



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.

January 2021		
DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
January 6 12 p.m. – 1 p.m.	Total Body Dance Fitness Crankin Fitness is a results-driven total body cardio and toning dance fitness workout! Have fun burning calories, dancing, and getting fit in the Crank Zone!	Virtual (Zoom) 312-626-6799 Meeting ID: 934 3316 4062 Password: 137045
January 8 9 a.m. – 5 p.m.	EPSDT Wellness Day Enrollees can receive a well-child visit.	District Urgent Care 4903 Georgia Ave. NW Washington, DC 20011
January 8 12 p.m. – 1 p.m.	Yoga for Beginners Yoga class teaches the foundation (grounding), form (alignment), focus (dristi), and flow (breath or pranayama) to achieve an oneness in mind, body, and spirit. This event is tailor-made for beginners and novices alike, but all levels are encouraged to join.	Virtual (Zoom) 301-715-8592 Meeting ID: 915 8733 7155 Password: 137045

January 2021		
DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
January 12 9 a.m. – 5 p.m.	EPSDT Wellness Day Enrollees can receive a well-child visit.	District Urgent Care 4903 Georgia Ave. NW Washington, DC 20011
January 12 12 p.m. – 1 p.m.	Nutrition education and cooking class Food Jonezi provides nutrition help to District residents. Attendees will learn nutrition tips on ways to improve eating and cooking habits.	Virtual (Zoom) 301-715-8592 Meeting ID: 982 0148 5290 Password: 137045
January 13 12 p.m. – 1 p.m.	Total Body Dance Fitness Crankin Fitness is a results-driven total body cardio and toning dance fitness workout! Have fun burning calories, dancing, and getting fit in the Crank Zone!	Virtual (Zoom) 312-626-6799 Meeting ID: 934 3316 4062 Password: 137045
January 15 12 p.m. – 1 p.m.	Yoga for Beginners Yoga class teaches the foundation (grounding), form (alignment), focus (drishti), and flow (breath or pranayama) to achieve an oneness in mind, body, and spirit. This event is tailor-made for beginners and novices alike, but all levels are encouraged to join.	Virtual (Zoom) 301-715-8592 Meeting ID: 915 8733 7155 Password: 137045
January 20 12 p.m. – 1 p.m.	Total Body Dance Fitness Crankin Fitness is a results-driven total body cardio and toning dance fitness workout! Have fun burning calories, dancing, and getting fit in the Crank Zone!	Virtual (Zoom) 312-626-6799 Meeting ID: 934 3316 4062 Password: 137045
January 22 9 a.m. – 5 p.m.	EPSDT Wellness Day Enrollees can receive a well-child visit.	District Urgent Care 4903 Georgia Ave. NW Washington, DC 20011
January 22 10 a.m. – 12 p.m.	Bright Start® Safe Sleep program Our Safe Sleep program teaches new parents about newborn sleeping safety. This program offers ways to help you give your baby a safe sleeping environment. Enrollees will receive a Cribette™ (portable crib) at no cost upon completing the course.	Virtual (Zoom) 301-715-8592 Meeting ID: 984 1117 9029 Password: 137045
January 22 12 p.m. – 1 p.m.	Yoga for Beginners Yoga class teaches the foundation (grounding), form (alignment), focus (drishti), and flow (breath or pranayama) to achieve an oneness in mind, body, and spirit. This event is tailor-made for beginners and novices alike, but all levels are encouraged to join.	Virtual (Zoom) 301-715-8592 Meeting ID: 915 8733 7155 Password: 137045
January 26 9 a.m. – 5 p.m.	EPSDT Wellness Day Enrollees can receive a well-child visit.	District Urgent Care 4903 Georgia Ave. NW Washington, DC 20011
January 26 12 p.m. – 1 p.m.	Nutrition education and cooking class Food Jonezi provides nutrition help to District residents. Attendees will learn nutrition tips on ways to improve eating and cooking habits.	Virtual (Zoom) 301-715-8592 Meeting ID: 982 0148 5290 Password: 137045

January 2021		
DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
January 26 1 p.m. – 3 p.m.	Youth Wellness Advisory Committee The Youth Wellness Advisory Council is made up of enrollees who are under 21. Participants discuss how AmeriHealth Caritas DC can make their health care experiences and encounters better for them, their families, and the community at large.	Virtual (Zoom) 301-715-8592 Meeting ID: 202 408 2234 Password: 863103
January 27 12 p.m. – 1 p.m.	New enrollee orientation This is an informational session for enrollees who recently joined (or rejoined) AmeriHealth Caritas DC. During the session they will learn about the benefits and services available to them and also how to access them.	Virtual (Zoom) 312-626-6799 Meeting ID: 944 2739 3240 Password: 137045
January 27 12 p.m. – 1 p.m.	Total Body Dance Fitness Crankin Fitness is a results-driven total body cardio and toning dance fitness workout! Have fun burning calories, dancing, and getting fit in the Crank Zone!	Virtual (Zoom) 312-626-6799 Meeting ID: 934 3316 4062 Password: 137045
January 27 2 p.m. – 3 p.m.	Meet the Pharmacist Our Director of Pharmacy will host a series of health education sessions on medication management and adherence for various chronic conditions including diabetes, asthma, and hypertension. The pharmacist will also discuss pharmacy benefits, resources, and programs.	Virtual (Zoom) 312-626-6799 Meeting ID: 929 5522 9709 Password: 137045
January 27 5 p.m. – 6 p.m.	Baby Massage Class Dynamic Wellness Massage is leading a series of virtual group baby massage classes for mothers. Mothers will be taught baby massage techniques used to help soothe infants and encourage bonding between mother and baby. These classes will also provide relevant information to mothers about scheduling well baby visits, vaccinations, and maintaining good maternal health.	Virtual (Zoom) 301-715-8592 Meeting ID: 941 3090 6433 Password: 137045
January 29 12 p.m. – 1 p.m.	Yoga for Beginners Yoga class teaches the foundation (grounding), form (alignment), focus (drishti), and flow (breath or pranayama) to achieve an oneness in mind, body, and spirit. This event is tailor-made for beginners and novices alike, but all levels are encouraged to join.	Virtual (Zoom) 301-715-8592 Meeting ID: 915 8733 7155 Password: 137045
January 29 5 p.m. – 6 p.m.	Virtual recovery support group This is a virtual recovery support group designed to provide an opportunity for enrollees to share their recovery experiences, strategies, and citywide resources.	Virtual (Zoom) 301-626-6799 Meeting ID: 973 8525 2759 Password: 137045

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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