

National Public Health Week Schedule of Events (All open to the public)

Monday, April 7: Be healthy from the start

- Food demonstration and table display on healthy eating at 11 a.m. at Southland Mall
- CPR class at Latham Terrace at 10 a.m. (senior facility)
- CPR class at Magnolia Terrace at 2 p.m. (senior facility)

Tuesday, April 8: Don't panic

- Don't Panic Health Fair 8 a.m. – 4 p.m. in HD Auditorium
- Safety Lunch and Learn 12 p.m. – 1 p.m. in HD Auditorium

Wednesday, April 9: Get out ahead (Prevention activities)

- Environmental Sanitation and Emergency Preparedness will be at the Benjamin Hooks Library providing information about hand washing, food preparation, and preparing for emergencies from 11 a.m. to 2 p.m.
- CPR classes will be conducted at the Orange Mound Senior Center at 10:30 a.m. and 12:30 p.m.
- Seedco will host Affordable Care Act session at the Urban Child Institute from 3:00 p.m. to 4:30 p.m.
- Emergency Preparedness will partner with Deaf Connect and the National Weather Service to conduct a storm spotting class held at Deaf Connect from 1:00 p.m. to 3:00 p.m.

Thursday, April 10: Eat well

- Church Health Center Wellness will offer FREE passes to participate in exercise and education classes at the Health and Wellness Center:
 - Nutrition education at 9 a.m. – learning the nutrition basics and tips on how to improve your eating habits and set goals for success;
 - Movement & balance at 10 a.m. – slow gentle standing movements to improve balance. Chair-based class;
 - Stretch & strength at 11 a.m. – improving movements through chair-based activity;
 - Zumba at 12 p.m. – Latin influenced, high-energy aerobic dance;
 - Total fitness at 4:30 p.m. – workout series that targets the whole body. Thursday's focus will be the lower body;
 - Diabetes education at 6 p.m. – Learn how to manage chronic health condition through nutrition, movement and self-care.
- State of the Health Department Address from 12:00 p.m. to 1:00 p.m. in the Shelby County Health Department Auditorium

Friday, April 11: Be the healthiest nation in one generation

- Environmental Sanitation and Emergency Preparedness will be at the Pink Palace Museum providing information about hand washing, food preparation, and preparing for emergencies from 10:00 a.m. to 1 p.m.
- Community Volleyball game at UTHSC from 5:00 p.m. to 8:00 p.m.
 - Line dancing will begin at 5:00 p.m.
 - Volleyball games will begin at 6:00 p.m.