



AMERIHEALTH CARITAS DISTRICT OF COLUMBIA

# EVENTS

## QUESTIONS?

Contact the Community Outreach Solutions team at **202-216-2318**, Monday through Friday, 8 a.m. to 6 p.m. We can confirm the event schedule, help you register, or answer any of your other questions.

## April 2024

| DATE AND TIME                        | EVENT   | EVENT TYPE AND REGISTRATION   |
|--------------------------------------|---|---|
| <b>April 3</b><br>6 p.m. – 7:30 p.m. | <b>C.L. Russell Group's Virtual Wellness Circle</b><br>The Wellness Circles consists of six to eight interactive workshops conducted over a 3-month period led by community health and wellness experts from C.L. Russell Group. Throughout the workshops, subject matter experts deliver presentations and facilitate interactive sessions on how to prevent hypertension, diabetes, and other chronic diseases, as well as ways to manage these conditions over time.   | <a href="https://bit.ly/48hojPZ">https://bit.ly/48hojPZ</a>   |
| <b>April 4</b><br>12 p.m. – 1 p.m.   | <b>Headspace Care's Reducing Stress Session</b><br>Join experts from Headspace Care for a live meditation to help ease tension and find a sense of calm in a storm.   | Register at:<br><a href="https://events.headspace.com/2024-calendar/">https://events.headspace.com/2024-calendar/</a> |
| <b>April 5</b><br>10 a.m. – 12 p.m.  | <b>Amharic Language Safe Sleep Class</b><br>The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months post-partum. The program content, which includes a video (English and Amharic) and written materials, is designed to promote safe habits for infant sleeping (e.g. place infant on its back, minimal items in the sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, members receive a Pack-n-Play which parents may use as a place for safe sleep. | To register, contact Bright Start at 1-877-759-6883   |

## April 2024

| DATE AND TIME                             | EVENT   | EVENT TYPE AND REGISTRATION   |
|---|---|---|
| <b>April 6</b><br>11 a.m. – 12 p.m.       | <b>Total Body Fitness</b><br>Have fun burning calories, dancing and getting fit with trainers from Wanda Woman!   | 1205 Marion Barry Ave. SE<br>Washington, DC 20020                       |
| <b>April 6</b><br>11 a.m. – 3 p.m.        | <b>DCPS Family Math Expo</b><br>This event will focus on providing DCPS families with community resources, health education, and math education. The event will also feature food, entertainment, etc.  | Houston Elementary School<br>1100 50th Place NE<br>Washington, DC 20019 |
| <b>April 6</b><br>2 p.m. – 4 p.m.         | <b>Smart from the Start's Family Fun Day</b><br>This fair is family friendly and also kid oriented with costume characters, skits, a scavenger hunt, games, free food, and a DJ. Free health screenings and health resources will be provided at the event.   | 2498 Alabama Avenue SE<br>Washington, DC 20020                          |
| <b>April 13</b><br>11 a.m. – 12 p.m.      | <b>Total Body Fitness</b><br>Have fun burning calories, dancing and getting fit with trainers from Wanda Woman!   | 1205 Marion Barry Ave. SE<br>Washington, DC 20020                       |
| <b>April 17</b><br>11 a.m. – 12 p.m.      | <b>Enrollee Orientation</b><br>This is an informational session for enrollees who recently joined (or rejoined) AmeriHealth Caritas DC. During the session, they will learn about the benefits and services available to them and how to access them.   | <a href="https://bit.ly/3RjRThs">https://bit.ly/3RjRThs</a>             |
| <b>April 17</b><br>11:30 a.m. – 1:30 p.m. | <b>Healthy Cooking Made Easy</b><br>The enrollee(s) will join Food Jones for a nutrition education and cooking class. At this event, the chef and dietician will demonstrate how to make healthy delicious dishes. Participants will receive nutrition education and will cook alongside a chef and dietician.  | The Ethel<br>1900 C St SE<br>Washington, DC 20003                       |
| <b>April 17</b><br>5:30 p.m. – 6:30 p.m.  | <b>Enrollee Orientation</b><br>This is an informational session for enrollees who recently joined (or rejoined) AmeriHealth Caritas DC. During the session, they will learn about the benefits and services available to them and how to access them.   | <a href="https://bit.ly/3RjRThs">https://bit.ly/3RjRThs</a>             |
| <b>April 17</b><br>6 p.m. – 7:30 p.m.     | <b>C.L. Russell Group's Virtual Wellness Circle</b><br>The Wellness Circles consists of six to eight interactive workshops conducted over a 3-month period led by community health and wellness experts from C.L. Russell Group. Throughout the workshops, subject matter experts deliver presentations and facilitate interactive sessions on how to prevent hypertension, diabetes, and other chronic diseases, as well as ways to manage these conditions over time.   | <a href="https://bit.ly/48hojPZ">https://bit.ly/48hojPZ</a>             |
| <b>April 19</b><br>10 a.m. – 12 p.m.      | <b>Spanish Language Safe Sleep Class/Clase de Sueño Seguro</b><br>The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months post-partum. The program content which includes a video (English and Spanish) and written materials is designed to promote safe habits for infant sleeping (e.g. place infant on its back, minimal items in the sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, members receive a Pack-n-Play which parents may use as a place for safe sleep. | To register, contact Bright Start<br>at 1-877-759-6883                  |

## April 2024

| DATE AND TIME                        | EVENT   | EVENT TYPE AND REGISTRATION                            |
|--------------------------------------|---|--|
| <b>April 20</b><br>11 a.m. – 12 p.m. | <b>Total Body Fitness</b><br>Have fun burning calories, dancing and getting fit with trainers from Wanda Woman!   | 1205 Marion Barry Ave. SE<br>Washington, DC 20020      |
| <b>April 20</b><br>12 p.m. – 2 p.m.  | <b>Youth Wellness Advisory Council</b><br>Youth Wellness Advisory Council which consist of AmeriHealth Caritas District of Columbia enrollees who have agreed to come together and meet four times per year to give us their ideas on how AmeriHealth DC can better serve our community at-large. This forum allows us to hear directly from our enrollees about what issues concern them, what programs we can develop or support our membership and how we can make their healthcare experiences and encounters more beneficial to them, their families, and the community at large.  | 1205 Marion Barry Ave. SE<br>Washington, DC 20020      |
| <b>April 26</b><br>10 a.m. – 12 p.m. | <b>Safe Sleep Class:</b><br>The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months post-partum. The program content which includes a video (English and Spanish) and written materials is designed to promote safe habits for infant sleeping (e.g. place infant on its back, minimal items in the sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, members receive a Pack-n-Play which parents may use as a place for safe sleep. | To register, contact Bright Start<br>at 1-877-759-6883 |
| <b>April 27</b><br>11 a.m. – 12 p.m. | <b>Total Body Fitness</b><br>Have fun burning calories, dancing and getting fit with trainers from Wanda Woman!   | 1205 Marion Barry Ave. SE<br>Washington, DC 20020      |

We offer a program called [Active&Fit](#) to help you get and stay active and learn more about healthy behaviors. Enrollees can opt to visit participating fitness centers throughout the city or participate in a home fitness program.

To learn more about the Active&Fit program, please visit [www.activeandfit.com](http://www.activeandfit.com) or call 1-877-771-2746 (TTY 711), Monday through Friday, 8 a.m. to 9 p.m. Eastern time.

### English

If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

### Español

Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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### Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

### 繁體中文

如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

### 한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

### Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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AmeriHealth Caritas District of Columbia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.