

## POP Health Ministry

Offering an opportunity for parishioners to learn and choose to move towards healthy lifestyles. Lectures, workshops and support groups are offered periodically throughout the year. Two meetings are scheduled in the year, the second Tuesday of September and April addressing the old and future programs offered throughout the year. You can participate in one or more activities offered.

Contact Person: **Mary Chavez, RN, PN** Telephone: 823-1623

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### **Scheduled Activities**

American Red Cross certification for adult CPR/ AED/ and First Aid: Last Friday of the month. Please, register with the ARC. Certification and Recerts for

Parishioners desiring to support the EMS please contact Mary Chavez at 823-1623.

Blood Pressure Clinic: First Wednesday, Saturday, and Sunday of the month.

Babysitting Course for 11-15y/o's- presented by Mary Chavez and certification is provided by ARC on Saturday, July 25th and Sunday, July 26th, 2009 from 8:30Am to 3:00Pm. Scholarships are now available. Please contact for information and sign-up with ARC 265-8514.

United Blood Drive: 9Am- 4Pm, August 23rd, 2009

[Family to Family Mental Health Workshop: presented by National Alliance of Mental Illness meet for 12 weeks, every Thursday night from 6:30-8:30Pm Starting September 3rd to November 19th , 2009. ] (Not yet scheduled, but planned.)

Bereavement Workshop: Presented by the Archdiocese of Santa Fe Family Life Coordinator, Heddy Long and certification provide by the National Catholic Ministers of Bereavement 6:30-8:30 Pm, Friday, September 11th and from 9A- 5Pm Saturday, September 12th, 2009 and Commissioning at the 5PmMass.

Health Fair: Health information, screenings and seasonal Flu vaccine will be available from 9A-1Pm, October 17th, 2009.