



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.	<b>Tomando Control de tu Salud (Taking Control of your Health) Wellness Circle</b> 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.	<b>Road to Health (Diabetes Prevention Program)</b> 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.	<b>Headspace Session: Navigating Difficult Times</b> In this live meditation, find support and new ways to cope with life's challenges.	<a href="http://bit.ly/3VcYoov">http://bit.ly/3VcYoov</a>

## SEPTEMBER 2025

DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
September 5 10 a.m. – 12 p.m.	<b>Amharic Language Safe Sleep Class</b> 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 habits for infant 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.	<a href="https://bit.ly/4jnVCYc">https://bit.ly/4jnVCYc</a>
September 8 3 p.m.	<b>Educare's Back-to-School Event</b> The fair will offer a variety of activities, information, and resources related to health, fitness, and well-being.	Educare of Washington, DC 640 Anacostia Ave. NE Washington, DC 20019
September 9 3 p.m.	<b>IDEA Back-to-School Event</b> The fair will offer a variety of activities, information, and resources related to health, fitness, and well-being.	IDEA Campus 4501 Lee St. NE Washington, DC 20019
September 9 4 p.m. – 5:30 p.m.	<b>Tomando Control de tu Salud (Taking Control of your Health) Wellness Circle</b> 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 10 4 p.m. – 6 p.m.	<b>Road to Health (Diabetes Prevention Program)</b> 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 12 12 p.m. – 3 p.m.	<b>So Others Might Eat (SOME) Event: Reclaiming Our Community Fall Wellness Festival</b> Come out and receive information and resources to enhance your life. The event will feature health screenings, food demos, a free food pantry, and financial literacy classes.	Gasner House Apartments 2810 Texas Ave. SE Washington, DC 20028
September 13 11 a.m. – 12 p.m.	<b>Total Body Fitness</b> Enrollees can have fun burning calories, dancing, and getting fit with trainers from Wanda Woman.	Balance Gym 214 D St. SE Washington, DC 20003

## SEPTEMBER 2025

DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
<b>September 13</b> 11 a.m. – 2 p.m.	<b>DC Public Schools (DCPS) Annual Back-to-School Block Party</b> This event, coordinated by the DCPS Office of Engagement & Partnerships, connects students, families, DCPS staff, and partners in a community celebration to kick off the new school year. There will be free food, activities, student performances, and resources.	Jackson-Reed High School 3950 Chesapeake St. NW Washington, DC 20016
<b>September 13</b> 12 p.m. – 5 p.m.	<b>Benning Stoddert Community Recreation Center's 25th Annual Community Day</b> Enrollees can enjoy this community day with health resources and family fun.	Benning Stoddert Community Recreation Center 200 Stoddert Pl. SE Washington, DC 20019
<b>September 16</b> 4 p.m. – 5:30 p.m.	<b>Tomando Control de tu Salud (Taking Control of your Health) Wellness Circle</b> 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
<b>September 17</b> 11 a.m. – 12:30 p.m.	<b>Healthy Cooking Made Easy</b> Enrollees will join Food Jonezi for a cooking class. Participants will receive nutrition education and cook alongside a chef and dietician.	The Ethel Apartment Building 1900 C St. SE Washington, DC 20003
<b>September 17</b> 4 p.m. – 6 p.m.	<b>Road to Health (Diabetes Prevention Program)</b> 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
<b>September 19</b> 10 a.m. – 12 p.m.	<b>Spanish Language Safe Sleep Class</b> 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 habits for infant 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.	<a href="https://bit.ly/47KrNvR">https://bit.ly/47KrNvR</a>
<b>September 20</b> 9 a.m. – 12 p.m.	<b>MCP Event: Brentwood Unity Health Center's Health Fair</b> The event will feature free health screenings, community resources, entertainment, healthy cooking demos, and more.	Unity Health Care- Brentwood 1251-B Saratoga Ave. NE Washington, DC 20018

## SEPTEMBER 2025

DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
September 23 4 p.m. – 5 p.m.	<b>Tomando Control de tu Salud (Taking Control of your Health) Wellness Circle</b> 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 24 4 p.m. – 6 p.m.	<b>Road to Health (Diabetes Prevention Program)</b> 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 25 5 p.m. – 7 p.m.	<b>KenCove/SHIRE Partners Virtual Wellness Circle:</b> The Wellness Circles consists of interactive workshops led by community health and wellness experts from KenCove Partners. 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.	Purity Baptist Church 1325 Maryland Ave. NE Washington, DC 20002
September 25 7:30 a.m. – 10:30 a.m.	<b>Congressional Black Caucus Foundation's Annual Community Breakfast &amp; Health Fair</b> Founded by the Congressional Black Caucus Foundation, this event takes a community approach to addressing policy issues, bringing onsite public support, valued services, and direct outreach to those in need in conjunction with 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.	Franklin Park 1332 I St. NW Washington, DC 20005
September 26 10 a.m. – 12 p.m.	<b>Safe Sleep Class</b> 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 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.	<a href="https://bit.ly/47KrNvR">https://bit.ly/47KrNvR</a>
September 27 11 a.m. – 4 p.m.	<b>MCO Collaborative Event: "My City, My Plan"</b> The purpose of the summer health series is to help engage Medicaid enrollees in their preventive health. The focus is on recertification, EPSDT, and also seeking programming for men, mothers/babies, and children with special needs.	National Children's Center 3400 Martin Luther King Jr. Ave. SE Washington, DC 20032
September 27 11 a.m. – 12 p.m.	<b>Total Body Fitness</b> Enrollees can have fun burning calories, dancing, and getting fit with trainers from Wanda Woman.	Balance Gym 214 D St. SE 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.



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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.

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## 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](http://www.amerihealthcaritasdc.com)