

SPRING 2019



Program Calendar

CENTER FOR URBAN HEALTH

FEBRUARY

Go Red for Women Event (Jeff Peers) – How Do I Know If My Heart is Healthy? Live Longer with Life’s Simple 7

Simply making little changes every day can add up to big improvements for your overall health. We have collaborated with the American Heart Association to explore seven easy ways to help control your risk for heart disease.

Date: Thursday, February 21, 2019

Time: 12 p.m. – 1 p.m.

Location: Bluemle Life Science Building, 10th & Locust Streets, Room 107

Speaker: Susana Suarez, BS

Health Educator, Jefferson Center for Urban Health

Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries we’ve known that the health of the brain and the body are connected. Now science is able to provide insights into making lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy living.

Date: Wednesday, February 27, 2019

Time: 12 p.m. – 1 p.m.

Location: 1100 Walnut Street, 3rd Floor

Speaker: William Reiter

Manager, Physician Outreach

Alzheimer’s Association Delaware Valley Chapter

MARCH

Breathe Easier: A Comprehensive Approach to Lung Health (Jeff Peers)

The focus of this program is to provide education about lung anatomy, breathing exercises, preventative lung health and advanced treatment options for lung cancer.

Date: Thursday, March 21, 2019

Time: 12 p.m. – 1 p.m.

Location: 901 Walnut Street, 1st Floor

Speaker: Teresa Giamboy, DNP, CRNP, MTTs

Director, Lung Cancer Program

Sidney Kimmel Cancer, Thoracic Surgical Oncology

Low Vision and Aging: How to Function with Usable Vision

Vision loss can greatly impact the health and well-being of older adults. According to a 2004 National Eye Institute study, the risk of low vision and blindness increases significantly with age, particularly in those over age 65. Due to vision loss and impairment, there is a greater risk of falls and safety problems including decreased participation in leisure activity and self-care. This session will help older adults identify and manage the progression of low vision which can help improve their quality of life.

Date: Tuesday, March 26, 2019

Time: 12 p.m. – 1 p.m.

Location: 1100 Walnut Street, 3rd Floor

Speaker: Joe Kardine, MS, OTR/L

Occupational Therapist, Advanced Clinician I

Department of Rehabilitation Medicine

Thomas Jefferson University Hospitals

Help Yourself to Health: Chronic Disease Self-Management (Jeff Peers)

Do you have diabetes, arthritis, asthma, high blood pressure, heart disease or COPD? This **free six-session workshop** (we ask that you attend at least four of the six sessions) gives you techniques to better manage associated symptoms like pain, fatigue, frustration and stress. Attendees will receive a free resource book and relaxation CD.

Date: Thursdays: March 7, 14, 21, 28, April 4, and 11

Time: 11 a.m. – 1:30 p.m.

Location: Walnut Towers, 211 South 9th Street, 3rd Floor

Speaker: Neva White DNP, CRNP, CDE

Jefferson Center for Urban Health

APRIL

Diabetes Boot Camp (Jeff Peers)

We have collaborated with Sugga Mamas Diabetes Prevention and Management to present a comprehensive pre diabetes and diabetes self-management workshop. The day will include meal planning, healthy cooking tips, exercise and instruction on glucose monitoring.

Date: Saturday, April 6, 2019

Time: 11 a.m. – 2 p.m.

Location: Jefferson Alumni Hall

10th and Locust Streets, 1st Floor

Diet for Longevity – Cut Out the C.R.A.P.

A long and healthy life starts with a wholesome meal plan. Find out the C.R.A.P. (carbonated beverages, refined sugars, artificial and processed) foods that can cause inflammatory diseases like obesity, diabetes, cancer and heart disease. Plus, learn about foods that can promote a long and healthy life.

Date: Wednesday, April 17, 2019

Time: 12 p.m. – 1 p.m.

Location: 1100 Walnut Street, 3rd Floor

Speaker: Lynne Bucovetsky, MPH, RD, LDN, CDE

Clinical Dietitian and Certified Diabetes Educator

Thomas Jefferson University Hospitals

Chronic Pain Self-Management Program (Jeff Peers)

Do you suffer from chronic pain? This **free six-session workshop** (we ask that you attend at least four of the six sessions) provides you with tools and resources to assist with pain management.

Date: Thursdays: April 18, 25, May 9, 16, 23 and May 30, 2019

Time: 1 p.m. – 3:30 p.m.

Location: Walnut Towers, 211 South 9th Street, 3rd Floor

Speaker: Neva White DNP, CRNP, CDE

Jefferson Center for Urban Health

The Greater Philadelphia Food System: Obtaining Affordable, Fresh, and Healthy Food (Jeff Peers)

If you want to start preparing healthy meals using new recipes and techniques, but are overwhelmed by the cost, then join us! This workshop is an excellent introduction to affordable food resources.

Date: Thursday, April 18, 2019

Time: 12 p.m. – 1 p.m.

Location: 901 Walnut Street, 1st Floor

Speaker: Michelle Lawson, MS, MHRM, MBA, JD

Thomas Jefferson University

College of Science, Health and the Liberal Arts

MAY

The Hello Game: Conversation Starter on Living and Dying...as a Tool to Getting Your House in Order (Jeff Peers)

The Hello Game encourages players to embrace thinking about advance directives and other factors to allow for making quality life planning decisions. An excellent icebreaker for caregivers, family, social and health professionals, clergy and others.

Date: Thursday, May 16, 2019

Time: 11 a.m. – 1 p.m.

Location: 901 Walnut, 1st Floor

Speaker: Sandra Lawrence

Intergenerational Community Alliance, Inc.

JUNE

Barbershop Talk - Let’s Talk about Sex: Exploring Male Sexuality – Free Men’s Health Breakfast (Jeff Peers)

Join us for a “men’s only” frank discussion about male sexual health issues.

Date: Saturday, June 1, 2019

Time: 10 a.m. – 12 p.m.

Location: Jefferson Alumni Hall, 10th & Locust Streets, 1st Floor

Speaker: Panel Discussion

Paul Chung, MD

Jefferson Department of Urology –

Genitourinary Reconstruction

David Madison, M. Ed

Health Educator and Outreach Worker

Learning to Manage and Live with Diabetes

Topics include diabetes overview, healthy eating, meal planning, and preventing complications of diabetes.

ONLINE CLASSES – DELIVERED USING ZOOM VIDEO CONFERENCE – 4 SESSION PROGRAM:

Date: Mondays: February 4, 11, 18, and 25, 2019

Time: 7 p.m. – 8:30 p.m.

Date: Mondays: March 4, 11, 18, and 25, 2019

Time: 7 p.m. – 8:30 p.m.

Date: Mondays: April 1, 8, 15, and 22, 2019

Time: 7 p.m. – 8:30 p.m.

Date: Mondays: May 6, 13, 20, and June 3, 2019

Time: 7 p.m. – 8:30 p.m.

FACE-TO-FACE CLASSES – 3 SESSION PROGRAM:

Date: Tuesdays: February 5, 12, and 19, 2019

Tuesdays: March 5, 12, and 19, 2019

Tuesdays: April 9, 16, and 23, 2019

Time: 10 a.m. – 12 p.m.

Location: Jefferson Center for Urban Health

211 South 9th Street, 3rd Floor, Philadelphia, PA 19107

Date: Mondays: March 4, 11, and 18, 2019

Mondays: April 8, 15, and 22, 2019

Time: 1 p.m. – 3 p.m.

Location: Jefferson Family Medicine South Philadelphia

2422 S. Broad Street, 2nd Floor, Philadelphia, PA 19145

Date: Wednesdays: February 6, 13, and 20, 2019

Wednesdays: March 6, 13, and 20, 2019

Time: 3 p.m. – 5 p.m.

Location: Jefferson Methodist Hospital

2301 S. Broad Street, Conference Room 1

Philadelphia, PA 19145

Lose Weight and Prevent Diabetes Program (Diabetes Prevention Program)

A trained lifestyle coach facilitates group discussions about behavior changes for adults that can improve health through weight loss and physical activity. The program consists of 28, one-hour sessions delivered over the course of a year.

ONLINE CLASSES – DELIVERED USING ZOOM VIDEO CONFERENCE:

Date: Classes begin February 26, 2019

Time: Tuesdays: 7 p.m. – 8 p.m.

FACE-TO-FACE CLASSES:

Date: Wednesdays: Classes begin April 17, 2018

Time: 6 p.m. – 7 p.m.

Location: South Philadelphia Library

1700 Broad Street, Philadelphia, PA 19145