

TMWC Support Club Topics for March/April 2018

MONDAY

Women's Peer Support Club 12p

March

Women's Health Month

03/05 - Mammograms and Breast Health

03/12 - Eye related health risks for women

03/19 - How to protect against *Fatty Liver Disease* (a fatty liver plays a big role in developing Type 2 diabetes)

03/26 - Heart Disease in Women (wear something Red this day!)

April

04/02 - Declutter Your Mind

04/09 - Seasonal Affect Disorder

04/16 - What is Mindfulness?

04/23 - The Four Most Common Sides to Loneliness

04/30 - **10 Simple Things** to make you happier at home.

TUESDAY

Anger Awareness & Stress Busters 11a

March

03/06 - *Stress Busters*: Acute Stress

03/13 - *Anger Awareness*: Why We Get Angry: BRAIN

03/20 - *Stress Busters*: Chronic Stress

03/27 - *Anger Awareness*: Why We Get Angry: EMOTIONS

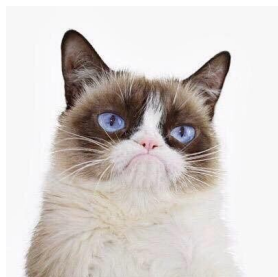
April

04/03 - *Stress Busters*: Tool Box

04/10 - *Anger Awareness*: Why We Get Angry: BODY

04/17 - *Stress Busters*: Open Discussion

04/27 - *Anger Awareness*: Why We Get Angry: TRIGGERS



Don't be like Grumpy Cat! Join us on Tuesdays to learn more about taming your Stress & Anger barriers to a happy life!

TUESDAY

Get Fit Club 12p

March

6, 13, 20, 27

April

I am opening up the fitness activity options to YOU!

Let's have some fun and shake things up a bit!

Member's Choice includes activities such as:

- Wii games
- Dancing
- Chair yoga
- Balance strengthening
- Zumba
- What Other Activities Can YOU Think Of?

WEDNESDAY

WRAP® Support 2p

March

03/07 - Review of Early Warning Signs*

03/14 - Review why a Crisis Plan is important*

03/21 - Advocacy and treatment providers

03/28 - What you put into recovery . . . you get back out!

April

Get out of that "funk" month!

04/04 - Is "*happiness*" something you can Learn? Discussion

04/11 - Could seeking "*happiness*" be a tool box activity?

04/18 - "*Grounding*" walk activity

04/25 - more "*Grounding*" ideas for your "tool box"/daily maintenance

TMWC Support Club Topics for March/April 2018

THURSDAY

Living Well 11a

March

National Nutrition Month

03/01 - Nutrition 101

03/08 - Activity w/ Fruits

03/15 - Activity w/ Veggies

03/22 - Nutritional Jeopardy (Remember... Answers Must Be in the Form of a Question!)

03/29 - Surprise Activity

April

Stress Awareness Month

04/05 - Worry Box Activity

04/12 - Deep Breathing and Chair Exercises

04/19 - Creativity in Self-Care

04/26 - *Reschedule* of Heart Healthy food lab with Diabetes Support 11a-1p



THURSDAY

Diabetes Support 12p

March

WRAP® for Diabetes special time: 11a-1p

03/01 - WRAP® for Diabetes Group 2

03/08 - WRAP® for Diabetes Group 3

03/15 - WRAP® for Diabetes Group 4

03/22 - WRAP® for Diabetes Group 5

03/29 - WRAP® for Diabetes Group 6

April

04/05 - WRAP® for Diabetes Group 7

04/12 - WRAP® for Diabetes Group 8 Graduation!

04/19 - Open discussion and decide on upcoming topics for May/June

04/26 - *Reschedule* of Heart Healthy food lab with Living Well 11a-1p



March Activities and Outings

March

3/1 & 3/15 Creative Expressions with NAMI, 1:30-3p, RSVP

3/6 *Coffee Connections*, 11a-1p, RSVP

3/7 Activity Sign-Up, 11a

3/9 Nutrition Forum 11a (DRA special time 12p*)

3/19 *Spring Craft 1p, RSVP*

3/21 Nutrition BINGO! 1-2p

3/23 *Celebrating Women in Music 11a (DRA special time 12p*)*

3/26 *NickleWorld Arcade* 11a-2p, RSVP

3/30 Easter Egg Hunt 12p

April Activities and Outings

April

4/3 *Coffee Connections*, 11a-1p, RSVP

4/4 Activity Sign-Up, 11a

4/5 & 4/19 Creative Expressions with NAMI, 1:30-3p, RSVP

4/10 Rummy Tournament 12:30p-2p

4/11 Upcycling Craft, 12p, RSVP

4/13 Resiliency Forum 11a (DRA special time 12p*)

4/16 *Outing: Indoor Basketball* 11a-2p RSVP

4/23 Earth Day Activity 11a RSVP



The most beautiful planet in the Universe! Let's remember to do our part to keep it that way!

4/25 BINGO! 1:00

4/30 Zoo Trip RSVP 11a-1p
Pack a cold lunch that does not need to be microwaved.