

Thereasea Clark Elder Community Health Leadership Academy
 Winter/Spring 2022

American Heart Association/920 Services – Healthy for Life: Cooking Series. Facilitators: Chef Jeff Hunt & Angela Byrd

	Session Title	Date/Time	Location
Session 1	Cooking: Soups and Stews – Simmering Flavors Across the Globe	Thursday, January 13th / 6-7pm	Eastway Recreation Center
Session 2	Educational: World of Spices	Thursday, January 20th / 6-7pm	Eastway Recreation Center
Session 3	Cooking: Eat a Rainbow – Colorful, Seasonal Fruits and Veggies	Thursday, January 27th / 6-7pm	Eastway Recreation Center
Session 4	Educational: Mind Over Matter – Developing Mindful Eating Habits	Thursday, February 3rd / 6-7pm	Eastway Recreation Center
Session 5	Cooking: Chicken – A Healthy Protein Choice	Thursday, February 10th / 6-7pm	Eastway Recreation Center
Session 6	Education: Decode Nutritional Facts Label	Thursday, February 17th / 6-7pm	Eastway Recreation Center

Office of Policy and Prevention – General Tobacco Education / Freedom from Smoking: Tobacco Quit Series. Facilitator: Kimberly Caldwell

	Session Title	Date/Time	Location
Intro	Tobacco 101: The Truth About Tobacco – Get the FACTS!	Tuesday, April 12th / 6-7:30pm	Virtual
Session 1	Committing to Quitting	Tuesday, April 19th / 6-7:30pm	Virtual
Session 2	Exploring Your Smoking Addiction	Tuesday, April 26th / 6-7:30pm	Virtual
Session 3	Getting Ready to Quit	Tuesday, May 3rd / 6-7:30pm	Virtual
Session 4	Your Quit Day	Tuesday, May 10th / 6-7:30pm	Virtual
Session 5	Staying Quit...The First Two Weeks	Wednesday, May 11th / 6-7:30pm	Virtual

Thereasea Clark Elder Community Health Leadership Academy
 Winter/Spring 2022

Session 6	Recovering From Slips and Relapses	Tuesday, May 17th / 6-7:30pm	Virtual
Session 7	Living Life as a Nonsmoker	Tuesday, May 24th / 6-7:30pm	Virtual
Session 8	Congratulations!	Tuesday May 31st / 6-7:30pm	Virtual

Cintas – First Aid, CPR/AED, & Bloodborne Training. Facilitator: Kala Daley

	Session Title	Date/Time	Location
Session 1	First Aid, CPR/AED & Bloodborne	Tuesday, April 19th / 9am – 1pm	Bette Rae Thomas Center
Session 2	First Aid, CPR/AED & Bloodborne	Thursday, April 21st / 9am – 1pm	Bette Rae Thomas Center
Session 3	First Aid, CPR/AED & Bloodborne	Saturday, April 23rd / 9am – 1pm	West Charlotte Recreation Center

Mental Health America of the Central Carolinas – Adult Mental Health First Aid Certification. Facilitator: Kevin Markle

	Session Title	Date/Time	Location
Session 1	Adult Mental Health First Aid	Tuesday, March 8th / 9am-4pm	Virtual
Session 2	Adult Mental Health First Aid	Saturday, April 30th / 9am-4pm	Virtual
Session 3	Adult Mental Health First Aid	Tuesday, May 17th / 9am-4pm	Virtual

Thereasea Clark Elder Community Health Leadership Academy
 Winter/Spring 2022

Mental Health America of the Central Carolinas – QPR Suicide. Facilitator: Kevin Markle

	Session Title	Date/Time	Location
Session 1	QPR Suicide	Wednesday, March 9th / 1-3pm	Virtual
Session 2	QPR Suicide	Monday, March 28th / 6-8pm	Virtual
Session 3	QPR Suicide	Wednesday, April 6th / 1-3pm	Virtual
Session 4	QPR Suicide	Monday, May 2nd / 6-8pm	Virtual
Session 5	QPR Suicide	Wednesday, May 11th / 1-3pm	Virtual
Session 6	QPR Suicide	Monday, June 6th / 6-8pm	Virtual

Mental Health America of the Central Carolinas – Youth Mental Health First Aid Certification. Facilitator: Kevin Markle

	Session Title	Date/Time	Location
Session 1	Youth Mental Health First Aid	Saturday, March 19th / 9am-4pm	Virtual
Session 2	Youth Mental Health First Aid	Thursday, April 21st / 9am-4pm	Virtual
Session 3	Youth Mental Health First Aid	Thursday, May 5th / 9am-4pm	Virtual

YMCA – EMPOWER Weight Management Program. Facilitator: Jasmine Hardy

	Session Title	Date/Time	Location
Session 1	Get to Know One Another, Get to Know Yourself	Monday, March 7th / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual
Session 2	Get to Know Your Environment	Monday, March 14th / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual

Thereasea Clark Elder Community Health Leadership Academy
 Winter/Spring 2022

Session 3	Goal Setting	Monday, March 21st / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual
Session 4	Preparation, Planning, and Action	Monday, March 28th / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual
Session 5	Nutrition Basics	Monday, April 4th / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual
Session 6	Physical Activity	Monday, April 11th / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual
Session 7	Nutrition: More Ways to Promote Health	Monday, April 18th / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual
Session 8	Positive Psychology	Monday, April 25th / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual
Session 9	Stress and Sleep	Monday, May 2nd / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual
Session 10	All Foods Fit	Monday, May 9th / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual
Session 11	Sustaining Your Progress	Monday, May 16th / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual
Session 12	Celebration Your Achievements	Monday, May 23rd / 12:30-1:30pm & 6:30-7:30pm	Early Afternoon Session: McCrorey YMCA Evening Session: Virtual