

MOVING MOMS FORWARD January 2012

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

Monday	Tuesday	Wednesday	Thursday	Fri	Sat/Sun
<p>2 10 am Mother/Baby Development (CHR) 6-8 pm Line Dance Class (RHCC)</p>	<p>3 6-7 pm Pump Up The Volume (PSC) 5:30-6:30 pm Line Dance Classes (CYMCA)</p>	<p>4 5:45-6:45 pm Aerobics (CFBC) 10-11:30 am Mental Health Association Support Group (WPC)</p>	<p>5 6-7 pm Pump Up The Volume (PSC) 6-8 pm Line Dance Class (NBH) 7-9 pm Girl Talk (WPC) 10-12pm Moving Moms Forward (TBS) 5:30-7:30pm Moving Moms Forward (TBS)</p>	<p>6</p>	<p>7 9-10:30 am Yoga (WPC)</p> <p>8 3:30-4:30 pm Hot Yoga (EY)</p>
<p>9 10 am Mother/Baby Development (CHR) 6-8 pm Line Dance Class (RHCC)</p>	<p>10 6-7 pm Pump Up The Volume (PSC) 5:30-6:30 pm Line Dance Classes (CYMCA)</p>	<p>11 5:45-6:45 pm Aerobics (CFBC) 6:00 pm Soul Line Dancing (SDL) 10-11:30 am Mental Health Association Support Group (WPC) 5:30-6:30 pm Yoga (WPC)</p>	<p>12 12-1:30 pm Women's Support Group (WPC) 6-7 pm Pump Up The Volume (PSC) 6-8 pm Line Dance Class (NBH) 10-12pm Moving Moms Forward (TBS) 5:30-7:30pm Moving Moms Forward (TBS)</p>	<p>13</p>	<p>14 9:00-10:30 am Yoga (WPC) 12-1 pm Line Dance Class (WHA)</p> <p>15 3:30-4:30 pm Hot Yoga (EY)</p>
<p>16 10 am Mother/Baby Development (CHR) 6-8 pm Line Dance Class (RHCC)</p>	<p>17 6-7 pm Pump Up The Volume (PSC) 5:30-6:30 pm Line Dance Classes (CYMCA) 6-8 pm Moving Moms Forward (MFH)</p>	<p>18 5:45-6:45 pm Aerobics (CFBC) 10-11:30 am Mental Health Association Support Group (WPC) 5:30-6:30 pm Yoga (WPC)</p>	<p>19 7-9 pm Depression Support Group (WMH) 6-7 pm Pump Up The Volume (PSC) 5:30-6:40 pm Yoga (WPC) 6-8 pm Line Dance Class (NBH) 10-12pm Moving Moms Forward (TBS) 5:30-7:30pm Moving Moms Forward (TBS)</p>	<p>20</p>	<p>21 9:00-10:30 am Yoga (WPC)</p> <p>22 3:30-4:30 pm Hot Yoga (EY)</p>
<p>23 10 am Mother/Baby Development (CHR) 6-8 pm Line Dance Class (RHCC) 11:00am-12:00pm Moving Moms Forward (YMCAB)</p>	<p>24 6-7 pm Pump Up The Volume (PSC) 5:30-6:30 pm Line Dance Classes (CYMCA) 6-8 pm Moving Moms Forward (MFH)</p>	<p>25 5:45-6:45 pm Aerobics (CFBC) 6:00 pm Soul Line Dancing (SDL) 10-11:30 am Mental Health Association Support Group (WPC) 5:30-6:30 pm Yoga (WPC) 5:30-7:30 pm Moving Moms Forward (WFH) 11:00am-12:00pm Moving Moms Forward (YMCAB)</p>	<p>26 12-1:30 pm Women's Support Group (WPC) 6-7 pm Pump Up The Volume (PSC) 6-8 pm Shays Line Dance Class (NBH) 10-12pm Moving Moms Forward (TBS) 5:30-7:30pm Moving Moms Forward (TBS)</p>	<p>27 11:00am-12:00pm Moving Moms Forward (YMCAB)</p>	<p>28 9-10:30 am Yoga (WPC) 12-1 pm Line Dance Class (WHA)</p> <p>29 3:30-4:30 pm Hot Yoga (EY)</p>
<p>30 10 am Mother/Baby Development (CHR) 6-8 pm Line Dance Class (RHCC) 11:00am-12:00pm Moving Moms Forward (YMCAB)</p>	<p>31 6-7 pm Pump Up The Volume (PSC) 5:30-6:30 pm Line Dance Classes (CYMCA) 6-8 pm Pampered Moments MMF (RHCC) 6-8 pm Moving Moms Forward (MFH)</p>	<p>Locations:</p> <p>CFBC – Cornerstone Fellowship Baptist Church CHR – Christiana Care CYMCA – Central YMCA EY – Empowered Yoga GMC – Glasgow Medical Center MFH – Manley Fellowship Hall - Shiloh Baptist Church NBH – Neighborhood House</p>	<p>Locations (cont):</p> <p>PSC – People's Settlement Center RHCC – Rose Hill Com Center SDL – St. David's Lodge TBS – Trinity Bible School WHC – William Hicks Anderson Center WFH – Westside Family Healthcare Wilmington</p>		<p>Locations (cont.):</p> <p>WMH – Westminster House, Newark WPC – Westminster Presb. Wilm YMCAB – YMCA Brandywine</p>

MOVING MOMS FORWARD January 2012

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 every other Thursday 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. Call 654-6833 to register.

MOM's HEAL (Moms Outreach for Moms through Helping, Empowering, Advocacy and Listening): MOMs HEAL 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. Call 302-428-6354 or e-mail movingmomsforward@christianacare.org for more information.

FOOD ASSISTANCE OPPORTUNITIES

Life Mass Grocery Club: Women who are pregnant or have children under the age of five can contact Terry Casson-Ferguson at 302-428-6354 for referral

ONGOING EVENTS

Aerobics - Every Wednesday at Cornerstone Fellowship Baptist Church, 20 West Lea Blvd, Wilmington, from 5:45-6:45 pm. Cost is free.

Claymore Senior Center - Many different activities are offered, including low impact aerobics and yoga, for seniors. Becoming a member is free. To become a member, visit their website at www.claymore.org or call 302-428-3170.

Heart Health Nutrition Classes: Heart health nutrition classes are lead by a registered dietitian at Glasgow Medical Center, the HealthCare Center at Christiana Care and the Preventive Medicine & Rehabilitative Institute. Focuses on teaching participants how to make dietary changes to improve heart health based on individual risk factors. Please contact (302) 661-3426 for more information. Cost is free.

Hot Yoga - Classes held on Sundays from 3:30-4:30 pm at Empowered Yoga, located at 2000 Pennsylvania Ave, Wilmington. Cost is donation based. Please bring a yoga mat and water. Enter through the back parking lot door, go up the stairs to the second floor, and follow the hallway straight to the center door. Call 654-9642 for more information.

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.

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.

Shay's Line Dance Classes: - Held on Monday at the Rose Hill Community Center from 6-8 pm (free), Tuesday at the Central YMCA from 5:30-6:30 pm (with membership), Wednesdays (2nd and 4th) at St. David's Lodge from 6:30-8:30 (for a fee of \$3.00), Thursdays at Neighborhood House (Southbridge) from 6-8 pm (for a \$1.00 fee), and Saturdays (2nd and 4th) at the William Hicks Anderson CC 12-1 pm (free)

Swimming: Open swim at Hicks Anderson Community Center located at 501 N. Madison Street, Wilmington. 7-11 am and 4-6 pm daily. For more information call 571-4266 ext 132.

The Money School Events: Please contact 792-1200 or 1-800-267-5002. You can also visit the website at www.delawaremoneyschool.com or send an e-mail to info@dfli.org. It is located at 3301 Green Street, Claymont, DE 19703. These events are free but REGISTRATION IS REQUIRED.

Weight Management and Exercise (Moving Moms Forward - MMF): Join us on for a FREE weight management and exercise program designed just for pregnant women and new moms and dads (up to six 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 to register for upcoming programs; Pampered Moments (MMF) - Classes will be held Tuesday and Thursday evenings from 6:00pm - 8:00pm at the Rose Hill Community Center located at 19 Lambsons Lane. Please contact (302) 656-8513 for more information; Classes will be held Tuesdays from 6:00pm - 8:00pm at Manley Fellowship Hall at The Shiloh Baptist Church at 215 West 23rd Street. Please contact 302-655-5315 for more information; Classes will be held Wednesday evenings from 5:30pm - 7:30pm at The Westside Family Healthcare in Wilmington on 4th Street. Please contact (302) 655-5822 for more information; Classes will be held (for members) Mon, Wed and Fri from 11:00am to 12:00pm at the Brandywine YMCA located at 3 Mount Lebanon Rd. Please contact (302) 478-9622 for more information; Classes will be held Thursdays 10:00am to 12:00pm & Thursdays 5:30-7:30 pm at Trinity Bible School located at 220 Christiana Rd. Please contact (302) 328-3029 for more information.

YDPP - For programs about diabetes prevention please see the following websites - YDPP Website: <http://www.ymcade.org/diabetes.cfm>; YDPP Resource Site with links to Study Research: <http://www.ymcade.org/diabetesresources.cfm>; YDPP Brochure Link: <http://www.ymcade.org/pdfs/diabetes/diabetesbro.pdf>

Yoga: Cost is \$10 or suitable donation for each class. Please bring a yoga mat or towel and water. Classes are held in Rodney Chapel on the second floor; enter through the back doors under awning. Located at Westminster Presbyterian Church in the Rodney Chapel at 1502 W. 13th Street Call 654-5214 for more information.

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.