

Wellness 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<br><a href="https://mhaofcc.org/event/qpr-suicide-prevention-gatekeeper-training-virtual">https://mhaofcc.org/event/qpr-suicide-prevention-gatekeeper-training-virtual</a> |
| 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<br><a href="https://mhaofcc.org/event/de-escalation-conflict-management-virtual-2pm-3pm">https://mhaofcc.org/event/de-escalation-conflict-management-virtual-2pm-3pm</a>      |
| 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<br><br>Jeanie Schepisi, SHIIP Division – Field Operations Manager/Central Regional Manager | Wednesday, November 12, 2025       | 1:00pm-2:00pm / Virtual<br><a href="#">Registration Link</a>                                                                                                                                  |
| Nutrition       | Cooking Demo                                       | Eating Well with Chef Cordell Consulting | Chef Cordell                                                                                                                                          | Thursday, November 13, 2025        | 12-1pm / Virtual<br><a href="https://us02web.zoom.us/j/82890032321?pwd=QkSfgQaeOpBEPz0hF9PwoWnwZQyuGe.1">https://us02web.zoom.us/j/82890032321?pwd=QkSfgQaeOpBEPz0hF9PwoWnwZQyuGe.1</a>       |

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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<br>To register for a program, email us at <a href="mailto:CommunityHealthEducation@NovantHealth.org">CommunityHealthEducation@NovantHealth.org</a>                             |
| Mental Wellness   | Winter Wellness: Supporting Mental Health for Older Adults and Caregivers | NCDHHS        | NCDHHS                     | Wednesday, November 19, 2025 | 12-1pm / Virtual<br><a href="#">Meeting Registration - Zoom</a>                                                                                                                                                                                         |
| Health & Wellness | Hospice and Palliative Care                                               | Novant Health | Community Health Educators | Thursday, November 20, 2025  | 11am – 12pm / Northern Regional Recreation Center<br>18121 Old Statesville Rd, Cornelius, NC 28031<br>To register for a program, email us at <a href="mailto:CommunityHealthEducation@NovantHealth.org">CommunityHealthEducation@NovantHealth.org</a> . |
| 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<br>To register for a program, email us at <a href="mailto:CommunityHealthEducation@NovantHealth.org">CommunityHealthEducation@NovantHealth.org</a>         |
| 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<br>To register for a program, email us at <a href="mailto:CommunityHealthEducation@NovantHealth.org">CommunityHealthEducation@NovantHealth.org</a>   |

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**December 2025**

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

**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 <sup>th</sup> | 11AM-12PM / Virtual |

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|-------------|---------------------------------------------------|------------------------------------------|--------------------------|-----------------------------------|------------------------------------------------------------------|
| 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 <sup>th</sup> | 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                                                     |

**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 |

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|-----------------|---------------------------------------------------------|--------------------------|--------------------------|-------------------------------|-------------------------------------------------------------------|
| 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                                                      |

**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                                                  |

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|--------------------------|------------------------------------------------|-------------------------------------------------------|------------------|--------------------------|-------------------------------|
| 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                 |

**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           | Grobin                | 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, 2026       | 1:30pm-3pm / TBD      |
| **Pending Dates**<br>Mental Wellness |                                    |                       |                       |                           |                       |

Wellness Academy – FY26  
**May 2026**

| Academy Track | Session Title | Resource                                       | Facilitator(s) | Proposed Date            | Time/Location     |
|---------------|---------------|------------------------------------------------|----------------|--------------------------|-------------------|
| Nutrition     | Cooking Demo  | Eating Well with<br>Chef Cordell<br>Consulting | Chef Cordell   | Thursday, May 7,<br>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<br>Chef Cordell<br>Consulting | Chef Cordell   | Monday, June 15,<br>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**