

**The New Orleans  
Community Wellness  
Center is currently  
closed due to  
COVID-19.**

3155 Gentilly Boulevard, New Orleans, LA 70122

April 2020

The AmeriHealth Caritas Louisiana Community Wellness Center is open Monday from 10 a.m. – 7 p.m., Tuesday through Friday from 10 a.m. – 4 p.m., and the third Saturday of each month from 10 a.m. – 1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Every day the center is open, AmeriHealth Caritas Louisiana staff will be here to answer your member benefit questions.</p> <p>All programs listed on the calendar are offered to everyone in the community at no cost.</p> <p>A Medicaid representative from Louisiana Department of Health (LDH) is on-site to answer your Medicaid questions Monday – Friday from 8:30 a.m. – 4:30 p.m.</p>		<p><b>1</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 1 p.m.</p> <p>Computer Help* 11 a.m. – 2 p.m.</p>	<p><b>2</b></p> <p>Choose to Lose* 10 a.m. – 11 a.m.</p> <p>HIV and hepatitis C testing* 10 a.m. – 2 p.m.</p> <p>Grief, Loss, and Bereavement Support Group* 11 a.m. – noon</p> <p>Sweatin' to the Oldies* 11:30 a.m. – 12:30 p.m.</p>	<p><b>3</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 1 p.m.</p> <p>Pregnancy and Baby Q and A* 10 a.m. – 4 p.m.</p> <p>StoryTime for Kids* 2 p.m. – 3 p.m.</p> <p>TGIF Yoga* 3 p.m. – 3:40 p.m.</p>	<p><b>4</b></p> <p>Closed</p>
<p><b>6</b></p> <p>Sweatin' to the Oldies* 11 a.m. – noon</p> <p>Yoga Basics (video) 2 p.m. – 3 p.m.</p> <p>HIV and hepatitis C testing* 3 p.m. – 7 p.m.</p> <p>Beginners' Line Dance Class* 6 p.m. – 7 p.m.</p>	<p><b>7</b></p> <p>Coffee Talk* 10 a.m. – noon</p> <p>Tai Chi* 10:30 a.m. – 11 a.m.</p> <p>Computer Help* 11 a.m. – 2 p.m.</p> <p>HIV, hepatitis C, and syphilis testing* 11 a.m. – 2 p.m.</p> <p>Stronger Seniors Chair Yoga 11:30 a.m. – 12:30 p.m.</p>	<p><b>8</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 1 p.m.</p> <p>Yoga for Beginners (video) 10:30 a.m. – 11:10 a.m.</p> <p>Computer Help* 11 a.m. – 2 p.m.</p>	<p><b>9</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 2 p.m.</p> <p>Sweatin' to the Oldies* 11:30 a.m. – 12:30 p.m.</p>	<p><b>10</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 1 p.m.</p> <p>LACHON Community Health Workers Meeting 11 a.m. – 12:30 p.m.</p> <p>TGIF Yoga* 3 p.m. – 3:40 p.m.</p>	<p><b>11</b></p> <p>Closed</p>
<p><b>13</b></p> <p>Sweatin' to the Oldies* 11 a.m. – noon</p> <p>Yoga Basics (video) 2 p.m. – 3 p.m.</p> <p>HIV and hepatitis C testing* 3 p.m. – 7 p.m.</p> <p>Beginners' Line Dance Class* 6 p.m. – 7 p.m.</p>	<p><b>14</b></p> <p>Coffee Talk* 10 a.m. – noon</p> <p>Tai Chi* 10:30 a.m. – 11 a.m.</p> <p>Computer Help* 11 a.m. – 2 p.m.</p> <p>HIV, hepatitis C, and syphilis testing* 11 a.m. – 2 p.m.</p> <p>Stronger Seniors Chair Yoga 11:30 a.m. – 12:30 p.m.</p> <p>Domestic Violence Support Group* 1 p.m. – 3 p.m.</p> <p>Prostate and Breast Cancer Support Groups* 6 p.m. – 7 p.m.</p>	<p><b>15</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 1 p.m.</p> <p>Yoga for Beginners (video) 10:30 a.m. – 11:10 a.m.</p> <p>Computer Help* 11 a.m. – 2 p.m.</p> <p>Small Business Workshop* 1 p.m. – 2 p.m.</p>	<p><b>16</b></p> <p>Choose to Lose* 10 a.m. – 11 a.m.</p> <p>HIV and hepatitis C testing* 10 a.m. – 2 p.m.</p> <p>Grief, Loss, and Bereavement Support Group* 11 a.m. – noon</p> <p>Sweatin' to the Oldies* 11:30 a.m. – 12:30 p.m.</p>	<p><b>17</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 1 p.m.</p> <p>Pregnancy and Baby Q and A* 10 a.m. – 4 p.m.</p> <p>StoryTime for Kids* 2 p.m. – 3 p.m.</p> <p>TGIF Yoga* 3 p.m. – 3:40 p.m.</p>	<p><b>18</b></p> <p>Move Ya Brass Exercise Class* 10 a.m. – 11 a.m.</p> <p>Domestic Violence Support Group* 11 a.m. – 1 p.m.</p> <p>The Birth Story Project Sister Sharing Circle* 11 a.m. – 1 p.m.</p>
<p><b>20</b></p> <p>Sweatin' to the Oldies* 11 a.m. – noon</p> <p>Yoga Basics (video) 2 p.m. – 3 p.m.</p> <p>HIV and hepatitis C testing* 3 p.m. – 7 p.m.</p> <p>Beginner's Line Dance Class* 6 p.m. – 7 p.m.</p>	<p><b>21</b></p> <p>Coffee Talk* 10 a.m. – noon</p> <p>Tai Chi* 10:30 a.m. – 11 a.m.</p> <p>Computer Help* 11 a.m. – 2 p.m.</p> <p>HIV, hepatitis C, and syphilis testing* 11 a.m. – 2 p.m.</p> <p>Stronger Seniors Chair Yoga 11:30 a.m. – 12:30 p.m.</p>	<p><b>22</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 1 p.m.</p> <p>Yoga for Beginners (video) 10:30 a.m. – 11:10 a.m.</p> <p>Computer Help* 11 a.m. – 2 p.m.</p> <p>Small Business Workshop* 1 p.m. – 2 p.m.</p>	<p><b>23</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 2 p.m.</p>	<p><b>24</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 1 p.m.</p>	<p><b>25</b></p> <p>Destination Dance-Off* 12 p.m. – 3 p.m.</p>
<p><b>27</b></p> <p>Sweatin' to the Oldies* 11 a.m. – noon</p> <p>Yoga Basics (video) 2 p.m. – 3 p.m.</p> <p>HIV and hepatitis C testing* 3 p.m. – 7 p.m.</p> <p>Beginners' Line Dance Class* 6 p.m. – 7 p.m.</p>	<p><b>28</b></p> <p>Coffee Talk* 10 a.m. – noon</p> <p>Tai Chi* 10:30 a.m. – 11 a.m.</p> <p>Computer Help* 11 a.m. – 2 p.m.</p> <p>HIV, hepatitis C, and syphilis testing* 11 a.m. – 2 p.m.</p> <p>Stronger Seniors Chair Yoga 11:30 a.m. – 12:30 p.m.</p>	<p><b>29</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 1 p.m.</p> <p>Yoga for Beginners (video) 10:30 a.m. – 11:10 a.m.</p> <p>Computer Help* 11 a.m. – 2 p.m.</p> <p>Small Business Workshop* 1 p.m. – 2 p.m.</p>	<p><b>30</b></p> <p>HIV and hepatitis C testing* 10 a.m. – 2 p.m.</p> <p>Sweatin' to the Oldies* 11:30 a.m. – 12:30 p.m.</p>		

## Event details

**The Birth Story Project Sister Sharing Circle:** This monthly collaboration, put on by Sista Midwife Productions and HighHeal Productions, provides a safe space for black women to share the highs and lows of their pregnancy and birth experiences. Refreshments will be served. Saturday, April 18 from 11 a.m. to 1 p.m.

**Beginners' Line Dancing:** Join us for fun and exercise with line dancing instruction led by the KWL Steppers. Most Mondays from 6 p.m. to 7 p.m.

**Choose to Lose:** All are welcome to join us for this weight loss and accountability support group. At each session, we'll weigh in, take measurements, share our struggles, and celebrate our successes. We'll mix it up week to week with inclusive exercise programs, fitness education, nutrition education, recipe demos, and more. First and third Thursdays from 10 a.m. to 11 a.m.

**Coffee Talk:** Join us anytime each Tuesday between 10 a.m. – noon to have a hot cup of coffee and talk about your benefits as an AmeriHealth Caritas Louisiana member. Our associates are here to help you navigate the road to wellness!

**Computer Help:** Drop in to get basic computer help in one of our center's two internet-ready computer labs. AmeriHealth Caritas Louisiana staff is on-site to help you with basic computer help such as setting up an email account, building your professional resume, completing an online job application, and more. Tuesdays and Wednesdays from 11 a.m. to 2 p.m.

**Destination Dance-Off:** Join us on Saturday, April 25 for a community line dance event with lunch, health screenings, and diabetes education. Please RSVP to **1-504-218-2972**.

**Domestic Violence Support Group:** Support and resources offered by Arin's Nesting Place of New Orleans. For more information, call **1-504-339-9330** or email **arinsnest@gmail.com**. Tuesday, April 14 and Saturday, April 18.

**Grief, Loss, and Bereavement Support Group:** Loving support for those who are hurting, led by the professionals at Journey to Recovery LLC. For more information call **1-504-656-9194** or email **monicammattox1@gmail.com**. First and third Thursdays from 11 a.m. to noon.

**HIV, hepatitis C, and syphilis testing:** HIV and hepatitis C testing is provided on-site in a private setting by the trained staff of Crescent Care New Orleans (Mondays and Thursdays), Odyssey House of LA (Wednesdays and Fridays), and St. John #5 Camp ACE (Tuesdays). Syphilis testing is offered only on Tuesdays.

**Move Ya Brass Exercise Class:** An instructor-led workout set to New Orleans style bounce music with fun dance moves. Open to everyone. Third Saturdays from 10 a.m. to 11 a.m.

**Pregnancy and Baby Q and A:** Drop in from 10 a.m. to 4 p.m. to have your pregnancy and infant care questions answered by an AmeriHealth Caritas Louisiana Bright Start nurse, and learn about resources for new and expectant families. First and third Fridays.

**Prostate Cancer and Breast Cancer Support Groups:** Provided by the Benjamin Yancy Foundation. Refreshments will be served. All are welcome! Tuesday, April 14 from 6 p.m. to 7 p.m.

**Small Business Workshop:** Join us for a no-cost, 3-day workshop for anyone who has ever thought about starting their own small business. Part 1: Small Business Basics; Part 2: Understanding Profit/Loss, and Accounting Basics; Part 3: Customer Care and Marketing. Refreshments provided. Offered Wednesdays, April 15, 22, and 29. RSVP to **ismfan@aol.com** required.

**StoryTime for Kids:** Join us on the first and third Fridays of each month from 2 p.m. – 3 p.m. for a new story and themed activities for kids, parents, and caregivers! Refreshments will be provided!

**Sweatin' to the Oldies:** Slim down and have fun to great golden oldies music in this 1980's video-led workout. Offered most Mondays and Thursdays.

**Tai Chi:** Come out for video-led Tai Chi for fitness and focus! Tuesdays from 10:30 a.m. – 11 a.m.

**TGIF Yoga:** Come out most Friday afternoons from 3 p.m. to 3:40 p.m. for energizing yoga to refresh your body and mind.

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**All programming on the calendar is offered at no cost to everyone in the community. Two internet-ready computer labs are available during open hours for community use.**

AmeriHealth Caritas Louisiana's Community Wellness Centers are home to dedicated Louisiana Department of Health eligibility workers. These helpful staff members are available Monday through Friday to assist with questions about Medicaid, including eligibility and renewal.

AmeriHealth Caritas Louisiana complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, seven days a week, at **1-888-756-0004**. For TTY, call **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể có thông tin này thông dịch ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi Dịch vụ Thành viên phục vụ 24 giờ/ngày, 7 ngày/tuần theo số **1-888-756-0004**. Đối với người sử dụng TTY, xin gọi số **1-866-428-7588**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede tener esto interpretado por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004** las 24 horas del día, los siete días de la semana. Para TTY, llame al **1-866-428-7588**.