



Community
Wellness
Initiative

Wellness FAIR

September 9, 2023
10:00am-2:00pm





Community
Wellness Initiative

The Community Wellness Initiative of Pittsburgh welcomes you to our Wellness Fair. CWI, in partnership with The Kingsley Association and the Faith-Based Health Collaborative, is excited to bring together a supremely talented and diverse group of health and wellness providers.

In starting The Community Wellness Initiative, I envisioned every person, in every neighborhood, having access to the essential tools needed to live a robust and fulfilling life. I believe that sharing our lived experiences, knowledge, and resources will catapult and transform individuals and families into thriving communities.

Our current programming has been focused on nutrition, financial, and physical activity classes. With this event as our official kickoff to more and exciting new programming, we welcome your feedback and suggestions for programs that you would like to see. Please visit our website at www.yourcwi.org to sign up for classes and to leave your comments. We hope that ENJOY your day and we look forward to seeing you soon, and often!

Christopher E. Howard, Founder and Executive Director



Community
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the kingsley association
Making a positive difference for youth and
community is our crowning achievement.

About the Community Wellness Initiative of Pittsburgh

Our Mission

- To promote healthy lifestyles and quality of life in underserved communities by decreasing socioeconomic barriers to wellness through education, support, and resources for personal growth and wellbeing.
- To provide hands-on experience opportunities for minorities and others seeking to pursue fitness careers.

Community Wellness Initiative (CWI) of Pittsburgh, a 501(c)(3) organization, offers a comprehensive array of fitness, nutrition, financial education programs, complemented by classes in and other topics identified by interaction with the community. Our goal is to empower community members to improve their quality of life through enhanced understanding, practice, and competence in important life skills.



Community
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About The Executive Director

Christopher E. Howard

Chris Howard earned a Bachelor of Science degree in Exercise Science at the University of Pittsburgh and a Master of Science degree in Exercise Science and Health Promotion, Wellness, and Fitness at California University of Pennsylvania. He is certified by the American Council on Exercise as an Advanced Health and Fitness Specialist and personal trainer and as an Exercise Physiologist by the American College of Sports Medicine. In 2012, he established C. Howard Fitness for personal training.

Chris also was instrumental in the Healthy Black Families program run by the University of Pittsburgh Center for Minority Health, where he designed and implemented a fitness assessment protocol for the research project, managed a 6,000+ database for the community health promotion program, conducted 2,000+ baseline and recurrent fitness assessments, taught nutrition education classes for participants in the health promotion program, and was lead health coach and trainer for junior health coaches and new hires.



COMMUNITY WELLNESS INITIATIVE WELLNESS FAIR 2023 PARTICIPANTS



AIDS Free Pittsburgh is a public health movement to end the HIV epidemic in Allegheny County by 2030. AIDS Free Pittsburgh

is a collaborative initiative comprised of government, healthcare, and community-based organizations that strive to support and improve the care of people living with HIV/AIDS, and communities most at-risk for HIV. We do not provide services directly, but rather work to raise awareness and build collaboration among community stakeholders.

info@aidsfreepittsburgh.org; 412-773-1120

AgeWell Pittsburgh, a collaborative program of the JCC, the Jewish Association on Aging and Jewish Family & Community Services, offers a one-stop resource that links older adults, their family members, friends, and caregivers.

412-422-0400; AgeWellpgh.org

AgeWell
Pittsburgh



At Akoma United, we believe that “Every Life is Worth Saving” and want to empower people to perform life savings skills through education, training, and sense of community. Akoma United is led by two African -American women physicians who are experts in the field of emergency care, community engagement, and justice, equity, diversity, and inclusion. To learn more contact

Sylvia Owusu-Ansah;

301-437-5773; Akoma.united@gmail.com

COMMUNITY WELLNESS INITIATIVE WELLNESS FAIR 2023 PARTICIPANTS



The *All of Us* Research Program is inviting one million people across the U.S. to help build one of the most diverse health databases in history. We welcome participants from all backgrounds. Researchers will use the data to learn how our biology, lifestyle, and environment affect health. This may one day help them find ways to treat and prevent disease.

<https://allofus.nih.gov/>

The ADRC performs and coordinates AD-related clinical and research activities and is a core source of support (e.g., resources, patients, tissue, expert consultation for research, clinical and training activities) regionally and nationally. The Alzheimer's Outreach Program Caregiver Support Group provides emotional, educational, and social support for family and friends of individuals with Alzheimer's disease and related dementias.

(412) 692-2712 or email at terrymh@upmc.edu.



Pitt | Alzheimer Disease
Research Center



The Faith-Based Health Collaborative serves as a resource for local churches as they strive to create healthier communities. Here you will find valuable health tips, while learning about what other churches are doing to build stronger communities.

2200 California Avenue, Pittsburgh, PA 15212-2868

Rhonda L. Jennings, Secretary of Faith-Based
Health Collaborative, 412-231-1258;

fbhcollaborative@gmail.com

COMMUNITY WELLNESS INITIATIVE WELLNESS FAIR 2023 PARTICIPANTS



Our Mission is to provide a safe, nurturing environment for all families where governance and collaboration are key and to help parents be their personal best and do the best for their children. Services include parent/child activities, kindergarten readiness, goal setting, and early child development through family checkup, referral services include diploma and GED referrals, budgeting/mortgage assistance, early childhood literacy, employment assistance, mental health services, and counseling.

Call [412-661-8751](tel:412-661-8751) for more info.

Financial problems may be the biggest barrier to overall wellness and quality of life among underserved populations. CWI offers a range of financial classes designed to help participants master budgeting, manage credit, reduce debt, save and invest, understand taxes, work to build wealth, take the steps to home ownership, and plan for retirement.

6435 Frankstown Ave, Pittsburgh, PA 15206; 724-882-4489;
yourcwi.org



Community
Wellness Initiative
Financial Education



The Pharmacy at Giant Eagle offers immunizations, specialty pharmacy services, long-term care pharmacy services, delivery, contact lenses, and more. Good Rx is honored, and you can get Perks, too.

Shadyside Market District; 5550 Centre Avenue (412) 682-5466 Pittsburgh, PA 15232; 412-681-1500

COMMUNITY WELLNESS INITIATIVE WELLNESS FAIR 2023 PARTICIPANTS

HAIRCARE
by Tiffany

Hair Care by Tiffany has been promoting healthy hair to the Pittsburgh area since 2007, specializing in natural or relaxed, long or short, and any style in between. By using the finest hair care products available, we make the health and integrity of your hair our priority!

(412)373-5390

Heirs, LLC is a startup, upscale barbershop for all people but with a strong social work aspect that focuses on having a positive impact on children and surrounding communities. Our motto is "changing lives one head at a time". Heirs LLC will not only offer services that help people look good but we focus on 5 key areas for community building: barbering, entrepreneurship, mentorship, mental health, and community building through an array of services.

(412) 212-8023



We operate two low-cost veterinary centers for domestic dogs and cats providing preventive veterinary care, including general wellness exams, vaccinations, dentistry, general soft tissue surgery, illness and injury care, spay and neuter surgeries, and end of life care. In line with our mission to decrease pet overpopulation, all animals that use our medical centers must be spayed or neutered or scheduled to be spayed or neutered. All pets are welcome, not just those adopted from our shelter!

6926 Hamilton Avenue, Pittsburgh, PA 15208

412-345-7300; humaneanimalrescue.org

COMMUNITY WELLNESS INITIATIVE WELLNESS FAIR 2023 PARTICIPANTS



Gia Cacalano will lead you in somatic movement, experiential anatomy, breathing exercises, sound vibration, fascial and proprioceptive work reducing chronic pain: enhancing cell life within tissues/bones; task orientation, reflexes, coordination-promoting balance, and functionality. We work to release holding patterns/held-muscular tension allowing for better alignment, support, and connectivity, and to reduce stress and anxiety both physically and emotionally.

giatc3@yahoo.com

Jeremiah's Place provides emergency child care services for children ages 0-6 for a few hours or days based on the needs of each individual family. All services provided by Jeremiah's Place are free, available for 7 days a week, 24 hours a day, and most importantly, judgment free.

6435 Frankstown Ave, Pittsburgh, PA 15206
412-924-0726, 412-924-0729



We are known as a leader in providing innovative and effective social service solutions to problems facing families and individuals of all ages and walks of life. Services are provided and referrals are made without regard to race, color, religion, ancestry, national origin, place of birth, sex, sexual orientation, familial status, age, handicap, or disability.

5743 Bartlett Street, Pittsburgh, PA 15217
[412.422.7200](tel:412.422.7200); <https://www.jfcspgh.org>



COMMUNITY WELLNESS INITIATIVE WELLNESS FAIR 2023 PARTICIPANTS



Community
Wellness Initiative
Nutrition Education

CWI nutrition classes support healthy eating on a budget with cooking demonstrations and information about meal preparation basics, making smart choices at the market, reading nutrition facts panels, cooking for various dietary needs, and understanding how food works to power our bodies.

6435 Frankstown Ave, Pittsburgh, PA 15206; 724-882-4489;
yourcwi.org

The Teen L.E.A.D. (Leadership Education Assistance Development) Program strives to develop a positive self-image in all participants by helping them to set and achieve their personal and academic goals. The program aims to equip teens ages 13-19 with the tools and skills to confidently make responsible decisions. The five major themes of focus are: Life Skills, Financial Literacy, Public Speaking, Post-Secondary Education, and Job Preparation. Through opportunities to develop their unique talents and explore new interests, teens will be better prepared to make positive choices.

Teen LEAD starts September 25th at 4pm. Call 412-661-8751 X

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UPMC
LIFE CHANGING MEDICINE

The Center for Integrative Medicine at UPMC Shadyside is the first hospital-based center in Pittsburgh to combine natural healing practices with conventional medicine.

"Integrative medicine" refers to the incorporation of evidence-based complementary therapies into conventional treatments for patients. Integrative medicine works in conjunction with traditional medicine, providing a more holistic approach to healing – mind, body, and spirit.

Shadyside Place

580 S. Aiken Ave, Suite 310, Pittsburgh, PA 15232 412-623-3023

COMMUNITY WELLNESS INITIATIVE WELLNESS FAIR 2023 PARTICIPANTS

Senator Lindsey M. Williams represents the 38th Senatorial District in Allegheny County. As a state Senator, Lindsey offers one-on-one assistance in her District Office, hosting community events to connect residents with area services, and supporting local organizations and projects. She is also committed to fighting for family-sustaining, union jobs; fully-funded education for all students; and access to quality, affordable healthcare for all.

5000 McKnight Road, Suite 405, Pittsburgh, PA 15237
412-364-0469

State Senator
**LINDSEY M.
WILLIAMS**
38th Senatorial District



Women's Center & Shelter
of Greater Pittsburgh

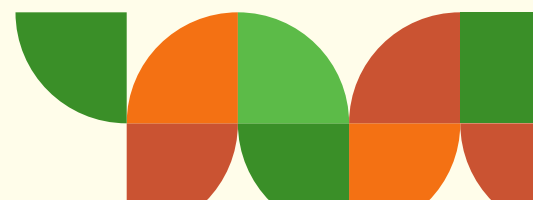
Women's Center & Shelter of Greater Pittsburgh is a source of hope for survivors of domestic abuse. By offering a holistic approach to healing, our programs and services provide the safety and support survivors deserve. We welcome survivors of domestic violence at different stages in their journey and work with them to meet their personal, individual needs.

Hotline (24/7): 412-687-8005

Text Support (9a-5p, M-F): 412-744-8445

wcspittsburgh.org

Steel smiling helps bridge the gap between Black people and mental health support through education, advocacy, and awareness. We're working to expose every black adult in Allegheny County to a positive mental health experience that improves their quality of life by 2030.



Thank You

A special thanks to Pittsburgh Taiko, Fresh Nutrition, and DJ Dondi for making this day so much fun!



NEW CLASSES START THE WEEK OF SEPTEMBER 25TH

4-Week Sessions

Money 101: Getting a Grip on Your Spending and Saving

Instructor: Anna Frank, Financial Education Program Coordinator, First Commonwealth Bank

Tuesdays, September 26th through October 17th, 5:30 to 6:30
Kingsley Association Second Floor Seminar Room

Explore how your internal values and goals and external influences affect your financial decisions. Learn how to track income and expenses, develop a spending and saving plan, and prioritize spending when money is short. Plan for saving money for expenses, goals, and emergencies. The fee for a four-week course is \$29.

Exercise, Eat, and Enjoy

Instructor: Christopher E. Howard, MS, ACSM Certified Exercise Physiologist

Every Saturday, 9:00 am to 10:00 am
Kingsley Association Main Gym

Get your weekend off to an energetic start with this Saturday morning exercise class, followed by a healthy, light, continental-style breakfast. Best for those able to work out at a moderate or vigorous level. The fee for each session is \$10.

Exploring Plant-based Eating

Instructor: Emily Stasko, MPH, RD, LDN

Wednesdays, September 27th through October 18th, 5:30 to 6:30
Kingsley Association Second Floor Seminar Room

Learn why more plant-based eating is good for you and how to prepare healthy, budget-friendly, and delicious meals for your family. Each class will include cooking demonstrations so you can use what you learn at home. The fee for a four-week course is \$29.

WORKSHOPS

Eating and Living Well with Diabetes

**Instructors: Emily Stasko, MPH, RD, LDN and Christopher E. Howard, MS, ACSM
Certified Exercise
Physiologist**

Saturday, November 4th at 11am

Kingsley Association Second Floor Seminar Room

Understand the types of diabetes and the roles nutrition and exercise play in this condition. Build healthy meals with a low or moderate amount of nutrient-dense carbohydrates and learn how to revise a meal or recipe to lower its carb content. Create an exercise plan that fits into your life. The fee for the three-hour workshop is \$29.

Making Credit Work for You

**Instructor: Anna Frank, Financial Education Program Coordinator, First
Commonwealth Bank**

Saturday November 18th at 11am

Kingsley Association Second Floor Seminar Room

Decode your credit score and learn how to improve or repair it, how to manage existing debt, and make smart choices when using credit in the future. The fee for the 3-hour workshop is \$29.

Rent or Buy: Making A Personal Decision About Home Ownership

**Instructor: Anna Frank, Financial Education Program Coordinator, First
Commonwealth Bank**

Saturday, December 2nd at 11am

Kingsley Association Second Floor Seminar Room

What should you consider when making the ownership decision? Understand all the costs involved with home purchase and ownership. Learn how to evaluate your needs and financial readiness. The fee for the three-hour workshop is \$29.

Register now online at www.yourcwi.org

or call 724-882-4489.

Kingsley membership is not required to participate in CWI classes.



Community
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THANK YOU TO EVERYONE WHO
MADE THIS EVENT POSSIBLE, WE
COULD NOT HAVE DONE IT
WITHOUT EACH ONE OF YOU!

**TO RECEIVE AN ELECTRONIC
COPY OF THIS CWI BOOKLET,
PLEASE SCAN THE QR CODE**

