

Wellness Academy – FY26

December 2025

Academy Track	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Mental Wellness	CREATING OPPORTUNITES FOR PERSONAL EMPOWERMENT (COPE)	Mindheart Institute & Wellness Center	Dr. Charlene Whitaker-Brown	Thursday, December 4, 2025	1-2pm / NWHD Multipurpose Room
Mental Wellness	NAMI Destress Saturday	NAMI Charlotte	NAMI	Saturday, December 6, 2025	11am-3pm/ NAMI Resource Center
Life Skills	AHA Hands-Only CPR Train-the-Trainer (MCPH Staff)	AHA/MCPH	AHA	Monday, December 8, 2025	3-4pm / SEHD Multipurpose Room
Life Skills	AHA Hands-Only CPR Train-the-Trainer (MCPH Staff)	AHA/MCPH	AHA	Tuesday, December 9, 2025	11am -12pm / LUESA Building 4 th floor
Mental Wellness	CREATING OPPORTUNITES FOR PERSONAL EMPOWERMENT (COPE)	Mindheart Institute & Wellness Center	Dr. Charlene Whitaker-Brown	Thursday, December 11, 2025	1-2pm / NWHD Multipurpose Room
Life Skills	AHA Hands-Only CPR Train-the-Trainer (MCPH Staff)	AHA/MCPH	AHA	Friday, December 12, 2025	1-2pm / NWHD Multipurpose Room
Nutrition	Cooking Demo	Eating Well with Chef Cordell Consulting	Chef Cordell	Monday, December 15, 2025	12-1pm / Virtual
Life Skills	STOP THE BLEED Train-the-Trainer (VHB ONLY)	STOP THE BLEED	Shannon Kelliher	Monday, December 15, 2025	5:30 – 7:30/ TBD

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Life Skills	STOP THE BLEED Train-the-Trainer (VHB ONLY)	STOP THE BLEED	Shannon Kelliher	Wednesday, December 17, 2025	12 -2:00pm/ TBD
Mental Wellness	CREATING OPPORTUNITES FOR PERSONAL EMPOWERMENT (COPE)	Mindheart Institute & Wellness Center	Dr. Charlene Whitaker-Brown	Thursday, December 18, 2025	11:30am-12:30pm / SEHD Multipurpose Room

January 2026

Academy Track	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Maternal & Child Health	“Mental Health is Mental Hygiene”	MCPH-IC04MCH	Jussica Haynes	Wed, January 14 th	11AM-12PM / Virtual
Nutrition	Cooking Demo	Eating Well with Chef Cordell Consulting	Chef Cordell	Thursday, January 15, 2026	6:30-7:30pm / TBD
Mental Wellness	CREATING OPPORTUNITES FOR PERSONAL EMPOWERMENT (COPE)	Mindheart Institute & Wellness Center	Dr. Charlene Whitaker-Brown	Thursday, January 15, 2026	12-1pm/ SEHD Multipurpose Room
Mental Wellness	CREATING OPPORTUNITES FOR PERSONAL EMPOWERMENT (COPE)	Mindheart Institute & Wellness Center	Dr. Charlene Whitaker-Brown	Thursday, January 22, 2026	12-1pm/ SEHD Multipurpose Room
Food Access	Local Food Series: Producers & Consumers	NC Cooperative Extension	NC Cooperative Extension	Thursday, January 22, 2026	TBA/ Virtual

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Nutrition	"Simple Steps to a Healthier You" Power Breakfast	Grobine Wellness	Demetria Grandberry	Tuesday, January 27 th	6-730PM / Friendship Missionary Baptist Church Conference Center
Mental Wellness	CREATING OPPORTUNITES FOR PERSONAL EMPOWERMENT (COPE)	Mindheart Institute & Wellness Center	Dr. Charlene Whitaker-Brown	Thursday, January 29, 2026	12-1pm/ SEHD Multipurpose Room
Food Access	Local Food Series: Producers & Consumers	NC Cooperative Extension	NC Cooperative Extension	Thursday, January 29, 2026	TBA/ Virtual

February 2026

Academy Track	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Food Access	Local Food Series: Producers & Consumers	NC Cooperative Extension	NC Cooperative Extension	Thursday, February 5, 2026	TBA/ Virtual
Nutrition	Cooking Demo	Eating Well with Chef Cordell Consulting	Chef Cordell	Monday, February 9, 2026	6:30-7:30pm / TBD
Maternal & Child Health	"It's the Love for Me" Healthy Relationships	MCPH-IC04MCH	Jussica Haynes	Wed., February 11, 2026	11AM-12-PM / Virtual
Food Access	Local Food Series: Producers & Consumers	NC Cooperative Extension	NC Cooperative Extension	Thursday, February 12, 2026	TBA/ Virtual
Mental Wellness	Resiliency & Thriving	OWLS Wellness/ RECAST	CENG Health Educators	Thursday, February 12, 2026	6:00 – 7:30/ TBD

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Nutrition	"Simple Steps to a Healthier You" Heart Healthy Cooking	Grobine Wellness	Demetria Grandberry	Tuesday, February 17, 2026	6-7:30pm / Friendship Missionary Baptist Church Conference Center A
Food Access	Local Food Series: Producers & Consumers	NC Cooperative Extension	NC Cooperative Extension	Thursday, February 19, 2026	TBA/ Virtual
Mental Wellness	QPR: Suicide Prevention	QPR Institute	CENG Health Educators	Thursday, February 19, 2026	6:00 – 7:30/ TBD
Food Access	Local Food Series: Producers & Consumers	NC Cooperative Extension	NC Cooperative Extension	Thursday, February 26th, 2026	TBA/ Virtual

March 2026

Academy Track	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Healthy Aging	Stay Active & Independent for Life Fall Prevention Class	Novant Health	Angela Bryan	Wed, March 4, 2026	1:30pm-3pm / TBD
Nutrition	"Simple Steps to a Healthier You" Mindful Eating & Weight Management	Grobine	Demetria Grandberry	Tue, March 10, 2026	6-7:30pm / Friendship Missionary Baptist Church Conference Center A
Healthy Aging	Stay Active & Independent for Life Fall Prevention Class	Novant Health	Angela Bryan	Wed, March 11, 2026	1:30pm-3pm / TBD

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Healthy Aging	Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, March 18, 2026	1:30pm-3pm / TBD
Healthy Aging	Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, March 25, 2026	1:30pm-3pm / TBD
Professional Development	2026 Community Engagement Ambassador Institute: Public Health Track	MCPH	Gwendolyn Devins	Thursday, March 26, 2026	9am-5pm / South Piedmont AHEC
Professional Development	2026 Community Engagement Ambassador Institute: Faith-Based Track	MCPH	Gwendolyn Devins	Friday, March 27, 2026	9am-5pm / South Piedmont AHEC
Nutrition	Food As Medicine Seminar	MCPH/George Washington Carver Food Research Institute	Angela Cauley	Saturday, March 28, 2026	10am-12pm and 1pm-3pm / South Piedmont AHEC

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April 2026

Academy Track	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Healthy Aging	Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, April 1, 2026	1:30pm-3pm / TBD
Healthy Aging	Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, April 8, 2026	1:30pm-3pm / TBD
Nutrition	Nutrition Education Demo	Grobine	Demetria Grandberry	Tue, April 14, 2026	6-7:30pm / Friendship Missionary Baptist Church Conference Center A
Mental Wellness	Resiliency & Thriving	OWLS Wellness/ RECAST	CENG Health Educators	Wednesday, April 15, 2026	12:00 – 1:30/ Virtual
Healthy Aging	Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, April 22, 2026	1:30pm-3pm / TBD
Mental Wellness	QPR: Suicide Prevention	QPR Institute	CENG Health Educators	Wednesday, April 22, 2026	12:00 – 1:30/ Virtual
Healthy Aging	Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, April 29, 2026	1:30pm-3pm / TBD

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May 2026

Academy Track	Target Audience	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Nutrition		Cooking Demo	Eating Well with Chef Cordell Consulting	Chef Cordell	Thursday, May 7, 2026	6:30-7:30pm / TBD

June 2026

Academy Track	Target Audience	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Nutrition		Cooking Demo	Eating Well with Chef Cordell Consulting	Chef Cordell	Monday, June 15, 2026	6:30-7:30pm / TBD

***Ongoing Classes Year-Round: Line Dancing w/ Linda Adams**

- **Line Dancing Classes**
 - **Mondays / 5-6p / Greenville Memorial**
 - **Tuesdays & Fridays / 6:15-7p / First Baptist Church West**