


MOVING MOMS FORWARD DECEMBER 2010

To register call 428-6354 or movingmomsforward@christianacare.org

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<p>Locations BES-Bancroft Elem School CGO-Cecil Gordon's Office, Wilm. CHR-Christiana Care, Newark HJMC-Henrietta Johnson Med. Ctr JAC- John H. Ammon Med. Ed. Ctr LACC-Latin American Community Ctr PMRI-Preventive Med. & Rehab. Institute PSA-People's Settlement Association</p>	<p>Locations contin: SSAM-St. Andrew & St. Matthew Church SBC-Shiloh Baptist Church WMH-Westminster House, Newark WPC-Westminster Presb. Wilm.</p>	<p>1 <u>Quote of the Month</u> The rest of the world lives to eat, while I eat to live. (Socrates)</p>	<p>2 12 pm Depression support group (WPC) 1:15 pm Support group for post-partum depression [Spanish] (LACC) 2 pm Life Mobile Pantry (SBC) 5-7 pm P.H.A.T. (HJMC) 5:30-6:30 pm Yoga (WPC) 7-9 pm Support group for depression (WMH)</p>	<p>3</p>	<p>4 9 am Yoga (WPC) 1-3 pm 2010 Youth HIV Forum (BES)</p>
<p>6 10-11:30 am Mother/Baby Development (CHR) 5:30 pm Support group for depression in Spanish (LACC) *Spanish speaking 6 pm MOM's HEAL & Zumba (CGO)</p>	<p>7 6 pm Our First Moving Moms Forward Holiday Dinner & Award Ceremony (SSAM) 6-7 pm Pump Up The Volume Aerobics (PSA)</p>	<p>8</p>	<p>9 12 pm Depression support group (WPC) 1:15 pm Support group for post-partum depression [Spanish] (LACC) 2 pm Life Mobile Pantry (SBC) 5-7 pm P.H.A.T. (HJMC) 5:30-6:30 pm Yoga (WPC) 7-9 pm Support group for depression (WMH)</p>	<p>10</p>	<p>11 9 am Yoga (WPC)</p>
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<p>20 10-11:30 am Mother/Baby Development (CHR) 5:30 pm Support group for depression in Spanish (LACC) 6 pm MOM's HEAL & Zumba (CGO) 6 pm How to Find Your Way to Successful Weight Loss (PMRI)</p>	<p>21 6 pm Want to Know More About Weight Loss Surgery (JAC) 6-7 pm Pump Up The Volume Aerobics (PSA)</p>	<p>22</p>	<p>23 12 pm Depression support group (WPC) 1:15 pm Support group for post-partum depression [Spanish] (LACC) 5-7 pm P.H.A.T. (HJMC) 5:30-6:30 pm Yoga (WPC) 7-9 pm Support group for depression (WMH)</p>	<p>24</p>	<p>25 </p>
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MOVING MOMS FORWARD DECEMBER 2010

Moving Moms Forward offers free weight management, exercise, and support programs for its eligible members.

Most programs include babysitting and a light meal.

Below is a list of our programs in addition to our partnering agencies' programs and events.

For more information on our program please use our website at www.christianacare.org/movingmomsforward or call 302-428-6354.

SUPPORT GROUPS

Women's Depression Support Groups: Support groups are peer-led and held Thursdays at Westminster Presbyterian Church 1502 W. 13th St., Wilmington in classroom 5 from 12-1:30 pm, 7-9 pm at Westminster House at 292 W. Main St., Newark and Mondays at Dr. Gordon's at 611 W. 18th St.. Call 654-6833 to register.

MOM's HEAL (Moms Outreach for Moms through Helping, Empowering, Advocacy and Listening): MOMs HEAL (Moms Outreach for Moms Through Helping, Empowering, Advocacy and Listening) is a support group for mothers who are coping with pregnancy, weight management, postpartum depression, anxiety or mood disorders. A light meal and baby sitting are provided free of charge during the community sessions. Sessions are currently being conducted by phone and at Cecil Gordon's office at 611 W. 18th St. across from Brandywine Park. Call 302-428-6354 or e-mail movingmomsforward@christianacare.org to register.

FOOD ASSISTANCE OPPORTUNITIES

Food Closet: The Food Closet is stocked with perishable and non-perishable items. The Food Closet is open to the community on Monday & Thursday 9:30 AM to 12 PM. Patrons must bring their own bags for food. Located at People's Settlement 408 E. 5th Street, Wilmington

HEALTH RELATED EVENTS

Moving Moms Forward 1st Holiday Dinner & Award Ceremony: Join us on **Tuesday, December 7, 2010 at 6 p.m.** to celebrate you on your health successes and award the Role Model of the Year, Best Community Site, and the Best Exercise Instructor. Located at the Episcopal Church of St. Andrew and St. Matthews at 719 N. Shipley Street in Wilmington. To RSVP (**required**), call 428-6354 or e-mail movingmomsforward@christianacare.org. **Dinner starts promptly at 6:15 p.m.**

2010 Youth HIV Forum: Join AIDS Delaware, Duffy's Hope, YESS Program and the Division of Prevention and Behavior Health Services Sat., Dec. 4th at 1 p.m. at Bancroft Elementary at 700 N. Lombard St. and see special guest Paige Rawl, a National HIV Youth Speaker and Educator. Call 652-6776 for more information.

How to Find Your Way to Successful Weight Loss: The Christiana Care Weight Management Center is offering a free weight loss seminar Monday, Dec. 20th at 6 p.m. to provide you with information about obesity and treatment options that best fit your own personal needs. Choose strategies that work best for you and keep the weight off! Located at the Preventive Medicine & Rehabilitative Institute at 3506 Kennett Pike. Free BMI/Body Fat Analysis will be offered. Call 661-3475 to register.

Want to Know More About Weight Loss Surgery: Free bariatric surgery seminar on Dec. 21st at 6 p.m. at the John H. Ammon Medical Education Center at Christiana Hospital. To register call 800-693-2273.

ONGOING EVENTS

Mother/Baby Development: New mothers who have already delivered with babies up to 10 weeks old are invited to four free Mother/Baby Development sessions. Bring your baby and meet other mothers who share the same joys and, at times, the same frustrations, as you. Several topics will be open for discussion, including infant development, crying, communicating with your baby and dealing with the lack of sleep. The first four sessions are free. Call 733-2472 to register.

P.H.A.T. (Promoting Healthy Activities Together): Located at Henrietta Johnson Medical Center in Southbridge on Thursdays from 5-7 p.m., P.H.A.T. uses music, dance, emceeing, and other elements of hip-hop culture to promote healthy eating and physical activity. For females ages 13-17 only. Call Ashia at 655-6187 ext 261.

Pump Up the Volume Aerobics: Workout your heart at People's Settlement located at 408 E. 5th Street in Wilm. Tuesdays & Thursdays from 6-7 pm Call 658-4133.

Quit Smoking: Get tips and resources that can double your chances of quitting for good. Call 1-866-409-1858 or go to www.cancer.org for more information.

Swimming: Open swim at Hicks Anderson Community Center located at 501 N. Madison Street, Wilmington. For more information call 571-4266 ext 132.

Weight Management and Exercise: Join us on for a FREE weight management and exercise 8-week program designed just for pregnant women and new moms (up to two years after the birth of your baby). We also focus on stress management and the baby blues. Babysitting and a light meal are included. Call 428-6354 or e-mail movingmomsforward@christianacare.org to register for upcoming programs.

Yoga: There is no fee, but donations are appreciated. Please bring a yoga mat or towel and water. Classes are held Thursdays at 5:30 pm and Saturdays at 9 am Located at Westminster Presbyterian Church in the Rodney Chapel at 1502 W. 13th Street Call 654-5214 for more information.

Zumba®: Skip the workout, join the party! Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. Located at Cecil Gordon's Office at 611 W. 18th St. across from the Brandywine Park and Zoo. Call 428-6354 or e-mail movingmomsforward@christianacare.org to register.

Moving Moms Forward programs are a project of the Center for Community Health and is funded by the Health Resources and Services Administration's Maternal and Child Health Bureau (HRSA).

All Moving Moms Forward programs are free of charge. Christiana Care is the region's only National Community Center of Excellence in Women's Health.