



**Thereasea C. Elder Community Health Leadership Academy
Village HeartBEAT Season 12 Sessions**

January 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Trauma-Informed Supervision - ReCAST II Winter Lunch and Learn Series	MCPH ReCAST	Mary Kathryn Elkins, MSW, LCSW	Wednesday, January 15, 2025	12-1pm/ Virtual
Mindful Momentum	MHA	Radiance Basden	Thursday, January 16, 2025	1:00 PM/Virtual
LoveSpeaksOut Two-Day Training	Community Support Services	CSS Staff	Thursday, January 23, 2025 and Friday, January 24, 2025	9am-3:30pm/ VCW Conference Center Room 4015
QPR Gatekeeper Training	MHA of Central Carolinas	Kevin Markle	Friday, January 24, 2025	10am-12pm/ Virtual
PHEN's Charlotte Prostrate Cancer Disparity Rally	PHEN	Thomas A. Farrington Rev. Dr. Derrill Blue	Saturday January 25, 2025	9-3:00pm Little Rock AME Zion 401 N McDowell Street Charlotte, NC 28204
Enhancing Communication: Working with Interpreters - ReCAST II Winter Lunch and Learn Series	MCPH ReCAST	Shirly Cruzado, BA Certified Early Intervention Fidelity Coach	Tuesday, January 28, 2025	12-1pm/ Virtual

QPR Gatekeeper Training	MHA of Central Carolinas	Kevin Markle	Wednesday, January 25, 2025	1pm-3pm/ Virtual Register Here
Ask the Pharmacist Chronic Kidney Disease Medications	Friendship Missionary Baptist Church	Friendship Missionary Baptist Church	Monday, January 27, 2025	10am/ Virtual Zoom Link
Dementia Friendly Workshop Session	Dementia Friendly Charlotte Mecklenburg	Kelsey Lieungh & Ashley Stevens	Thursday, January 30, 2025	2-3:30pm / 10735 David Taylor Drive, Charlotte, NC 28262

February 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Youth Mental Health First Aid	MCPH ReCast	ReCAST Staff	Monday, February 3, 2025	10-4pm / South Boulevard Library 4429 South Boulevard
HIV/STI Testing	MCPH HIV/STI Program	MCPH	Monday, February 3 – Friday February 7, 2025	Monday, February 3, noon–3:00pm The Heights Ministry, 2137 B Ave, Charlotte, 28216 Tuesday, February 4, 6:00–8:00pm Northpark, 251 Eastway Dr, Charlotte, 28213 Thursday, February 6, 1:00–3:00 pm UNCC Student Health Center, 9524 Poplar Terrace Dr, Charlotte, 28223 Friday, February 7, 5:30–8:00 pm The Connecting Place at Greater Salem, 5318 Salem Church Rd, Charlotte, 28216
Understanding Diabetes: Your Guide to Healthier Living	Parry's Wellness & Diabetes Center	Dr. Victoria Bouhairie	Thursday, February 6, 2025	6-7:30PM/Northwest Health Dept. 2845 Beatties Ford Road Register Here
National Black HIV/AIDS Awareness Day	MCPH HIV/STI Division	The Connecting Place at Greater Salem Church, The Heights Ministries	Friday, February 7, 2025	6pm/ The Connecting Place at Greater Salem 5318 Salem Church Road Register Here

The Impact of Social Determinants of Health in North Carolina: Insights from Public Health Experts	Northeastern University	Ronny Bell, PhD, MS Stacie Turpin Saunders, MPH Shan Mohammed, MD, MPH	Monday, February 10, 2025	5:30pm/ Northeastern University in Charlotte 2151 Hawkins Street 8th Floor Charlotte, NC 28203
QPR Suicide Prevention Instructor Training	MCPH	Lynn Henninghausen	Monday, February 10, 2025	9:00am-4:00pm / VCW Conference Center https://buytickets.at/recast2/1506449
Heart Health Matters: Important Insights on Heart Disease	Parry's Wellness & Diabetes Center	Dr. Victoria Bouhairie	Thursday, February 11, 2025	6-7:30PM/Northwest Health Dept. 2845 Beatties Ford Road Register Here
DEEP (Diabetes Empowerment Education Program) Cohort 1	Novant	Zawadi Mack, Kristin Pridgen	February 11, 18, 25 and March 4, 11, 18, 2025	3-4:30pm Eastway Regional Recreation Center, 3150 Eastway Park Drive, Charlotte, NC 28213
DEEP (Diabetes Empowerment Education Program) Cohort 2	Novant	Zawadi Mack, Kristin Pridgen	February 13, 20, 27 and March 6, 13, 20, 2025	11-12:30pm Eastway Regional Recreation Center, 3150 Eastway Park Drive, Charlotte, NC 28213
Virtual Self-Care & Self-Love - Valentine's Day Lunch & Learn With MHA!	MHA of Central Carolinas	Ashlyn Pemberton / Rebekah Collins	Friday, February 14, 2025	11AM-12:30PM / Virtual
Spice Wisdom: Exploring Hypertension and Salt-Free Living: A Culinary Experience.	Parry's Wellness & Diabetes Center	Dr. Victoria Bouhairie Chef Jeff	Thursday, February 18, 2025	6-7:30PM/Northwest Health Dept. 2845 Beatties Ford Road Register Here
NICOTINE, MENTHOL, AND MELANIN: A DEADLY COMBINATION FOR BLACK AMERICANS: A CALL TO ACTION!	The African American Tobacco Control Leadership Council (AATCLC)	Dr. Richard Gregory Johnson III, Moderator Dr. Valerie Yerger Dr. Monica Wilson Mr. Charles Debnam Dr. Gregory Bolden	Tuesday, February 18, 2025	6:00-8:00pm / Virtual Registration Link
Community Café': Link between Heart Disease, Cancer, and Race	AmeriHealth Caritas	Mikala Staton	Wednesday, February 26, 2025	12-1pm / 3120 Wilkinson Boulevard #D1 Charlotte, NC 28208

March 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
DEEP (Diabetes Empowerment Education Program) Cohort 1	Novant	Zawadi Mack, Kristin Pridgen	March 4, 11, 18, 2025	3-4:30pm Eastway Regional Recreation Center, 3150 Eastway Park Drive, Charlotte, NC 28213
DEEP (Diabetes Empowerment Education Program) Cohort 2	Novant	Zawadi Mack, Kristin Pridgen	March 6, 13, 20, 2025	11-12:30pm Eastway Regional Recreation Center, 3150 Eastway Park Drive, Charlotte, NC 28213
Whole Grain Hacks: A Culinary and Educational Experience for Diabetes Management,	Parry's Wellness & Diabetes Center	Dr. Bouhairie & Chef Jeff	Monday, March 10, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center
Strategies for Preventing and Improving Heart Disease in Older Adults (65+)	Parry's Wellness & Diabetes Center	Dr. Bouhairie and guest	Friday, March 14, 2025	1-4pm / TBD
Managing Diabetes in Seniors	Parry's Wellness & Diabetes Center	Dr. Bouhairie	Monday, March 17, 2025	1-4pm / Friendship Missionary Baptist Church Campus 3400 Conference Center
Free Lunch and Learn- Cancer Fighting Foods and Nutrition	AmeriHealth Caritas	AmeriHealth Caritas	Tuesday, March 18, 2025	11am-12pm / 3120 Wilkinson Boulevard #D1 Charlotte, NC 28208
Adult Blended Mental Health First Aid	MCPH ReCAST	ReCAST Staff	March 20, 2025	9am-4:00pm / Virtual
Tobacco Prevention Series	MCPH	Tobacco Prevention & Control Team	Thursday, March 20, 2025	5-8pm / TBD

April 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Nurturing Mental Health in Diabetes Management with Mindfulness	Parry's Wellness & Diabetes Center	Dr. Bouhairie	Wednesday, April 2, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center
Tobacco Prevention Series	MCPH	Tobacco Prevention & Control Team	Thursday, April 17, 2025	5-8pm / TBD
Diabetes - Specific Diet with a Dietician	Parry's Wellness & Diabetes Center	Dr. Bouhairie & guest	Monday, April 21, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center

May 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Cultivating Mental Wellness with Mindfulness in Heart Disease Care	Parry's Wellness & Diabetes Center	Dr. Bouhairie	Tuesday, May 6, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center
Tobacco Prevention Series	MCPH	Tobacco Prevention & Control Team	Thursday, May 15, 2025	5-8pm / TBD
Fitness Workshop	Parry's Wellness & Diabetes Center	Dr. Bouhairie & guest	Thursday, May 22, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center

June 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Nutrition and How it Can Help Manage Heart Disease with a Dietician	Parry's Wellness & Diabetes Center	Dr. Bouhairie & guest	Wednesday, June 11, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center
Childhood Obesity	Parry's Wellness & Diabetes Center	Dr. Bouhairie & guest	Tuesday, June 17, 2025	5-8pm / TBD



For more information about the T.C. Elder Academy visit:

<https://www.villagehb.org/academyresources>

