

Theresea C. Elder Community Health Leadership Academy – FY26

November 2025

Academy Track	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Mental Wellness	QPR Suicide Prevention Gatekeeper Training-	MHA of Central Carolinas	MHA	Monday, November 3, 2025	Virtual / 2-3:30pm https://mhaofcc.org/event/qpr-suicide-prevention-gatekeeper-training-virtual
Mental Wellness	De-Escalation & Conflict Management	MHA of Central Carolinas	MHA	Friday, November 07, 2025	Virtual / 2-3pm https://mhaofcc.org/event/de-escalation-conflict-management-virtual-2pm-3pm
Healthy Aging	Get Ready for Medicare 2026: What You Need to Know	Centralina Area Agency on Aging	Lauren Heavner, SHIIP Division – Piedmont Regional Manager Jeanie Schepisi, SHIIP Division – Field Operations Manager/Central Regional Manager	Wednesday, November 12, 2025	1:00pm-2:00pm / Virtual Registration Link
Nutrition	Cooking Demo	Eating Well with Chef Cordell Consulting	Chef Cordell	Thursday, November 13, 2025	12-1pm / Virtual

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Mental Wellness	Winter Wellness: Supporting Mental Health for Older Adults and Caregivers	NCDHHS	NCDHHS	Wednesday, November 19, 2025	12-1pm / Virtual Meeting Registration - Zoom

December 2025

Academy Track	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
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
Life Skills	STOP THE BLEED Train-the-Trainer (VHB ONLY)	STOP THE BLEED	Shannon Kelliher	Wednesday, December 17, 2025	12 -2:00pm/ TBD
Life Skills					

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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
Food Access	Local Food Series: Producers & Consumers	NC Cooperative Extension	NC Cooperative Extension	Thursday, January 22, 2026	TBA/ Virtual
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
Food Access	Local Food Series: Producers & Consumers	NC Cooperative Extension	NC Cooperative Extension	Thursday, January 29, 2026	TBA/ Virtual

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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
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
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

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March 2026

Academy Track	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Healthy Aging	Stay Active & Independent for Life	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
Healthy Aging	Stay Active & Independent for Life	Novant Health	Angela Bryan	Wed, March 11, 2026	1:30pm-3pm / TBD
Healthy Aging	Stay Active & Independent for Life	Novant Health	Angela Bryan	Wed, March 18, 2026	1:30pm-3pm / TBD
Healthy Aging	Stay Active & Independent for Life	Novant Health	Angela Bryan	Wed, March 25, 2026	1:30pm-3pm / TBD
Professional Development	2026 Community Engagement Ambassador Institute	MCPH	Gwendolyn Devins	Thursday, March 26, 2026	9am-5pm / South Piedmont AHEC
Professional Development	2026 Community Engagement Ambassador Institute	MCPH	Gwendolyn Devins	Friday, March 27, 2026	9am-5pm / South Piedmont AHEC
Nutrition	Food is Medicine w/ Angela Cauley	MCPH/George Washington Carver Food Research Institute	Angela Cauley	Saturday, March 28, 2026	8am-1pm / TBD

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April 2026

Academy Track	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Healthy Aging	Stay Active & Independent for Life	Novant Health	Angela Bryan	Wed, April 1, 2026	1:30pm-3pm / TBD
Healthy Aging	Stay Active & Independent for Life	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 / TBD
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	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	Novant Health	Angela Bryan	Wed, April 29, 2206	1:30pm-3pm / TBD
Pending Dates* Mental Wellness	Youth				

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May 2026

Academy Track	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	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

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