



# Health & Wellness OUTREACH

*Empowering our community through education*



## ABOUT THE PROGRAM

**Rx OUTREACH** provides affordable medication for those who are uninsured or under-insured. From speaking with healthcare professionals and patients, it was discovered that in addition to needing affordable medication, people needed education to understand how to better manage their health.

The Health and Wellness Outreach program provides health education and resource referrals to empower our community to live healthier lives.

Community partners connect people with the workshops. They provide meeting space so that participants will not need to travel for training. Rx Outreach partners with churches, senior centers, and social service organizations to identify greatest needs and provide training in community settings where it is easily accessible to the target population.

The program delivers high-quality, effective health education with professional medical staff that many organizations could not afford to provide on their own.

**BY THE NUMBERS:** Since 2015, the Health and Wellness Outreach Program has provided health education to over 10,000 people in person throughout the St. Louis metropolitan area and beyond.

**JAELYN PEEBLES** is a public health professional with expertise in outreach to underserved populations. She is passionately committed to enhancing the health and well-being of people in the St. Louis area and strengthening the linkages between people and community resources.

As the Health and Wellness Outreach Coordinator for Rx Outreach, Jaelyn provides health education and resource information in the community to empower people with the knowledge and tools they need to live longer, healthier lives.

**Workshops are now available in person or virtual. For questions or to schedule a workshop, please contact Jaelyn or visit [www.rxoutreach.org/hwo](http://www.rxoutreach.org/hwo)**



**Jaelyn Peebles** | Health & Wellness Outreach Coordinator  
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## HEALTH SEMINAR CATALOGUE

Contact us today to schedule a seminar for your community!



### TAKE CONTROL OF YOUR HEALTH — HIGH BLOOD PRESSURE, CHOLESTEROL, AND DIABETES

In this 3-part workshop series, participants will learn how to prevent and manage these diseases in order to be the healthiest version of themselves. We will discover the important role diet and exercise plays in our everyday lives and learn simple changes we can make to our routine. Participants who complete all 3 sessions will be eligible for a prize.



### NUTRITION BINGO

Experience a fun way to learn about nutritious foods and healthy eating. It's Bingo with a little spice!



### MENTAL HEALTH SERIES — AGING WELL WITH A STRONG MIND

Your mental health is a very important part of your overall health and well-being but is oftentimes the most overlooked. This workshop will explore methods to expand your cognitive and emotional health as you age, including activities to keep a sharp mind. Participants will have the space to share and learn about loneliness, anxiety, depression, grief and loss.



### HEALTH AND WELLNESS FADS — WHAT'S NEW? WHAT'S TRUE?

From Keto to Paleo, each year brings in a plethora of new health and wellness trends and diets that get people talking. Discover what's new in diet and exercise and find out if these practices live up to the claims in this exciting workshop.



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### **COOKING SMART FOR A HEALTHY HEART**

This informative workshop will educate participants on the importance of eating healthy as we get older, recommend simple changes we can make everyday to live healthier, and discover budget friendly ways to eat healthy on the go.



### **LET'S GET MOVING! — ACTIVITIES FOR A HEALTHY LIFESTYLE**

If you've never exercised, stopped exercising for some reason, or you exercise regularly – this class is for you! We will learn how to address the barriers to physical fitness and which activities improve our overall health. We will discover how to add some activity to our everyday lives, including: Walking, chair yoga, and resistance band work.



### **RACIAL DISPARITIES IN HEALTHCARE**

This workshop will address the health conditions that disproportionately affect the African American community. We will discuss simple and effective strategies to prevent and reverse these conditions. Another area of focus includes the importance of routine preventative health screens and how to get the most out of doctor visits.



### **HEART AND SOUL — HOW SPIRITUALITY AFFECTS YOUR HEALTH**

Your spirituality is an essential part of your health and wellbeing. In this workshop we will discover how research has identified the link between health and spirituality and how to integrate those beliefs into your healthcare management to help you manage your health conditions.



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### HEALTHY SMILES FOR A HEALTHY LIFE

Oral diseases are no laughing matter! Discover how aging affects your smile and learn how good oral care can improve overall health.



### SUGAR, SUGAR — DIABETES AND YOU

In this workshop we will learn what diabetes is and what causes it. Discussion and activities will include strategies for living with, treating, and reversing this disease.



### MEDICATION SAFETY

For many people, the use of medications is necessary to maintain good health. Oftentimes, medications are not taken correctly or disposed of in the wrong way. In this workshop we will learn of the general risks and benefits of taking medications, discover common usage problems, know how to identify an adverse reaction, and discuss proper disposal procedures.



### SWEET DREAMS — TIPS FOR GETTING GOOD SLEEP

Everyone wants to wake up in the morning feeling refreshed and rejuvenated. This workshop will equip participants with concrete steps and relaxation techniques to promote more restful sleep, so you wake up ready to seize the day!



### CUSTOM DESIGNED SEMINARS

Wellness classes on other subject matters may also be created based upon our participant's needs. Contact Jaelyn Peebles for more information.



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