



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.

## July 2024

DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
<b>July 5</b> 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 post-partum. 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, members receive a Pack-n-Play which parents may use as a place for safe sleep.	To register, contact Bright Start at 1-877-759-6883
<b>July 11</b> 12 p.m. – 1 p.m.	<b>Headspace Cares: Managing Anxiety</b> Anxious thoughts happen to all of us from time to time. If you're seeking ways to be more in the present, don't miss this meditation session with a beloved Headspace teacher. Learn science-backed techniques for soothing anxious thoughts and finding a more centered state of mind.	Register at: <a href="https://events.headspace.com/2024-calendar/">https://events.headspace.com/2024-calendar/</a>

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DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
July 13 11 a.m. – 12 p.m.	<b>Total Body Fitness</b> Have fun burning calories, dancing and getting fit with trainers from Wanda Woman!	1209 Marion Barry Ave. SE Washington, DC 20020
July 13 11 a.m. – 2 p.m.	<b>C3 Cares: Diabetic Health Education &amp; Screening Day</b> This event will offer general health education and diabetic screenings for enrollees.	C3 Cares 662 Atlantic Street SE Washington, DC 20032
July 16 12 p.m. – 2 p.m.	<b>Heart Health Education Session with AmeriHealth Caritas DC's Population Health</b> This will be an interactive session focused on understanding risk factors, stress management, labels, food hacks, and the role of nutrition for better overall health outcomes.	1209 Marion Barry Ave. SE Washington, DC 20020
July 17 6 p.m. – 7 p.m.	<b>C. L. Russell Group's Virtual Wellness Circle</b> The Wellness Circles consists of six to eight interactive workshops conducted over a 3-month period led by community health and wellness experts from C.L. Russell Group. 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.	<a href="https://bit.ly/4bdJIR3">https://bit.ly/4bdJIR3</a>
July 17 11 a.m. – 12 p.m.	<b>Enrollee Orientation</b> 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 how to access them.	<a href="https://bit.ly/3xHU3BA">https://bit.ly/3xHU3BA</a>
July 17 5:30 p.m. – 6:30 p.m.	<b>Enrollee Orientation</b> 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 how to access them.	<a href="https://bit.ly/3xHU3BA">https://bit.ly/3xHU3BA</a>
July 17 11:30 a.m. – 1:30 p.m.	<b>Healthy Cooking Made Easy</b> The enrollees will join Food Jonezi for a nutrition education and cooking class. Participants will receive nutrition education and will cook alongside a chef and dietician.	The Ethel 1900 C St SE Washington, DC 20003
July 19 10 a.m. – 12 p.m.	<b>Spanish Language Safe Sleep Class/Clase de Sueño Seguro</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 post-partum. 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, members receive a Pack-n-Play which parents may use as a place for safe sleep.	To register, contact Bright Start at 1-877-759-6883

## July 2024

DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
July 20 11 a.m. – 12 p.m.	<b>Total Body Fitness</b> Have fun burning calories, dancing and getting fit with trainers from Wanda Woman!	1209 Marion Barry Ave. SE Washington, DC 20020
July 23 12 p.m. – 5:30 p.m.	<b>MPD Beat the Streets</b> This community outreach event serves as a traveling Community Festival and is a partnership between the Metropolitan Police Department, local social service agencies and community vendors. In a 3- to 5-hour block of time, community members (of all ages) enjoy musical performances from local bands and artists, as well as a street festival-like environment with local vendors and literature distributed by local social service agencies.	Anacostia Library 1800 Marion Barry Ave. SE Washington, DC 20020
July 24 9 a.m. – 4 p.m.	<b>Metro Health Wellness Day</b> Metro Health will designate two (2) days to provide services to AmeriHealth Caritas DC enrollees. At the wellness days, enrollees will receive services such as adult physicals, well child exams, etc.	Metro Health 600 Pennsylvania Ave. SE Washington, DC 20003
July 25 9 a.m. – 4 p.m.	<b>P.I.N.K.I.E Party</b> At the P.I.N.K.I.E Party event, enrollees will be educated about breast cancer and cervical cancer. Registered enrollees will receive a mammogram.	Unity Health Care & Howard University Hospital Faculty Practice 4414 Benning Road NE, 2nd floor Washington, DC 20019
July 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 post-partum. 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, members receive a Pack-n-Play which parents may use as a place for safe sleep.	To register, contact Bright Start at 1-877-759-6883
July 26 3:30 p.m. – 8 p.m.	<b>Brothers at the Barbeque Health Fair</b> This event will feature health resources, food, and entertainment.	Benning Stoddert Recreation Center 100 Stoddert Place SE Washington, DC 20019
July 27 11 a.m. – 12 p.m.	<b>Total Body Fitness</b> Have fun burning calories, dancing and getting fit with trainers from Wanda Woman!	1209 Marion Barry Ave. SE Washington, DC 20020
July 27 11 a.m. – 3 p.m.	<b>Delta Sigma Theta Sorority's 17th Annual Community Day</b> This event will feature health exhibitors, food, entertainment, and much more.	Southeast Tennis & Learning Center 701 Mississippi Avenue SE Washington, DC 20032
July 27 11 a.m. – 3 p.m.	<b>NAARC Annual Returning Citizens Cookout</b> On July 27, 2024, National Association for the Advancement of Returning Citizens (NAARC) will host its annual Returning Citizens cookout. At this event, NAARC will provide a fun environment for Returning Citizens and	Ryan Zimmerman Field 599 South Capitol Street SW Washington, DC 20003

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	<p>their family. NAARC also have resource tables for sponsors, government agencies and organization that provide resources for Returning Citizens.</p>	
<p><b>July 29</b> 12 p.m. – 2 p.m.</p>	<p><b>The AmeriHealth Caritas DC Post-NICU Mothers Support Group</b> A forum for post-NICU mothers to share their experiences surrounding having a child that has had a stay in the NICU after birth, and the challenges that continue once returning home. Each meeting will focus on a relevant topic or need affecting this enrollee population and provide available resources to support them. Time will be provided each meeting for open discussion and personal connections. The first meeting’s agenda will be focused on postpartum mental health, including a presentation by Shivonne Odom, LCPC with Akoma Counseling Concepts (a partnered provider with AmeriHealth Caritas DC).</p>	<p>1209 Marion Barry Ave. SE Washington, DC 20020</p>
<p><b>July 31</b> 6 p.m. – 7 p.m.</p>	<p><b>C. L. Russell Group’s Virtual Wellness Circle</b> The Wellness Circles consists of six to eight interactive workshops conducted over a 3-month period led by community health and wellness experts from C.L. Russell Group. 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.</p>	<p><a href="https://bit.ly/4bdJIR3">https://bit.ly/4bdJIR3</a></p>

**Need a ride to Total Body Fitness or another event at the Enrollee Wellness and Opportunity Center?**  
Call **1-800-315-3485** to schedule a ride at no cost. Please call at least 48 hours in advance (not including Saturday, Sunday, and holidays) to get transportation.

### 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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