



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
April 3 6 p.m. – 7:30 p.m.	C.L. Russell Group's Virtual Wellness Circle 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.	https://bit.ly/48hojPZ
April 4 12 p.m. – 1 p.m.	Headspace Care's Reducing Stress Session Join experts from Headspace Care for a live meditation to help ease tension and find a sense of calm in a storm.	Register at: https://events.headspace.com/2024-calendar/
April 5 10 a.m. – 12 p.m.	Amharic Language Safe Sleep Class 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

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April 6 11 a.m. – 12 p.m.	Total Body Fitness Have fun burning calories, dancing and getting fit with trainers from Wanda Woman!	1205 Marion Barry Ave. SE Washington, DC 20020
April 6 11 a.m. – 3 p.m.	DCPS Family Math Expo 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 1100 50th Place NE Washington, DC 20019
April 6 2 p.m. – 4 p.m.	Smart from the Start's Family Fun Day 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 Washington, DC 20020
April 13 11 a.m. – 12 p.m.	Total Body Fitness Have fun burning calories, dancing and getting fit with trainers from Wanda Woman!	1205 Marion Barry Ave. SE Washington, DC 20020
April 17 11 a.m. – 12 p.m.	Enrollee Orientation 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.	https://bit.ly/3RjRThs
April 17 11:30 a.m. – 1:30 p.m.	Healthy Cooking Made Easy The enrollee(s) will join Food Jonezi 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 1900 C St SE Washington, DC 20003
April 17 5:30 p.m. – 6:30 p.m.	Enrollee Orientation 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.	https://bit.ly/3RjRThs
April 17 6 p.m. – 7:30 p.m.	C.L. Russell Group's Virtual Wellness Circle 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.	https://bit.ly/48hoiPZ
April 19 10 a.m. – 12 p.m.	Spanish Language Safe Sleep Class/Clase de Sueño Seguro 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 at 1-877-759-6883
April 20 11 a.m. – 12 p.m.	Total Body Fitness Have fun burning calories, dancing and getting fit with trainers from Wanda Woman!	1205 Marion Barry Ave. SE Washington, DC 20020

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DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
April 20 12 p.m. – 2 p.m.	Youth Wellness Advisory Council 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 Washington, DC 20020
April 26 10 a.m. – 12 p.m.	Safe Sleep Class: 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 at 1-877-759-6883
April 27 11 a.m. – 12 p.m.	Total Body Fitness Have fun burning calories, dancing and getting fit with trainers from Wanda Woman!	1205 Marion Barry Ave. SE Washington, DC 20020

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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