensure the safety of all children.*



Need to See a Doctor?

Adults can now make an appointment for
Primary Care Lite

- ☉ Minor Illnesses
- ☉ Chronic Disease Screenings
- ☉ Hypertension & Diabetes (Early Treatment)
- ☉ Assessments
- ☉ Referrals
- ☉ Preventive care
- ☉ Health Maintenance

\$20 per visit
Fulton County Department
of Health and Wellness

404-302-8625



REACH FOR WELLNESS
OFFICE OF HEALTHY BEHAVIORS
FULTON COUNTY DEPARTMENT OF
HEALTH & WELLNESS
99 Jesse Hill Jr. Drive
Atlanta, Georgia 30303
404-730-1513

REACH For Wellness connects residents to free resources in the community that improve cardiovascular health and wellness. REACH is sponsored by the Fulton County Department of Health and Wellness.

For more information about REACH For Wellness, call 404-730-1513.

New classes are added throughout the month, please call to find a class in your area. We can also set up these FREE classes at your location, call for more information.

