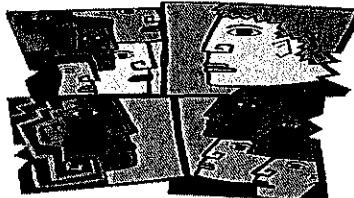


# HEALTH DEPARTMENT

Prince George's County



Minority Outreach and  
Technical Assistance

## Residents of Capitol Heights Living Vibrant Project

### November/December 2018 Schedule

**Who:** Vibrant Health & Wellness Foundation, Inc.; a 501 (C) 3 non- profit organization is pleased to facilitate the "Living Vibrant" project in Capitol Heights, Maryland.

**What:** Year- long Wellness Programming designed to help residents of Capitol Heights improve overall health and prevent/self-manage chronic diseases (Diabetes, Hypertension, Cardiovascular, and Obesity, Weight loss, Stress reduction) workshops/Health-Wellness Coaching, Nutrition and Physical activities

**Where:** Capitol Heights Town Hall Conference Room – No cost to you but Registration required

Nov 2 – Friday at 1pm- 2:30pm – Gateway Village (Diabetes Prevention Program(DPP) / Physical Activity Session (outsiders welcome)

Nov 3 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Nov 9 – Friday at 1pm- 2:30pm – Gateway Village (Diabetes Prevention Program(DPP) / Physical Activity Session (outsiders welcome)

Nov 10 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Nov 10 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Nov 16 – Friday at 1pm- 2:30pm – Gateway Village (Diabetes Prevention Program(DPP) / Physical Activity Session (outsiders welcome)

Nov 16 – Friday at 2 – 7pm Health Extravaganza Health Fair/Screening – 505 Hampton Blvd , CH

Nov 17 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Nov 17 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Nov 23 – Friday at 1pm- 2:30pm – Gateway Village (Diabetes Prevention Program(DPP) / Physical Activity Session (outsiders welcome)

December 1 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Dec 1 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Dec 3 – Living Vibrant Project presentation (Senator Benson 202 Coalition)

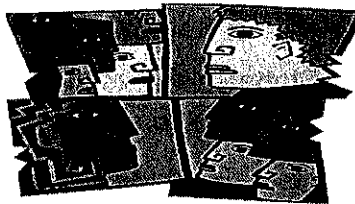
**Registration:** Vibrant Health & Wellness Foundation, Inc., Website:  
[www.VHWF.org](http://www.VHWF.org) - Email: [Info@VHWF.org](mailto:Info@VHWF.org) - 240-462-7983





# HEALTH DEPARTMENT

Prince George's County



Minority Outreach and  
Technical Assistance

## Residents of Capitol Heights Living Vibrant Project

### February 2019 Schedule

**Who:** Vibrant Health & Wellness Foundation, Inc.; a 501 (C) 3 non- profit organization is pleased to facilitate the "Living Vibrant" project in Capitol Heights, Maryland.

**What:** Year-long Wellness Programming designed to help residents of Capitol Heights improve overall health and prevent/self-manage chronic diseases (Diabetes, Hypertension, Cardiovascular, and Obesity, Weight loss, Stress reduction) workshops/Health-Wellness Coaching, Nutrition and Physical activities

**Where: Capitol Heights Town Hall Conference Room/Nearby Centers** – No cost to you but Registration required. **Mini Wellness Conference Planning – 15 March 19 (Site and agenda being finalized)**

Feb 1 – Gateway Village (Diabetes Prevention Program(DPP) Giant Food Shopping Tour (1pm- 2:30pm)

Feb 2 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Feb 2 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Feb 4 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Feb 5 – Evelyn Cole Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Tuesday 12:30-1:30 pm

Feb 8 - Gateway Village (Diabetes Prevention Program(DPP) Chronic Disease Prevention Session / Physical Activity Session (outsiders welcome) Friday 1pm- 2:30pm

Feb 9 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Feb 9 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Feb 11 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Feb 12 – Evelyn Cole Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Tuesday 12:30-1:30 pm

Feb 15 – Gateway Village (Diabetes Prevention Program(DPP) Chronic Disease Prevention Session / Physical Activity Session (outsiders welcome) Friday 1pm- 2:30pm

Feb 16 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Feb 16 – CHEC Meeting – No Yoga

Feb 18 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Feb 19 – Evelyn Cole Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Tuesday 12:30-1:30 pm

Feb 22 – Gateway Village (Diabetes Prevention Program(DPP) Chronic Disease Prevention Session / Physical Activity Session (outsiders welcome) Friday 1pm- 2:30pm

Feb 23 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Feb 23 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Feb 25 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Feb 26– Evelyn Cole Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Tuesday 12:30-1:30 pm

March 9 – Living Vibrant Running/Walking Clinic Site: TBD

March 16 – Living Vibrant Mini Wellness Conference – Capitol Heights Area, Date firm.

Seeking Vendor/ Sponsors

**Registration:** Vibrant Health & Wellness Foundation, Inc., Website: [www.VHWF.org](http://www.VHWF.org) - Email: [Info@VHWF.org](mailto:Info@VHWF.org) - 240-462-7983



## **Residents of Capitol Heights Living Vibrant Project**

### **January 2019 Schedule**

**Who:** Vibrant Health & Wellness Foundation, Inc.; a 501 (C) 3 non-profit organization is pleased to facilitate the "Living Vibrant" project in Capitol Heights, Maryland.

**What:** Year-long Wellness Programming designed to help residents of Capitol Heights improve overall health and prevent/self-manage chronic diseases (Diabetes, Hypertension, Cardiovascular, and Obesity, Weight loss, Stress reduction) workshops/Health-Wellness Coaching, Nutrition and Physical activities

**Where:** Capitol Heights Town Hall Conference Room/Nearby Centers – No cost to you but Registration required

Jan 4 – Gateway Village (Diabetes Prevention Program(DPP) Chronic Disease Prevention Session / Physical Activity Session (outsiders welcome) Friday 1pm- 2:30pm

Jan 5 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Jan 5 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Jan 7 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Jan 8 – Evelyn Cole Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Tuesday 12:30-1:30 pm

Jan 11 - Gateway Village (Diabetes Prevention Program(DPP) Chronic Disease Prevention Session / Physical Activity Session (outsiders welcome) Friday 1pm- 2:30pm

Jan 12 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Jan 12 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Jan 14 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Jan 15 – Evelyn Cole Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Tuesday 12:30-1:30 pm

Jan 18 – Gateway Village (Diabetes Prevention Program(DPP) Chronic Disease Prevention Session / Physical Activity Session (outsiders welcome) Friday 1pm- 2:30pm

Jan 19 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Jan 19 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Jan 21 – Update Living Vibrant Project/Capitol Heights Healthy Food Access (Senator Benson 202 Coalition)

Jan 21 – Mini Wellness Conference Planning (Living Vibrant Project) Location: TBD

Jan 21 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Jan 22 – Evelyn Cole Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Tuesday 12:30-1:30 pm

Jan 25 – Gateway Village (Diabetes Prevention Program(DPP) Chronic Disease Prevention Session / Physical Activity Session (outsiders welcome) Friday 1pm- 2:30pm

Jan 26 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Jan 26 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Jan 28 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Jan 29 – Evelyn Cole Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Tuesday 12:30-1:30 pm

Jan 29-31 - Outreach Expansion

**Registration:** Vibrant Health & Wellness Foundation, Inc., Website: [www.VHWF.org](http://www.VHWF.org) - Email: [Info@VHWF.org](mailto:Info@VHWF.org) - 240-462-7983



## **Residents of Capitol Heights Living Vibrant Project**

### **December 2018 Schedule**

**Who:** Vibrant Health & Wellness Foundation, Inc.; a 501 (C) 3 non-profit organization is pleased to facilitate the "Living Vibrant" project in Capitol Heights, Maryland.

**What:** Year-long Wellness Programming designed to help residents of Capitol Heights improve overall health and prevent/self-manage chronic diseases (Diabetes, Hypertension, Cardiovascular, and Obesity, Weight loss, Stress reduction) workshops/Health-Wellness Coaching, Nutrition and Physical activities

**Where: Capitol Heights Town Hall Conference Room** – No cost to you but Registration required

Dec 1 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Dec 1 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Dec 3 – Living Vibrant Project presentation (Senator Benson 202 Coalition)

Dec 3 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Dec 4 – Evelyn Cole Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Tuesday 12:30-1:30 pm

Dec 7 – Gateway Village (Diabetes Prevention Program(DPP) Chronic Disease Prevention Session / Physical Activity Session (outsiders welcome) Friday 1pm- 2:30pm

Dec 8 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Dec 8 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Dec 10 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Dec 11 – Evelyn Cole Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Tuesday 12:30-1:30 pm

Dec 14 – Gateway Village (Diabetes Prevention Program(DPP) Chronic Disease Prevention Session / Physical Activity Session (outsiders welcome) Friday 1pm- 2:30pm

Dec 15 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Dec 15 – Saturday at 09:30am – Fitness - CH Town Hall - (all welcome)

Dec 17 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Dec 18 – Evelyn Cole Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Tuesday 12:30-1:30 pm

Dec 21 – Gateway Village (Diabetes Prevention Program(DPP) Chronic Disease Prevention Session / Physical Activity Session (outsiders welcome) Friday 1pm- 2:30pm

Dec 22 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Dec 22 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Dec 24 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

Dec 25 – Xmas

Dec 28 – Gateway Village (Diabetes Prevention Program(DPP) Chronic Disease Prevention Session / Physical Activity Session (outsiders welcome) Friday 1pm- 2:30pm

Dec 29 – Saturday at 08:00am - Capitol Heights Running/Walking Club (all welcome)

Dec 29 – Saturday at 09:30am – Yoga - CH Town Hall - (all welcome)

Dec 31 – John Howard Senoir Activity Center (Diabetes Prevention Program(DPP)/Chronic Disease Prevention Session (outsiders welcome) 16 Session every Monday 10:30-11:30 am

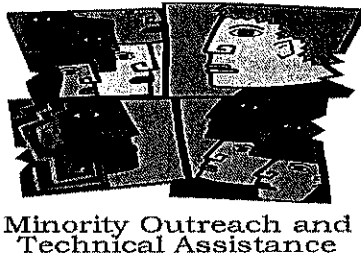
**Registration:** Vibrant Health & Wellness Foundation, Inc., Website:  
[www.VHWF.org](http://www.VHWF.org) - Email: [Info@VHWF.org](mailto:Info@VHWF.org) - 240-462-7983





# HEALTH DEPARTMENT

Prince George's County



## Residents of Capitol Heights Living Vibrant Project

### Sept/Oct 2018 Schedule

**Who:** Vibrant Health & Wellness Foundation, Inc.; a 501 (C) 3 non- profit organization is pleased to facilitate the "Living Vibrant" project in Capitol Heights, Maryland.

**What:** Year- long Wellness Programming designed to help residents of Capitol Heights improve overall health and prevent/self-manage chronic diseases (Diabetes, Hypertension, Cardiovascular, and Obesity, Weight loss, Stress reduction) workshops/Health-Wellness Coaching, Nutrition and Physical activities

**Where:** Capitol Heights Town Hall Conference Room – No cost to you but Registration required

Sept 25 - Tuesday at 7pm – Physical Activity Session (beginners welcome)

Sept 29 - Saturday at 08:30 am – 09:30am – Yoga Activity Session

Oct 2 - Tuesday at 11:00-12:30pm Diabetes Prevention Program (DPP) class start at National Church Residence (Gateway Village) Open to all

Oct 2 - Tuesday at 7pm – Physical Activity Session (beginners welcome)

Oct 6 - Saturday at 08:30 am – 09:30am – Physical Activity Session

Oct 9 - Tuesday at 11:00-12:30pm Diabetes Prevention Program (DPP) class at National Church Residence (Gateway Village) Open to all

Oct 9 - Tuesday at 7pm – Physical Activity Session (beginners welcome)

Oct 13 - Saturday at 08:30 am – 09:30am – Physical Activity Session

Oct 16 - Tuesday at 11:00-12:30pm Diabetes Prevention Program (DPP) class at National Church Residence (Gateway Village) Open to all

Oct 16 - Tuesday at 7pm – Physical Activity Session (beginners welcome)

Oct 20 - Saturday at 08:30 am – 09:30am – Physical Activity Session

Oct 23 - Tuesday at 11:00-12:30pm Diabetes Prevention Program (DPP) class at National Church Residence (Gateway Village) Open to all

Oct 23 - Tuesday at 7pm – Physical Activity Session (beginners welcome)

Oct 27 - Saturday at 08:30 am – 09:30am – Physical Activity Session

**Registration:** Vibrant Health & Wellness Foundation, Inc., Website:

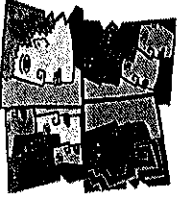
[www.VHWF.org](http://www.VHWF.org) - Email: [Info@VHWF.org](mailto:Info@VHWF.org) - 240-462-7983





HEALTH  
DEPARTMENT  
Prince George's County

# Heal ThySelf

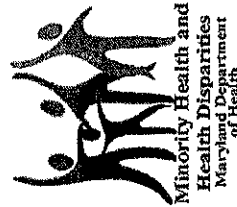


Minority Outreach and  
Technical Assistance

## Residents of Capitol Heights

Saturday, 25 August 2018 - 09:30-11:30am  
1 Capitol Heights Blvd

## Creating an Awareness for Lasting Lifestyle Change



Minority Health and  
Health Disparities  
Maryland Department  
of Health



Gregory Taylor, Founder and President  
Vibrant Health & Wellness Foundation  
[www.vhwf.org](http://www.vhwf.org), email: [support@vhwf.org](mailto:support@vhwf.org)  
(240) 462-7983







**Feeding 5000**  
in partnership with the  
**Town of Capitol Heights'**



**Community Health and Environment Committee**

Looking for **TWO** Town of Capitol Heights residents  
for a

Summer Urban Farmer Apprenticeship Program

**August 6, 2018 thru August 31, 2018**

Community Garden Location: Emmet St. and Capitol Heights Blvd.

Ages 15-19 are eligible

Working Dates are Monday – Thursday

Times: 6am - 11am

\$10.00 / hour

18 hours in the field

1 hour in the classroom

1 hour of financial literacy

Apprentice will have or open their own bank account

**Submission deadline: Thursday July 19, 2018**

Interviews: July 23, 2018

Apply by emailing your Name, Address, Date of Birth, Qualifying Interest,  
and statement about how you found the opportunity to:

**[ewilliams@capitolheightsmd.com](mailto:ewilliams@capitolheightsmd.com)**

Include in Subject Line: Urban Farmer Apprenticeship

**No resume necessary**

**Transportation provided**

Parent or adult household member must volunteer 2 hours minimum

For More Information Please Contact Councilwoman Williams Phone: (202) 765-8541

