



SW COMMUNITY HEALTH & WELLNESS DAY

CONNECT • LEARN • GET RESOURCES

**SATURDAY
SEPT 26, 2026**

10 AM – 3 PM

FREE & OPEN TO THE COMMUNITY



Your day to connect with **FREE** resources, information, and 30-minute sessions that support your health, wellness, education, and community.

ENVISION CENTER

203 N Street SW, Washington, DC 20024

SESSIONS

Behavioral & Mental Health • Diabetes Awareness & Care
Adult Education • Youth Activities & Scholarships
Computer Literacy • Breast Health 101 • Financial Literacy
Meditation & Relaxation • Job Development /Job Training
Chair Exercises • Family Support Services
Homeless Services • Hypertension

- Refreshments & Door Prizes -

COMMUNITY RESOURCES & SUPPORTS:

Health & Wellness • Education • Employment • Financial Stability Housing
Family Support • Youth Development • Community Safety

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語言協助
如果您需要中文
語言協助，請電
(202) 238-4600。
終業譯同協助提供。請
聯絡。

AIDE LINGUISTIQUE
Si vous avez besoin
d'interprétation
(202) 238-4600
en français, en
espagnol, en vietnamien,
en vietnamien, en vietnamien

언어 지원
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GIÚP ĐỖ VỀ NGÔN
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SW COMMUNITY HEALTH & WELLNESS DAY SCHEDULE

Time Slot	Facilitator	Title of Session
10:00 - 10:15	Community Partners	Welcome, Introductions & Chair Exercise
10:15-10:30	Dr. Blocker, Chief Lead Safe & Healthy Housing Division	Primary Prevention: "Focusing on Clean, Lead-Free Drinking Water & Radon"
10:30 - 10:45	Dr. Bruce Tisdale, CEO, Hope for Us, LLC.	Behavioral Health & Mental Health
10:45 - 11:15	C3Cares & George Washington University Nursing Students	Diabetes Awareness & Care
11:15-11:30	Dawn Rhodes, Sr. Office Manager Goodwill Excel Center	Adult Education Opportunities
11:30-11:45	Anthony D. Newman, PMP Deputy Administrator	DC Department of Human Services Homeless Services
11:45-12:00	SWNA Youth Activities Task Force/SWNA ESTA	SWNA Education & Scholarship Task Force
12:00 - 12:30	Lunch /YMCA	Let's Move It/Chair Exercises
12:30 -12:45	Linda Brown, Certified Massage Therapist	Meditation/ Relaxation
12:45-1:00	Eric Smith, CEO, Trust STEAM+	Computer Literacy
1:00-1:15	Gail Avent, CEO, Total Family Care Coalition	"How to Sustain Family Recovery"
1:15 -1:30	Pastor John Davis	"Grieving & Letting Go"
1:30 -1:45	Ibrahim Lyles	GOOD Project: Youth Programs & Services
1:45-2:00	Thelma D. Jones, Founder Breast Cancer Fund	"Breast Health 101 Session"
2:00-2:15	Beverly F. Smith, Founder & Executive Director	Mommas Safe Haven Program: Resilience Academy
2:15 -2:30	Charles Pyatt, UPO Case Manager	UPO Workforce Institute Division

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2:30 -2:45	Emmanuel McDaniel, DCHA Family Self-Sufficiency Coordinator	Financial Literacy
2:45-3:15	C3Cares & George Washington University Nursing Students	"Hypertension"
3:15-3:30	Feedback & Recommendations	Wrap-up: Complete surveys for feedback

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