

Fun Health Workshops!

Food,
Refreshments,
& Childcare



Door
Prizes &
Giveaways



All Are Welcome!

Fun, informative, and interactive Health Education workshops & activities with Health Educator Dana Watson.

Come and learn how to keep a healthy pregnancy and learn information that you can use once your baby is born!

1st Monday's

4:00 p.m. – 5:00 p.m.

Hildebrandt | Community Room
3122 Turner St | Lansing, MI

4th Monday's

4:00 p.m. – 5:00 p.m.

South Washington | Community Room
3200 S. Washington Rd | Lansing, MI

3rd Wednesday's

6:00 p.m. – 7:00 p.m.

Southside Community Coalition
2101 W. Holmes Rd | Lansing, MI

4th Thursday's

1:30 p.m. – 2:30 p.m.

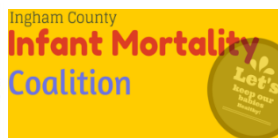
Mt. Vernon | Community Room
3338 N. Waverly Rd | Lansing, MI

For more information, contact Dana Watson at (517) 512-3074 or dwatson@ingham.org.

Arrive 15 minutes early for stress reduction/stretching exercises AND stay 15 minutes after for some Zumba/Yoga/Kickboxing fun!



Transportation Assistance Available



NUTRITION: EAT HEALTHY | BE ACTIVE

Fun Activity: Zumba

Monday, January 4, 2016, 4:00PM

Hildebrandt Park – 3122 Turner Street -- Lansing

Wednesday, January 20, 2016, 6:00PM

Southside Comm. Coalition – 2101 W. Holmes Rd. -- Lansing

Monday, January 25, 2016, 4:00PM

South Washington – 3200 S. Washington Rd -- Lansing

Thursday, January 28, 2016, 1:30PM

Mt. Vernon – 3338 N. Waverly Rd – Lansing

PREVENTING STI'S AND HIV/AIDS

Fun Activity: Line Dancing

Monday, February 1, 2016, 4:00PM

Hildebrandt Park – 3122 Turner Street -- Lansing

Wednesday, February 17, 2016, 6:00PM

Southside Comm. Coalition – 2101 W. Holmes Rd. -- Lansing

Monday, February 22, 2016, 4:00PM

South Washington – 3200 S. Washington Rd -- Lansing

Thursday, February 25, 2016, 1:30PM

Mt. Vernon – 3338 N. Waverly Rd – Lansing

IMPORTANCE OF BREASTFEEDING

Fun Activity: Yoga

Monday, March 7, 2016, 4:00PM

Hildebrandt Park – 3122 Turner Street -- Lansing

Wednesday, March 16, 2016, 6:00PM

Southside Comm. Coalition – 2101 W. Holmes Rd. -- Lansing

Monday, March 28, 2016, 4:00PM

South Washington – 3200 S. Washington Rd -- Lansing

Thursday, March 31, 2016, 1:30PM

Mt. Vernon – 3338 N. Waverly Rd – Lansing

FAMILY PLANNING FOR A HEALTHY FUTURE

Fun Activity: Kickboxing

Monday, April 4, 2016, 4:00PM

Hildebrandt Park – 3122 Turner Street -- Lansing

Wednesday, April 20, 2016, 6:00PM

Southside Comm. Coalition – 2101 W. Holmes Rd. -- Lansing

Monday, April 25, 2016, 4:00PM

South Washington – 3200 S. Washington Rd -- Lansing

Thursday, April 28, 2016, 1:30PM

Mt. Vernon – 3338 N. Waverly Rd – Lansing

STRESS REDUCTION & MANAGEMENT

Fun Activity: Zumba

Monday, May 2, 2016, 4:00PM

Hildebrandt Park – 3122 Turner Street -- Lansing

Wednesday, May 18, 2016, 6:00PM

Southside Comm. Coalition – 2101 W. Holmes Rd. -- Lansing

Monday, May 23, 2016, 4:00PM

South Washington – 3200 S. Washington Rd -- Lansing

Thursday, May 26, 2016, 1:30PM

Mt. Vernon – 3338 N. Waverly Rd – Lansing

INTIMATE PARTNER VIOLENCE AND ITS IMPACT

Fun Activity: Self-Defense

Monday, June 6, 2016, 4:00PM

Hildebrandt Park – 3122 Turner Street -- Lansing

Wednesday, June 22, 2016, 6:00PM

Southside Comm. Coalition – 2101 W. Holmes Rd. -- Lansing

Monday, June 27, 2016, 4:00PM

South Washington – 3200 S. Washington Rd -- Lansing

Thursday, June 23, 2016, 1:30PM

Mt. Vernon – 3338 N. Waverly Rd – Lansing