

AMERIHEALTH CARITAS DISTRICT OF COLUMBIA

# **EVENTS**

#### QUESTIONS?

Contact the Community Outreach Solutions team at **202-216-2318**, Monday through Friday, 8 a.m. to 6 p.m. We can confirm the event schedule, help you register, or answer any of your other questions.

SEPTEMBER 2025		
DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
September 2 4 p.m. – 5:30 p.m.	Tomando Control de tu Salud (Taking Control of your Health) Wellness Circle The Wellness Circles consist of interactive workshops led by community health and wellness experts from La Clínica del Pueblo. Throughout the workshops, subject matter experts deliver presentations and facilitate interactive sessions on how to prevent hypertension, diabetes, and other chronic diseases, as well as ways to manage these conditions over time.	La Clinica 2831 15th St. NW Washington, DC 20009
September 3 4 p.m. – 6 p.m.	Road to Health (Diabetes Prevention Program)  This program, led by community health and wellness experts from La Clínica del Pueblo, will help enrollees lose weight and maintain a healthy lifestyle.	La Casa 3166 Mt Pleasant St. NW Washington, DC 20010
September 4 12 p.m.	Headspace Session: Navigating Difficult Times In this live meditation, find support and new ways to cope with life's challenges.	http://bit.ly/3VcYoov



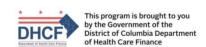




#### SEPTEMBER 2025 **EVENT TYPE AND DATE AND TIME EVENT REGISTRATION Amharic Language Safe Sleep Class** The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months postpartum. The program content which includes a video (English and Amharic) and written materials is designed to promote safe September 5 habits for infant sleeping (e.g. place infant on its back, minimal items in the https://bit.ly/4jnVCYc 10 a.m. – 12 p.m. sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, enrollees receive a Cribette (portable crib) which parents may use as a place for safe sleep. **Educare's Back-to-School Event** Educare of Washington, DC September 8 The fair will offer a variety of activities, information, and resources related to 640 Anacostia Ave. NE 3 p.m. health, fitness, and well-being. Washington, DC 20019 **IDEA Back-to-School Event IDEA Campus** September 9 The fair will offer a variety of activities, information, and resources related to 4501 Lee St. NE 3 p.m. health, fitness, and well-being. Washington, DC 20019 Tomando Control de tu Salud (Taking Control of your Health) Wellness Circle The Wellness Circles consist of interactive workshops led by community health La Clinica September 9 and wellness experts from La Clínica del Pueblo. Throughout the workshops, 2831 15th St. NW subject matter experts deliver presentations and facilitate interactive sessions on 4 p.m. – 5:30 p.m. Washington, DC 20009 how to prevent hypertension, diabetes, and other chronic diseases, as well as ways to manage these conditions over time. Road to Health (Diabetes Prevention Program) La Casa September 10 This program, led by community health and wellness experts from La Clínica del 3166 Mt Pleasant St. NW 4 p.m. – 6 p.m. Pueblo, will help enrollees lose weight and maintain a healthy lifestyle. Washington, DC 20010 So Others Might Eat (SOME) Event: Reclaiming Our Community Fall Wellness Festival Gasner House Apartments September 12 Come out and receive information and resources to enhance your life. The event 2810 Texas Ave. SE 12 p.m. – 3 p.m. will feature health screenings, food demos, a free food pantry, and financial Washington, DC 20028 literacy classes. **Total Body Fitness** Balance Gym September 13 Enrollees can have fun burning calories, dancing, and getting fit with trainers 214 D St. SE 11 a.m. – 12 p.m.



from Wanda Woman.





Washington, DC 20003

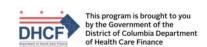
#### SEPTEMBER 2025 **EVENT TYPE AND DATE AND TIME EVENT REGISTRATION** DC Public Schools (DCPS) Annual Back-to-School Block Party This event, coordinated by the DCPS Office of Engagement & Partnerships, Jackson-Reed High School September 13 connects students, families, DCPS staff, and partners in a community celebration 3950 Chesapeake St. NW 11 a.m. – 2 p.m. to kick off the new school year. There will be free food, activities, student Washington, DC 20016 performances, and resources. **Benning Stoddert Community Recreation** Benning Stoddert Community Recreation Center's 25th Annual Community Day September 13 Center 12 p.m. – 5 p.m. Enrollees can enjoy this community day with health resources and family fun. 200 Stoddert Pl. SE Washington, DC 20019 Tomando Control de tu Salud (Taking Control of your Health) Wellness Circle The Wellness Circles consist of interactive workshops led by community health La Clinica and wellness experts from La Clínica del Pueblo. Throughout the workshops, September 16 2831 15th St. NW 4 p.m. – 5:30 p.m. subject matter experts deliver presentations and facilitate interactive sessions on Washington, DC 20009 how to prevent hypertension, diabetes, and other chronic diseases, as well as ways to manage these conditions over time. The Ethel Apartment **Healthy Cooking Made Easy** September 17 **Building** Enrollees will join Food Jonezi for a cooking class. Participants will receive 11 a.m. – 12:30 p.m. 1900 C St. SE nutrition education and cook alongside a chef and dietician. Washington, DC 20003 Road to Health (Diabetes Prevention Program) La Casa September 17 This program, led by community health and wellness experts from La Clínica del 3166 Mt Pleasant St. NW 4 p.m. – 6 p.m. Pueblo, will help enrollees lose weight and maintain a healthy lifestyle. Washington, DC 20010 **Spanish Language Safe Sleep Class** The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months postpartum. The program content which includes a video (English and Spanish) and written materials is designed to promote safe September 19 habits for infant sleeping (e.g. place infant on its back, minimal items in the https://bit.ly/47KrNvR 10 a.m. – 12 p.m. sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, enrollees receive a Cribette (portable crib) which parents may use as a place for safe sleep. Unity Health Care-MCP Event: Brentwood Unity Health Center's Health Fair September 20 Brentwood

The event will feature free health screenings, community resources,

entertainment, healthy cooking demos, and more.



9 a.m. – 12 p.m.





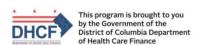
1251-B Saratoga Ave. NE

Washington, DC 20018

#### SEPTEMBER 2025 **EVENT TYPE AND DATE AND TIME EVENT REGISTRATION** Tomando Control de tu Salud (Taking Control of your Health) Wellness Circle The Wellness Circles consist of interactive workshops led by community health La Clinica and wellness experts from La Clínica del Pueblo. Throughout the workshops, September 23 2831 15th St. NW 4 p.m. – 5 p.m. subject matter experts deliver presentations and facilitate interactive sessions on Washington, DC 20009 how to prevent hypertension, diabetes, and other chronic diseases, as well as ways to manage these conditions over time. La Casa **Road to Health (Diabetes Prevention Program)** September 24 This program, led by community health and wellness experts from La Clínica del 3166 Mt Pleasant St. NW 4 p.m. – 6 p.m. Pueblo, will help enrollees lose weight and maintain a healthy lifestyle. Washington, DC 20010 **KenCove/SHIRE Partners Virtual Wellness Circle:** The Wellness Circles consists of interactive workshops led by community health Purity Baptist Church September 25 and wellness experts from KenCove Partners. Throughout the workshops, subject 1325 Maryland Ave. NE 5 p.m. – 7 p.m. matter experts deliver presentations and facilitate interactive sessions on how to Washington, DC 20002 prevent hypertension, diabetes, and other chronic diseases, as well as ways to manage these conditions over time. Congressional Black Caucus Foundation's Annual Community Breakfast & **Health Fair** Founded by the Congressional Black Caucus Foundation, this event takes a Franklin Park September 25 community approach to addressing policy issues, bringing onsite public support, 1332 I St. NW 7:30 a.m. – 10:30 a.m. valued services, and direct outreach to those in need in conjunction with Washington, DC 20005 Congressional Black Caucus Foundation's premier public policy Annual Legislative Conference. The event offers services to low-income and unhoused men and women, including health screenings and resources. Safe Sleep Class The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months postpartum. The program content which includes a video and written materials is designed to promote safe habits for infant September 26 https://bit.ly/47KrNvR 10 a.m. – 12 p.m. sleeping (e.g. place infant on its back, minimal items in the sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, enrollees receive a Cribette (portable crib) which parents may use as a place for safe sleep. MCO Collaborative Event: "My City, My Plan" National Children's Center September 27 The purpose of the summer health series is to help engage Medicaid enrollees in 3400 Martin Luther King Jr. 11 a.m. – 4 p.m. their preventive health. The focus is on recertification, EPSDT, and also seeking Ave. SE programming for men, mothers/babies, and children with special needs. Washington, DC 20032 **Total Body Fitness** Balance Gym September 27 Enrollees can have fun burning calories, dancing, and getting fit with trainers 214 D St. SE 11 a.m. – 12 p.m. from Wanda Woman. Washington, DC 20003

Need to meet with us in person? Call **202-216-2318** to schedule a visit. Visit us at: 1201 Maine Ave SW, 10th Floor, Washington, DC 20024.







AmeriHealth Caritas District of Columbia complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex characteristics, including intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). AmeriHealth Caritas District of Columbia does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

## **English**

If you do not speak and/or read English, please call **1-800-408-7511** (**TTY 1-800-570-1190**), available 24 hours a day, seven days a week. A representative will assist you.

## **Español**

Si no habla y/o lee inglés, llame al **1-800-408-7511** (**TTY 1-800-570-1190**), línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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# Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

# 繁體中文

如果您不會講或讀英文,請致電 **1-800-408-7511** (TTY **1-800-570-1190**), 此電話每天 **24** 小時, 每週 7 天開通。您將得到一位服務代表的協助。

# 한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 1-800-408-7511 (TTY 1-800-570-1190)번으로 전화하십시오. 직원이 도와드릴 것입니다.

### Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511** (**TTY 1-800-570-1190**), disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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www.amerihealthcaritasdc.com



