



WORKSHOPS/ HEALTH EDUCATION

Diabetes Education

(EVERGREEN) Church Health's free Diabetes Education teaches the basics of diabetes, its role in the body, diabetes medication, chronic disease management and nutrition for diabetics. Anyone may attend this class without registration, but a small snack will be provided for those who preregister. Class is held the second Saturday of each month, 9 am - 12 p.m., at 1350 Concourse Ave. Call 901-701-2220 to register.

Class also offered in Spanish. Esta clase también se ofrece en español el mismo día y hora. Para más información llame a 901-701-2220.

Stroke Support Group

(EVERGREEN) Church Health is pleased to present Thrive! – a monthly gathering of survivors of stroke and their families. Thrive! meets the fourth Wednesday of each month, 1 p.m. to 2 p.m. in the Church Health Community Room, 1350 Concourse Ave. Through group reflection, social interaction, recreation and movement, we explore how a balanced, healthy life after stroke is within reach. Thrive! is offered by Church Health Physical Rehabilitation and is free to participants and their families. Light refreshments will be provided. To register, please call Kevin Gibson at 901-701-2294. Please go to ChurchHealth.org/Events/Health-Education for complete information.

MINDFULNESS

Guided Meditation-Mondays

(EVERGREEN) Rob Dove hosts guided meditation each Monday at 12 p.m. in the Church Health Meditation Chapel, 1350 Concourse Ave. Log on to ChurchHealth.org/Events/Mindfulness for more information. Free and open to the public.

Guided Meditation-Tuesdays

(EVERGREEN) Church Health hosts guided meditation each Tuesday at 12 p.m. in the Church Health Meditation Chapel, 1350 Concourse Ave. Log on to ChurchHealth.org/Events/Mindfulness for more information. Free and open to the public.

Guided Meditation-Saturdays

(EVERGREEN) Unwind and refocus each week at Church Health's Saturday Morning Unwind Sessions. This guided meditation is facilitated by Greg Graber, Rob Dove or Eric Gottlieb each Saturday at 9:30 a.m. in the Church Health Meditation Chapel, 1350 Concourse Ave. Log on to ChurchHealth.org/Events/Mindfulness for more information. Free and open to the public.



12 Steps Meditation

Church Health hosts 12 Step Sangha meetings lead by Robert Baldwin each Thursday at 5:30 p.m. in the Church Health Meditation Chapel, 1350 Concourse Ave. This meditation group is designed especially for individuals in recovery and is open to people with any addiction. Contact Robert Baldwin at baldwin_rl@yahoo.com with any question

FAITH

Caregivers Retreat

Registration is now open for Church Health's inaugural Courage for Caregivers Retreat on Saturday, March 16 at Christ United Methodist Church (4488 Poplar Avenue). Facilitated by Marjorie Thompson, author of the *Courage for Caregivers* book series, the retreat gathers caregivers for a day away to renew the energies and callings of caregiving and reflect on the belovedness they share with the people they care for. This event is free and open to the public, but registration is required. To register, go to <https://churchhealth.org/event/caregiverretreat/> or call Lauren Hales at (901) 701-2254.

Walking Bible Study

(EVERGREEN) Please join Church Health for a walking Bible study each Wednesday at 12 p.m. in the Church Health Meditation Chapel, 1350 Concourse Ave. Pastor Byron Fitchpatric leads you through *Walk and Talk*, a program developed by Church Health to help you make small changes and simple lifestyle improvements in your health and to grow in faith. Please wear walking shoes. The Church Health Chapel is located on the first floor of Crosstown Concourse.

Chapel Service

(EVERGREEN) Please join Church Health every Thursday at 12 p.m. for our weekly chapel service and contemplative break. All are welcome. The Church Health Meditation Chapel is located on the first floor of Crosstown Concourse, 1350 Concourse Ave.

Jummah Prayer

(EVERGREEN) Church Health hosts a weekly Jummah prayer service every Friday at 1 p.m. in the Church Health Meditation Chapel. All are welcome. The Church Health Meditation Chapel is located on the first floor of Crosstown Concourse, 1350 Concourse Ave.

COMMUNITY



The Mystic

(EVERGREEN) Hosted by Rabbi Micah Greenstein, John Kilzer, Chris Miner, Dr. Scott Morris, Dr. Sonja Walker and Kirk Whalum, The Mystic is a monthly gathering to find connection through music, story and dialogue. The Mystic is held the last Tuesday of the month at 6 p.m. at Crosstown Arts, 1350 Concourse Ave. For more information, go to <https://churchhealth.org/events/other-events/>.

An Evening with Author Philip Yancey

Distinguished Christian author, journalist and editor Philip Yancey will share his inspiring insights on life and faith in Memphis on April 8 at First Baptist Church Broad, 2835 Broad Ave. Make plans to join us for this engaging evening, which is part of the 2019 Westberg Symposium for Faith Community Nursing. A ministry of Church Health, the Westberg Institute serves health ministry programs worldwide. Tickets are \$25 and preregistration is required. For tickets, go to <https://churchhealth.org/event/philipyancey/>.

NUTRITION

Family Cooking Class: Roasted Veggie Quesadillas

You and your children are invited to Family Snack Attack, a tasty, hands-on cooking class at Church Health! This 30-minute class is on Monday, March 18, 2019 at 5:30 p.m. in the Church Health Nutrition Hub, 1350 Concourse Ave. We will prepare roasted veggie quesadillas. Cost is \$3/person; at least one parent or guardian must accompany children. Family Snack Attack is presented by The Well, Church Health's prevention and wellness program for children and families. Space is limited and preregistration is required. Log on to ChurchHealth.org/Events/Cooking-Classes for complete details.

Jewish Cooking Class: Passover

In collaboration with Temple Israel, Church Health will host a Jewish Cooking Class focusing on Passover on Thursday, March 27 from 6-7:30 p.m. TI clergy will lead discussion, followed by a hands-on, mini cooking class with the Church Health Nutrition team where participants will learn to prepare Matzo Ball Soup. Class is in the Church Health Nutrition Hub, 1350 Concourse Ave., and cost is \$15. Log on to ChurchHealth.org/Events/Cooking-Classes for complete details or to register.

The Art of Dinner: Elegant Easter

There's something beautiful about the balance of healthy and delicious food. In celebration of that beauty, Church Health presents The Art of Dinner on Friday, April 5, at 6 p.m. in the Church



Health Nutrition Hub, 1350 Concourse Ave. In this interactive cooking class, Chef Joshua House will guide you through a three-course menu including White Bean Bruschetta with Roasted Garlic, Grilled Tomato, and Fresh Basil; Cream of Asparagus Soup with Lemon Chive Creme Fraiche; Salmon en Papillote with Yellow Squash, Zucchini, and Chardonnay Butter; and Dark Chocolate Creme Brulee. Tickets are \$65, with proceeds benefiting nutrition programming at the Church Health Nutrition Hub. Log on to ChurchHealth.org/Events/Cooking-Classes for tickets.

EXERCISE & MOVEMENT

For Teens & Adults:

Chair Yoga

Church Health offers Energizing Chair Yoga each Monday at 9 a.m. in its Creative Movement Studio at Crosstown Concourse, 1350 Concourse Ave. This pay-what-you-can class is for seniors and those with physical limitations. To enroll, log on to churchhealth.org/events/fitness-classes or call (901) 701-2241.

Stott Pilates

Church Health offers Mixed-Level Stott Pilates each Monday at 5:30 p.m. in its Creative Movement Studio at Crosstown Concourse, 1350 Concourse Ave. These mat-based classes use small and large equipment to enhance students' experience. Pricing for the Spring session starts at \$63, and prorated series pricing is available. To enroll, go to churchhealth.org/events/fitness-classes or call (901) 701-2241.

This class is also available on Wednesdays at 9 a.m.

Alignment Yoga

Church Health offers Alignment Yoga each Wednesday at 6:30 p.m. in its Creative Movement Studio at Crosstown Concourse, 1350 Concourse Ave. This pay-what-you-can class for teens and adults helps deepen your understanding of the body from the inside out. To enroll, go to churchhealth.org/events/fitness-classes or call (901) 701-2241.

Barre Basics

Church Health offers Barre Basics Thursdays at 9 a.m. in its Creative Movement Studio at Crosstown Concourse, 1350 Concourse Ave. This class for ages 13 and up focuses on exercises at the ballet barre, incorporating dance technique, to increase strength and flexibility. Pricing for the Spring session starts at \$45. To enroll, log on to churchhealth.org/events/fitness-classes or call (901) 701-2241.



Mindful Yoga

Church offers Mindful Yoga each Sunday in its Creative Movement Studio at Crosstown Concourse, 1350 Concourse Ave. Taught by Sharon Thorpe, this pay-what-you-can class for teens and adults explores body awareness and meditation. To enroll, go to churchhealth.org/events/fitness-classes or call (901) 701-2241.

For Children:

Yoga for Children

Church Health offers Yoga for Children each Wednesday at 5:30 p.m. (ages 4-6) and 6 p.m. (ages 7-12) in its Creative Movement Studio at Crosstown Concourse, 1350 Concourse Ave. Classes are free for YMCA members, and nine-week series pricing is \$45 for non-members. To enroll, go to churchhealth.org/events/fitness-classes or call (901) 701-2241.

Movin' & Groovin'

Church Health offers Movin' & Groovin' to children each Thursday at 5:30 p.m. in its Creative Movement Studio at Crosstown Concourse, 1350 Concourse Ave. These high-energy movement classes are designed to promote children's heart health and creativity. Free for YMCA members and \$45 for the community. To enroll, log on to churchhealth.org/events/fitness-classes or call (901) 701-2241.

Parent/Child Creative Movement

Church Health offers Parent/Child Creative Movement each Saturday at 11 a.m. in its Creative Movement Studio at Crosstown Concourse, 1350 Concourse Ave. This mommy-and-me-style class series for toddlers age 2-3 and their parents help children develop rhythm, coordination and self-expression. Series pricing for the Spring session starts at \$32. To enroll, log on to churchhealth.org/events/fitness-classes or call (901) 701-2241.

Creative Movement/ Dance

Church Health offers Creative Movement for children age 4-5 each Saturday at 11:30 a.m. in its Creative Movement Studio at Crosstown Concourse, 1350 Concourse Ave. The classes help boys and girls develop rhythm, coordination and self-expression through a variety of dance styles. Series pricing for the Spring session starts at \$32. To enroll, log on to churchhealth.org/events/fitness-classes or call (901) 701-2241.

Ballet

Church Health offers ballet for ages 6-12 each Saturday at 12 p.m. in its Creative Movement Studio at Crosstown Concourse, 1350 Concourse Ave. The classes focus on ballet technique, include work at the barre, and incorporate moves to increase strength and flexibility. Series



pricing for the Spring session starts at \$40. To enroll, log on to churchhealth.org/events/fitness-classes or call (901) 701-2241.