

Wellness Academy – FY26
November 2025

Academy Track	Target Audience	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
Fitness		Line Dancing Class	Linda Adams	Linda Adams	Monday, November 3, 2025 (Ongoing)	5-6pm / Greenville Memorial
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
Fitness		Line Dancing Class	Linda Adams	Linda Adams	Friday, November 7, 2025 (Ongoing)	6:15-7pm / First Baptist Church West
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 https://us02web.zoom.us/j/82890032321?pwd=QkSfqQae0pBEPz0hF9PwoWnwZQyuGe.1

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Health & Wellness		Your Kidneys and You Presentation	Novant Health	Community Health Educators	Tuesday, November 18, 2025	3-4pm / Hickory Grove Library 5935 Hickory Grove Rd, Charlotte, NC 28215 To register for a program, email us at CommunityHealthEducation@NovantHealth.org
Mental Wellness		Winter Wellness: Supporting Mental Health for Older Adults and Caregivers	NCDHHS	NCDHHS	Wednesday, November 19, 2025	12-1pm / Virtual Meeting Registration - Zoom
Health & Wellness		Hospice and Palliative Care	Novant Health	Community Health Educators	Thursday, November 20, 2025	11am – 12pm / Northern Regional Recreation Center 18121 Old Statesville Rd, Cornelius, NC 28031 To register for a program, email us at CommunityHealthEducation@NovantHealth.org .
Health & Wellness		Diabetes Trivia	Novant Health	Community Health Educators	Friday, November 21, 2025	11am -12pm / Eastway Regional Recreation Center 3150 Eastway Park Drive, Charlotte, NC 28213 To register for a program, email us at CommunityHealthEducation@NovantHealth.org
Nutrition		Food Safety during the Holidays	Novant Health	Community Health Educators	Tuesday, November 25, 2025	10 am – 12 pm / Northern Regional Recreation Center, 18121 Old Statesville Rd, Cornelius, NC 28031 To register for a program, email us at CommunityHealthEducation@NovantHealth.org

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December 2025

Academy Track	Target Audience	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Mental Wellness	Both	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	External	NAMI Destress Saturday	NAMI Charlotte	NAMI	Saturday, December 6, 2025	11am-3pm/ NAMI Resource Center
Life Skills	Internal	AHA Hands-Only CPR Train-the-Trainer (MCPH Staff)	AHA/MCPH	AHA	Monday, December 8, 2025	3-4pm / SEHD Multipurpose Room
Life Skills	Internal	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	Both	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	Internal	AHA Hands-Only CPR Train-the-Trainer (MCPH Staff)	AHA/MCPH	AHA	Friday, December 12, 2025	1-2pm / NWHD Multipurpose Room
Nutrition	Both	Cooking Demo	Eating Well with Chef Cordell Consulting	Chef Cordell	Monday, December 15, 2025	12-1pm / Virtual

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Life Skills	Both	STOP THE BLEED Train-the-Trainer (VHB ONLY)	STOP THE BLEED	Shannon Kelliher	Monday, December 15, 2025	5:30 – 7:30/ TBD
Life Skills	Both	STOP THE BLEED Train-the-Trainer (VHB ONLY)	STOP THE BLEED	Shannon Kelliher	Wednesday, December 17, 2025	12 -2:00pm/ TBD
Mental Wellness	Both	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	Target Audience	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Healthy Aging	Both	Health & Wellness Among Older Adults	Centralina Area Agency on Aging	Kristen Srouji	Tuesday, January 13, 2026	1-2pm / Virtual
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	Mindheart Institute & Wellness Center	Dr. Charlene Whitaker-Brown	Thursday, January 22, 2026	12-1pm/ SEHD Multipurpose Room

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		EMPOWERMENT (COPE)				
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
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	Target Audience	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	12-1pm/ Virtual https://lfe3.eventbrite.com/

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Mental Wellness		CREATING OPPORTUNITES FOR PERSONAL EMPOWERMENT (COPE)	Mindheart Institute & Wellness Center	Dr. Charlene Whitaker-Brown	Thursday, February 5 th – March 16 th	6:30-7:30pm / Virtual
Nutrition	Both	Cooking Demo	Eating Well with Chef Cordell Consulting	Chef Cordell	Monday, February 9, 2026	6:30-7:30pm / NWHD https://shorturl.at/8yby1
Healthy Aging	Both	Hands Only CPR + Life's Essential 8 Heart Month Presentation	Centralina Area Agency on Aging	Irini McCarthy, American Heart Association Community Impact Director	Tuesday, February 10, 2026	1pm -2pm / Virtual https://shorturl.at/6Evr
Community Resources	Both	Healthy Relationships	Meck County CSS	Alex Pyun	Wed., February 11, 2026	11AM-12-PM / Virtual https://shorturl.at/W6oSv
Food Access	Both	Local Food Series: Producers & Consumers	NC Cooperative Extension	NC Cooperative Extension	Thursday, February 12, 2026	12-1pm/ Virtual https://lfe3.eventbrite.com/
Mental Wellness	Both	Resilience & Thriving: The Secret Power of Stress	OWLS Wellness/ RECAST	CENG Health Educators	Thursday, February 12, 2026	6:00 – 7:30/ Sugar Creek Library https://shorturl.at/FsRII
Nutrition	Both	"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 https://shorturl.at/p2JP
Food Access		Local Food Series: Producers & Consumers	NC Cooperative Extension	NC Cooperative Extension	Thursday, February 19, 2026	12-1pm/ Virtual https://lfe3.eventbrite.com/

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Mental Wellness		QPR: Suicide Prevention	QPR Institute	CENG Health Educators	Thursday, February 19, 2026	6:00 – 7:30/ Sugar Creek Library https://shorturl.at/AhwKw
Food Access		Local Food Series: Producers & Consumers	NC Cooperative Extension	NC Cooperative Extension	Thursday, February 26th, 2026	12-1pm/ Virtual https://lfe3.eventbrite.com/

March 2026

Academy Track	Target Audience	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 / Friendship Missionary Baptist Church Conference Center https://shorturl.at/g6br2
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 https://shorturl.at/p2JP
Healthy Aging		Stay Active & Independent for Life Fall Prevention Class	Novant Health	Angela Bryan	Wed, March 11, 2026	1:30pm-3pm / Friendship Missionary Baptist Church https://shorturl.at/g6br2

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Nutrition	Both	Food Safety for Community Meals Training Course	NCDHHS Environmental Health	Veronica Bryant, Emergency Preparedness and Outbreak Coordinator	Tuesday, March 17, 2026	6-8pm / SEHD https://forms.office.com/g/1u3w0CeZcH?origin=lprLink
Healthy Aging		Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, March 18, 2026	1:30pm-3pm / Friendship Missionary Baptist Church https://shorturl.at/g6br2
Nutrition		Gardening 101: Right Plant, Right Place	NC Cooperative Extension	NC Cooperative Extension	Thursday, March 19, 2026	6:00pm / Amay James Park, 2415 Lester Street, Charlotte, NC 28208 Meck Moves - Gardening 101: Right Plant, Right Place Tickets, Thursday, Mar 19 from 5:30 pm to 7:30 pm Eventbrite
Healthy Aging		Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, March 25, 2026	1:30pm-3pm / Friendship Missionary Baptist Church https://shorturl.at/g6br2
4/ Professional Development	Both	2026 Community Engagement Ambassador Institute: Public Health Track	MCPH	Gwendolyn Devins	Thursday, March 26, 2026	9am-5pm / South Piedmont AHEC https://www.southpiedmontah.ec.org/event/77155
Professional Development	Both	2026 Community Engagement Ambassador Institute: Faith-Based Track	MCPH	Gwendolyn Devins	Friday, March 27, 2026	9am-5pm / South Piedmont AHEC https://www.southpiedmontah.ec.org/event/77155

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Nutrition	External	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 https://forms.office.com/g/KV CkERtkEr
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April 2026

Academy Track	Target Audience	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 / Friendship Missionary Baptist Church https://shorturl.at/g6br2
Healthy Aging		Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, April 8, 2026	1:30pm-3pm / Friendship Missionary Baptist Church https://shorturl.at/g6br2
Nutrition		Growing Houseplants	NC Cooperative Extension	NC Cooperative Extension	Thursday, April 9, 2026	6:00pm / Amay James Park, 2415 Lester Street, Charlotte, NC 28208 Meck Moves - Growing Houseplants Tickets, Thursday, Apr 9 from 5:30 pm to 7:30 pm Eventbrite
Fitness		Step Into Spring Wellness Walks	MCPH	Amore' McCullough	Friday, April 10, 2026	10:00am -11:00am Freedom Park ShortUrl.At/0uhac

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Nutrition		Nutrition Education Demo	Grobine	Demetria Grandberry	Tue, April 14, 2026	6-7:30pm / Friendship Missionary Baptist Church Conference Center A
Healthy Aging		Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, April 15, 2026	1:30pm-3pm / Friendship Missionary Baptist Church https://shorturl.at/g6br2
Healthy Aging		Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, April 22, 2026	1:30pm-3pm / Friendship Missionary Baptist Church https://shorturl.at/g6br2
Nutrition		Spring Vegetable Gardening	NC Cooperative Extension	NC Cooperative Extension	Thursday, April 23, 2026	6:00pm / Amay James Park, 2415 Lester Street, Charlotte, NC 28208
Healthy Aging		Stay Active & Independent for Life Fall Prevention	Novant Health	Angela Bryan	Wed, April 29, 2026	1:30pm-3pm / Friendship Missionary Baptist Church https://shorturl.at/g6br2
Mental Wellness		Becoming A Healthier You Series: Strengthening Your Mind, Body & Soul	MindHeart Institute & Wellness Center	Dr. Charlene Whitaker-Brown	Thursday, April 30, 2026	1-2:30pm / Virtual https://shorturl.at/shsl6

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May 2026

Academy Track	Target Audience	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Fitness		Step Into Spring Wellness Walks	MCPH	Amore' McCullough	Friday, May 1, 2026	10:00am -11:00am Briar Creek Greenway ShortUrl.At/0uhac
Nutrition		Cooking Demo	Eating Well with Chef Cordell Consulting	Chef Cordell	Thursday, May 7, 2026	6:30-7:30pm / SEHD https://forms.office.com/g/ciEueq51WN?origin=lprLink
Fitness		Step Into Spring Wellness Walks	MCPH	Amore' McCullough	Friday, May 8, 2026	6:00pm-7:00p Fourth Ward Park ShortUrl.At/0uhac
Nutrition		"Simple Steps to a Healthier You" Power Breakfast	Grobine	Demetria Grandberry	Tuesday, May 12, 2026	6-730PM / Friendship Missionary Baptist Church Conference Center
Mental Wellness		Becoming A Healthier You Series: Taking Control of Your Wellbeing & Physical Health	MindHeart Institute & Wellness Center	Dr. Charlene Whitaker-Brown	Thursday, May 28, 2026	1-2:30pm / Virtual https://shorturl.at/shsl6

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June 2026

Academy Track	Target Audience	Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Mental Wellness		Becoming A Healthier You Series: Prioritizing You Self Care is Not Selfish	MindHeart Institute & Wellness Center	Dr. Charlene Whitaker-Brown	Thursday, June 4, 2026	1-2:30pm / Eastway Regional Recreation Center- Multipurpose Room A https://shorturl.at/shsl6
Mental Wellness		Wellness Bingo	MCPH and NAMI	Amore' McCullough	Saturday, June 6, 2026	Noon-1:30pm/NAMI Charlotte Resource Center Shorturl.at/bcqFe
Nutrition		Cooking Demo	Eating Well with Chef Cordell Consulting	Chef Cordell	Friday, June 12, 2026	6:30-7:30pm / SEHD https://forms.office.com/g/ciEueq51WN?origin=lprLink Shorturl.at/bcqFe

***Ongoing Classes Year-Round:**

Line Dancing Classes w/ Linda Adams

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

The Park Church

- Pickleball - Every Tuesday & Thursday (except 4th Thursday) from 10- 2 PM
- Strength Training and Aerobics - Every Wednesday from 10-11 AM
- Both activities are held in the gym. To enter come to the rear of the building and ring the bell.