



MONDAY, April 7 - Eat Well



Lose Dat Program- Cooking demonstration w/ samples

Where: Tulane Community Health Center (711 N. Broad St. NOLA 70119)

5:30p-6:30p

Description: Open to public. Presentation with cooking demonstration led by Kim Sawyers (Tulane CHW) on success stories and macro-level obesity.

TUESDAY, April 8 - Be the Healthiest Nation in One Generation



Women's Wellness Program- Light dinner provided

Where: Common Grounds Health Clinic (1400 Teche St. NOLA 70114)

6:00p-7:30p

Description: Open to public. Interactive women's wellness support group led by Dr. Nana Nantambu and Disaster Preparedness session with Julia Burak from Red Cross.

WEDNESDAY, April 9 - Be Healthy from the Start



Crossroads Pregnancy Center- Light snack provided

Where: Crossroads Pregnancy Center (105 Saint Louis St., Thibodaux, LA 70301)

10:00a-11:00a

Description: Open to public. Interactive informational session with Fussy Baby Network about newborns, soothing fussy babies, infant parenting and available resources.

THURSDAY, April 10 - Get Out Ahead



Fresh Breath of Life- Light lunch provided

Where: Plaquemines Care Center (108 E Oakville St. Belle Chasse, LA 70037)

10:00a-12:00p

Description: Open to seniors. Emergency Preparedness & Diabetes Management seminars w/Sundee Warren (PH Emergency Coordinator) & Patricia Davis (Tulane CHW).

FRIDAY, April 11 - Don't Panic



LACHON Domestic Violence Seminar

Where: Tulane Community Health Center (711 N. Broad St. 2nd Fl Conf Rm NOLA 70119)

11:00-12:30p

Description: Open to public. Led by Dr. Ashley Wennerstrom w/Ashley Bernal (Women with a Vision), Gwen Richardson (Ashe') and Starleen Maharaj Lewis (Tulane CHW).

For more information contact: **Anna Hassan (504) 988-1322**