

Shreveport Community Wellness Center is currently closed due to COVID-19.

3709 Jewella Avenue, Shreveport, LA 71109

The AmeriHealth Caritas Louisiana Community Wellness Center is open from 10 a.m. to 4 p.m., Monday through Friday, and the first Saturday of each month from 10 a.m. to 1 p.m. For more information, visit www.amerihhealthcaritasla.com or call **1-318-626-6262**.

April 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Provider Session Hosted by Avesis 9 a.m. – 4 p.m. Beat the Streets Stormettes Mentorship 4:30 p.m. – 6:30 p.m. Live Zumba with Monica 6:30 p.m. – 7:30 p.m.	2 Angela Williams Dance Fitness Line Dancing 10 a.m. – 11 a.m. Mentors' Club for Reading and Math! 3 p.m. – 5 p.m.	3 Relaxing Friday! Meditation, Tai Chi, Yoga 10 a.m. – 11:30 a.m.	4 Live Zumba with Monica 10:30 a.m. – 11:30 a.m. Jack and Jill Organization Event 2 p.m. – 5 p.m.
6 Yoga for Beginners (video-led) 10 a.m. – 11 a.m. SB Steppers Line Dancing hosted by Tamara 6 p.m. – 7 p.m.	7 Reading for Fun Tuesday 10 a.m. – 12 p.m. Mentor's Club for Reading and Math! 3 p.m. – 5 p.m.	8 Beat the Streets Stormettes Mentorship 4:30 p.m. – 6:30 p.m. Live Zumba with Monica 6:30 p.m. – 7:30 p.m.	9 Angela Williams Dance Fitness Line Dancing 10 a.m. – 11 a.m. Mentors' Club for Reading and Math! 3 p.m. – 5 p.m.	10 Relaxing Friday! Meditation, Tai Chi, Yoga 10 a.m. – 11:30 a.m.	11 Closed
13 Yoga for Beginners (video-led) 10 a.m. – 11 a.m. SB Steppers Line Dancing hosted by Tamara 6 p.m. – 7 p.m.	14 Speak with a Bright Start Nurse: Newborn baby care 11 a.m. – 1 p.m. WHAM 1 p.m. – 2:30 p.m.	15 Beat the Streets Stormettes Mentorship 4:30 p.m. – 6:30 p.m. Live Zumba with Monica 6:30 p.m. – 7:30 p.m.	16 Angela Williams Dance Fitness Line Dancing 10 a.m. – 11 a.m. Mentors' Club for Reading and Math! 3 p.m. – 5 p.m.	17 Relaxing Friday! Meditation, Tai Chi, Yoga 10 a.m. – 11:30 a.m.	18 Closed
20 Yoga for Beginners (video-led) 10 a.m. – 11 a.m. SB Steppers Line Dancing hosted by Tamara 6 p.m. – 7 p.m.	21 Reading for Fun Tuesday 10 a.m. – noon Mentors' Club for Reading and Math! 3 p.m. – 5 p.m.	22 Beat the Streets Stormettes Mentorship 4:30 p.m. – 6:30 p.m. Live Zumba with Monica 6:30 p.m. – 7:30 p.m.	23 Angela Williams Dance Fitness Line Dancing 10 a.m. – 11 a.m. Mentors' Club for Reading and Math! 3 p.m. – 5 p.m.	24 Relaxing Friday! Meditation, Tai Chi, Yoga 10 a.m. – 11:30 a.m.	25 Closed
27 Yoga for Beginners (video-led) 10 a.m. – 11 a.m. Motivational Mondays 5 p.m. – 6 p.m. SB Steppers Line Dancing hosted by Tamara 6 p.m. – 7 p.m.	28 Reading for Fun Tuesday 10 a.m. – noon Mentors' Club for Reading and Math! 3 p.m. – 5 p.m.	29 Beat the Streets Stormettes Mentorship 4:30 p.m. – 6:30 p.m. Live Zumba with Monica 6:30 p.m. – 7:30 p.m.	30 Angela Williams Dance Fitness Line Dancing 10 a.m. – 11 a.m. Mentors' Club for Reading and Math! 3 p.m. – 5 p.m.		

See back for event details.

Children must be accompanied by a parent or guardian for all Community Wellness Center activities.



Event details

Angela Williams Dance Fitness Class: Suitable for all ages, this class focuses on burning calories for weight loss through basic dance movements. Ms. Williams uses different styles and genres such as hip-hop, R&B, and gospel music. Fun and entertaining for everyone. Thursdays from 10 a.m. to 11 a.m.

Beat the Streets Stormettes Mentorship with Pat Nelson: This program helps guide everyday living and teaches values to girls ages 7 – 17 as they grow into young women. Women from the Shreveport area lead sessions involving teaching and open conversation. Wednesdays from 4:30 p.m. to 6 p.m.

Jack and Jill Organization Event hosted by Rella Jones:

A guest speaker from Juvenile Justice will be talking to the youth about drug awareness.

Mentors' Club for Reading and Math: Hosted by Pat Nelson and Dustin Dawson, this club invites all kids to the center to be a part of learning the fundamentals of math and reading. The goals each week are to read and discuss a small book and to build math skills. We want to multiply success and subtract failure! Join us most Tuesdays and Thursdays from 3 p.m. to 5 p.m.

Reading for Fun Tuesdays: Come join us for a fun, interactive event for kids ages 2 – 5 and their parents. Enjoy reading, musical singalong, arts and crafts, entertainment, and snacks. Most Tuesdays from 10 a.m. to noon.

Relaxing Fridays: It's Friday and it has been a long week! A series of relaxing techniques will be offered — including yoga, meditation, and tai chi — to help get your mind and body together. Come join us for food, fun, and fitness at the center. Most Fridays from 10 a.m. – 11:30 a.m.

SB Steppers Line Dancing: Tamara brings her style of line dancing for all age groups. Everyone is welcome to join the fun. Held most Mondays from 6 p.m. to 7 p.m.

Shots for Tots: Bring your kids to get their immunizations. Tuesday, March 17 from 10 a.m. – 1 p.m.

Speak With a Bright Start Nurse: Have your pregnancy and infant-care questions answered by a Bright Start nurse.

Whole Health Action Management (WHAM): Designed for people with chronic (long-lasting) physical and behavioral health conditions, WHAM gives participants the tools they need to effectively manage their conditions through group activities and skills training.

Workout Wednesdays: A combination of workouts that incorporate light exercises to get ready for Spring! Wednesday, March 25 from 11 a.m. to 1 p.m.

Live Zumba with Monica: Join us for video-led Zumba during the day. Shreveport's own Monica "Mo" Olsen leads a live class mixing low- and high-intensity moves for an interval-style, calorie-burning dance fitness party! Wednesdays from 6:30 p.m. to 7:30 p.m. and first Saturdays from 10:30 a.m. to 11:30 a.m.

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**.

www.amerihealthcaritasla.com

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