



The Wellness Coalition

Partners in WELLNESS

August 2024

Partner With The Wellness Coalition To Improve Wellness In Our Community



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Montgomery, AL 36108

 (334) 293-6502  [thewellnesscoalition.org](https://www.thewellnesscoalition.org)

Made possible with funding from the Centers for Disease Control and Prevention. The Wellness Coalition provides no-cost coaching, education, and other services for River Region residents to manage and prevent chronic diseases, including diabetes, heart disease, high blood pressure, hypertension, obesity, and more.

UPCOMING EVENT

AUG
27

Pump Up for Breastfeeding:
Supporting Mothers in their
Breastfeeding Journey

8:50am–4pm

There is NO cost to attend. To register: [Click here](#) or scan the code below.

This virtual summit is ideal for moms, moms-to-be, support persons, lactation consultants and professionals, and anyone who wants to learn more about breastfeeding.



 SCAN ME

Social work and nursing Continuing Education Credits (CECs) are available for \$11. Credits requested:

- Social work CECs: 6
- Nursing CECs: 7.2

Questions? Call (334) 293-6502.

Program Updates

Engagement Activities & Accomplishments

Since our last issue, The Wellness Coalition:

- Participated in both the “Convoy of Hope” and “Good News Explosion” events and provided adult vaccinations with iKare Pharmacy
- Hosted a “Walk Audit” in Autauga and Macon counties to get feedback from local residents on ways to make walking to everyday locations safer and more accessible
- Conducted site visits and provided technical support to our local health ministry partners
- Hosted virtual briefings on Facebook on the topics of physical activity, nutrition, and breastfeeding challenges



Recent Updates & Announcements from CDC

New Resource: WHP PUMP Act Employer Responsibility Guide

[Access Resource](#)

The U.S. Department of Labor, Wage and Hour Division published “Understanding Federal Protections for Pumping at Work: Employer Responsibilities.” The digital guide details employer responsibilities under the PUMP Act, including information on eligibility and coverage, break time requirements, space requirements, prohibited retaliation, compensation for break time, and enforcement.

Updated Resource: Active Communities Tool Action Planning Guide

[Access Resource](#)

CDC’s Physical Activity and Health Branch completed an equity review of the Active Communities Tool Action Planning Guide to identify additional opportunities where health equity principles and strategies to address upstream barriers to safe physical activity could be included. The updated content in the guide includes more information on addressing community safety concerns as a barrier to physical activity, increasing community voice and engagement throughout the project, and adding additional potential data sources such as housing and injury data for users to further assess inequities.

Wellness Support



The Wellness Coalition can help you get support to live a healthier life, manage your chronic conditions, and connect with free and low-cost resources in Central AL.

Wellness Case Management

Get help finding a doctor, paying for medications, and other services to manage your chronic conditions.

Wellness Programs

We offer one-on-one and group sessions to help you establish and achieve wellness goals and learn to manage chronic diseases.

Health Insurance Enrollment Assistance

We can help you apply for health insurance on the Federally-facilitated Marketplace (aka the Affordable Care Act or Obamacare).

Click the button below to learn more.

CLICK HERE



Employment Opportunity Become a Community Health Worker



Community Health Workers (CHW) are trained public health workers who have a close understanding of the community they serve. They build a trusting relationship that enables them to be a link between health/social services and the community to facilitate access to these services. The community has a need, and there are services available. By becoming a CHW, you can help bridge that gap.

Training Resources & Outreach for Yearly Health Certification Program Offers:

- Financial assistance 12-week, self-paced course
- Apprenticeship at a health care facility
- Potential employment
- National certification to be able to work anywhere in the country as a CHW

Services CHWs Can Provide to the Community:

- Provide links to community resources such as free/low-cost medications
- Assist with applying for enrollment in health insurance
- Help with setting and achieving wellness goals
- Provide accurate information about chronic diseases and COVID-19, how to cope with it and other public health emergencies
- Gain support from other organizations serving the community
- Improve adherence to health recommendations
- Provide health care education and training
- Reduce the need for emergency and specialty services

[Click here to learn more about this opportunity.](#)

Resources and Access for All

Food Systems & Nutrition Support



Food Assistance Resources

Several resources are available for food in everyday situations as well as before, during, and after emergencies. These resources are for individuals, households, governments, tribes, institutions, communities, and community-based and feeding organizations.

[Click here to access food assistance resources.](#)



Working with Food Vendors

Working with food vendors contributes to the success of your food service guidelines initiative. Work with vendors to procure healthier foods and beverages, ensure foods are culturally preferable, modify menus and recipes, and train staff in healthier food preparation.

[Click here to learn more about working with food vendors.](#)



Strategies for Healthy Food Environments

Poor diets lead to chronic diseases. Making healthy food available and affordable in key settings allows people to make healthier food choices. States, communities, early care and education programs, and schools can each create healthy food environments.

[Click here to learn about healthy food environments.](#)

Visit a Baby Café!

**The Family Service Center
Family Guidance Center**

Tuesday, Thursday: 5:30-7:30PM
Wednesday, Friday: 12-2PM

**Montgomery Hispanic
SDA Church**

Second and fourth Saturday: 1-3PM



Baby Cafés are a FREE place for every parent who needs support with breastfeeding services.

- ✓ Inclusive and accessible for parents of all cultures and lifestyles
- ✓ Located in welcoming community-based spaces
- ✓ Staffed by approved breastfeeding counselors

No appointment or insurance necessary.

**For more information, visit thewellnesscoalition.org/babycafe
or call (334) 293-6502.**





FREE Virtual Summit:
Pump-up for Breastfeeding:
Supporting Mothers in Their Breastfeeding Journey

Tuesday, August 27, 2024
8:50am - 4pm

This virtual summit is ideal for moms, moms-to-be, support persons, lactation professionals, and anyone who wants to learn more about breastfeeding. CECs are available.

Speakers



Caroline Baker
RN, MSN, PMHNP-BC



Richard Baxter
DMD, MS



Yolanda Fredrickson
ICCE, CD



Alicia "Chacha" Miller
MS, RD, LDN



Imani Rogers
Trained Birth/Postpartum Doula:
Certified Placenta Encapsulator



James Hogue
Certified Doula



SCAN ME

Scan the code to register or visit bit.ly/BFSUMMIT24