

## Join us on Facebook @CardinalIHS to watch our free wellness programs

While you might be stuck at home, you can still log on to Facebook or create a free Facebook account to get involved with the Cardinal Innovations community online. We'd love for you to join in the fun with our free virtual wellness center programming, which includes classes like Zumba, stress management, arts and crafts tutorials, and more! Check out our programming calendar below.

We know that your schedules and routines have probably changed during this time.

To help, we are going to be posting videos from different friends and community members on our [Facebook page](#) and [our blog](#) throughout the week. We want to help you have fun while you're spending time at home and social distancing.

May 2020				
Mon	Tue	Wed	Thu	Fri
				<b>1</b> 11:00 a.m. Mental Health To- Go: Secondary Trauma and Self-Care
<b>4</b> 11:00 a.m. Breathing and Relaxation	<b>5</b> 11:00 a.m. Nutrition	<b>6</b> 11:00 a.m. Chair Yoga	7 11:00 a.m. Zumba	<b>8</b> 11:00 a.m. Mental Health To-Go: The Importance of Social Connection
<b>11</b> 11:00 a.m. Breathing and Relaxation	<b>12</b> 11:00 a.m. Springing into Spring: Arts and Crafts made with Common Household Items	<b>13</b> 11:00 a.m. Pilates	<b>14</b> 11:00 p.m. Line Dancing	<b>15</b> 11:00 a.m. Parent Guide: How to Discourage Teen Vape Use
<b>18</b> 11:00 a.m. Breathing and Relaxation  <i>Join Us as We Celebrate Mental Health Awareness Month this week...More Details to Come!</i>	<b>19</b> 11:00 a.m. Gardening	<b>20</b> 11:00 a.m. Tai Chi	<b>21</b> 11:00 a.m. Creative Dance and Movement	<b>22</b> 11:00 a.m. Nutrition
<b>25</b> Memorial Day	<b>26</b> 11:00 a.m. Mental Health To- Go: Understanding the Impact of Adverse Childhood Experiences	<b>27</b> 11:00 a.m. Yoga	<b>28</b> 11:00 a.m. Line Dancing	<b>29</b> 11:00 a.m. Mental Health To-Go: The Power of Positivity

## Virtual Program Descriptions

**Chair Yoga:** Chair Yoga is one of the gentlest forms of yoga available. Participants will perform postures and breathing exercises with the aid of a chair. Individuals can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Join instructor Jane Allen for this relaxing physical activity.

**Creative Dance and Movement for Children:** Creative Movement and Dance for Children with Kim Black – Miss Kim's approach to teaching dance is through imagination and creating stories. The children will begin to do basic dance movement and not know it by this fun and engaging method. Kim has been teaching for 32 years. She has received the honor of Dance Instructor of the Year, created 2 children's DVDs, and has written a children's book.

**Gardening:** Join us as Stokes County Cooperative Extension Agent Bryan Hartman leads informational sessions on gardening. Research states that gardening not only promotes stress reduction but also increased self-esteem, physical health, increased hand strength and opportunities to bond with family.

**Line Dancing:** Come and explore different types of dance with us! Dancing is a great way to relieve stress, improve the condition of your heart and lungs and manage your weight. Please join Patti Synder and Jordan Jefferies-James from the Stokes and Rockingham County Cooperative Extension for a fun workout.

**Breathing and Relaxation:** The way you breathe affects your whole body. Full, deep breathing is a good way to reduce tension, feel relaxed, and reduce stress. Breathing and relaxation techniques promotes overall wellness and can reduce the symptoms of many health problems brought on by stress such as colds, high blood pressure, anxiety, and depression. Join instructors Beth Cantrell, Elohee El-Bey and Jane Allen for a relaxing journey through deep breathing and reflections to help improve your overall health and wellness.

**Mental Health To- Go:** Behavioral Health information can be very in-depth. We hope to provide you condensed information on interesting and educational topics that will be useful to you.

- **Secondary Trauma and Self-Care:** Individuals that work in various helping fields do not recognize the potential for them to experience secondhand trauma. Lindsay Locklear, Member Engagement Specialist from Cardinal Innovations will be facilitating this presentation that will help you recognize the symptoms of secondary trauma and how to take care of yourself during stressful times.
- **Understanding Adverse Childhood Experiences:** Adverse childhood experiences can significantly increase the risk of negative physical and mental health outcomes as adults. However, there is hope to change these outcomes by building resilience. This workshop will look at impact, role ACEs has on health and well-being, and resilience tips and tools.
- **The Importance of Human Connection:** Maintaining human connection is vital to maintaining your health. During these uncertain times,
- **The Power of Positivity:** Power of Positivity- Please join this educational session to learn helpful tips on how to change negative thoughts to positive thoughts.

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**Mental Health Awareness Virtual Recognition Event:** Join us for a time to commemorate the importance of Mental Health Awareness Month in our communities. Stay tuned for more details.

**Parent Guide: How to Discourage Teen Vape Use:** Please join us for an information session by Derrick Vickers, Program Specialist with Insight Human Services as he discusses the risks of teen vape use of nicotine. In this short seminar parents and caregivers of youth will be given information to help discourage teen use of vape devices and how to effectively communicate them to your youth. Vape use by teens has short-term and long-term health risks and should not be considered a safe alternative to cigarettes. Attendees who view this seminar will: be able to understand the health risks associated with use of vape devices by teens; be able to inform youth and other adults about these issues; be able to communicate effectively with their youth to discourage use of vape devices.

**Nutrition:** Eating healthy not only helps us to maintain good physical health but can also play a vital role in how we feel emotionally. Please join us for a time to explore how eating certain nutritious foods can increase your mental wellbeing.

**Pilates:** if you are looking for to strengthen your core (abdomen and pelvis), maintain good posture, and enjoy Yoga, but need a more intense core workout, then Pilates may be for you. Join Victoria Stellato certified Pilate's instructor in this combination of a physical and mindful workout.

**Springing into Spring with Arts and Crafts: Simple Crafts Made from Materials in Your Home:** Creativity and the arts can help you to express your thoughts and emotions that can be difficult to put into words. It also helps to lower stress and anxiety, increase feelings of relaxation. Please join artist Dianna Altrath to create something unique that can give you a sense of pleasure and accomplishment.

**Tai Chi:** Kelly Stellato and Elohee El-Bey will guide you in the art of Tai Chi, which utilizes slow-moving external martial arts postures in conjunction with mindful deep breathing techniques to improve your spiritual, mental, emotional, and physical health. No prior experience needed; this class is intended for participants of all levels. Dress for easy movement.