



**Thereasea C. Elder Community Health Leadership Academy
Village HeartBEAT Season 12 Sessions**

January 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Trauma-Informed Supervision - ReCAST II Winter Lunch and Learn Series	MCPH ReCAST	Mary Kathryn Elkins, MSW, LCSW	Wednesday, January 15, 2025	12-1pm/ Virtual
Mindful Momentum	MHA	Radiance Basden	Thursday, January 16, 2025	1:00 PM/Virtual
LoveSpeaksOut Two-Day Training	Community Support Services	CSS Staff	Thursday, January 23, 2025 and Friday, January 24, 2025	9am-3:30pm/ VCW Conference Center Room 4015
QPR Gatekeeper Training	MHA of Central Carolinas	Kevin Markle	Friday, January 24, 2025	10am-12pm/ Virtual
PHEN's Charlotte Prostrate Cancer Disparity Rally	PHEN	Thomas A. Farrington Rev. Dr. Derrill Blue	Saturday January 25, 2025	9-3:00pm Little Rock AME Zion 401 N McDowell Street Charlotte, NC 28204
Enhancing Communication: Working with Interpreters - ReCAST II Winter Lunch and Learn Series	MCPH ReCAST	Shirly Cruzado, BA Certified Early Intervention Fidelity Coach	Tuesday, January 28, 2025	12-1pm/ Virtual
QPR Gatekeeper Training	MHA of Central Carolinas	Kevin Markle	Wednesday, January 25, 2025	1pm-3pm/ Virtual Register Here
Ask the Pharmacist Chronic Kidney Disease Medications	Friendship Missionary Baptist Church	Friendship Missionary Baptist Church	Monday, January 27, 2025	10am/ Virtual Zoom Link
Dementia Friendly Workshop Session	Dementia Friendly	Kelsey Lieungh & Ashley Stevens	Thursday, January 30, 2025	2-3:30pm / 10735 David Taylor Drive, Charlotte, NC 28262

February 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Youth Mental Health First Aid	MCPH ReCast	ReCAST Staff	Monday, February 3, 2025	10-4pm / South Boulevard Library 4429 South Boulevard
HIV/STI Testing	MCPH HIV/STI Program	MCPH	Monday, February 3 – Friday February 7, 2025	Monday, February 3, noon–3:00pm The Heights Ministry, 2137 B Ave, Charlotte, 28216 Tuesday, February 4, 6:00–8:00pm Northpark, 251 Eastway Dr, Charlotte, 28213 Thursday, February 6, 1:00–3:00 pm UNCC Student Health Center, 9524 Poplar Terrace Dr, Charlotte, 28223 Friday, February 7, 5:30–8:00 pm The Connecting Place at Greater Salem, 5318 Salem Church Rd, Charlotte, 28216
Understanding Diabetes: Your Guide to Healthier Living	Parry’s Wellness & Diabetes Center	Dr. Victoria Bouhairie	Thursday, February 6, 2025	6-7:30PM/Northwest Health Dept. 2845 Beatties Ford Road Register Here
National Black HIV/AIDS Awareness Day	MCPH HIV/STI Division	The Connecting Place at Greater Salem Church, The Heights Ministries	Friday, February 7, 2025	6pm/ The Connecting Place at Greater Salem 5318 Salem Church Road Register Here
The Impact of Social Determinants of Health in North Carolina: Insights from Public Health Experts	Northeastern University	Ronny Bell, PhD, MS Stacie Turpin Saunders, MPH Shan Mohammed, MD, MPH	Monday, February 10, 2025	5:30pm/ Northeastern University in Charlotte 2151 Hawkins Street 8th Floor Charlotte, NC 28203
QPR Suicide Prevention Instructor Training	MCPH	Lynn Henninghausen	Monday, February 10, 2025	9:00am-4:00pm / VCW Conference Center https://buytickets.at/recast2/1506449
Heart Health Matters: Important Insights on Heat Disease	Parry’s Wellness & Diabetes Center	Dr. Victoria Bouhairie	Tuesday, February 11, 2025	6-7:30PM/Northwest Health Dept. 2845 Beatties Ford Road Register Here

DEEP (Diabetes Empowerment Education Program) Cohort 1	Novant	Zawadi Mack, Kristin Pridgen	February 11, 18, 25 and March 4, 11, 18, 2025	3-4:30pm Eastway Regional Recreation Center, 3150 Eastway Park Drive, Charlotte, NC 28213
DEEP (Diabetes Empowerment Education Program) Cohort 2	Novant	Zawadi Mack, Kristin Pridgen	February 13, 20, 27 and March 6, 13, 20, 2025	11-12:30pm Eastway Regional Recreation Center, 3150 Eastway Park Drive, Charlotte, NC 28213
Virtual Self-Care & Self-Love - Valentine's Day Lunch & Learn With MHA!	MHA of Central Carolinas	Ashlyn Pemberton / Rebekah Collins	Friday, February 14, 2025	11AM-12:30PM / Virtual
Spice Wisdom: Exploring Hypertension and Salt-Free Living: A Culinary Experience.	Parry's Wellness & Diabetes Center	Dr. Victoria Bouhairie Chef Jeff	Tuesday, February 18, 2025	6-7:30PM/Northwest Health Dept. 2845 Beatties Ford Road Register Here
NICOTINE, MENTHOL, AND MELANIN: A DEADLY COMBINATION FOR BLACK AMERICANS: A CALL TO ACTION!	The African American Tobacco Control Leadership Council (AATCLC)	Dr. Richard Gregory Johnson III, Moderator Dr. Valerie Yerger Dr. Monica Wilson Mr. Charles Debnam Dr. Gregory Bolden	Tuesday, February 18, 2025	6:00-8:00pm / Virtual Registration Link
Cooking with Chef Jeff	Greater Bethel AME Church	Chef Jeff	Tuesday, February 25, 2025	12pm / Greater Bethel AME Church and Zoom
Community Café': Link between Heart Disease, Cancer, and Race	AmeriHealth Caritas	Mikala Staton	Wednesday, February 26, 2025	12-1pm / 3120 Wilkinson Boulevard #D1 Charlotte, NC 28208
Real Men, Real Talk Mask Off: Build A Brotherhood and Create Community.	African American Male Wellness Agency		Thursday February 27, 2025	In-Person Friendship Missionary Baptist Church 3400 Beatties Ford Road, Charlotte, NC 28216. Registration Link

March 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Diabetes Basics: Living with and Managing Your Diabetes	Alliance Health	Alliance Health	March 4, 2025	9:00-10:00am/ Virtual Registration Link
DEEP (Diabetes Empowerment Education Program) Cohort 1	Novant	Zawadi Mack, Kristin Pridgen	March 4, 11, 18, 2025	3-4:30pm Eastway Regional Recreation Center, 3150 Eastway Park Drive, Charlotte, NC 28213
DEEP (Diabetes Empowerment Education Program) Cohort 2	Novant	Zawadi Mack, Kristin Pridgen	March 6, 13, 20, 2025	11-12:30pm Eastway Regional Recreation Center, 3150 Eastway Park Drive, Charlotte, NC 28213
Grocery Shopping for Chronic Kidney Disease on a Budget Virtual Presentation	National Kidney Foundation	Melissa Rubio	Wednesday, March 5, 2025	12-1pm / Virtual
Keeping Your Heart Healthy	Alliance Health	Alliance Health	March 6, 2025	10:00-11:00am/Virtual Registration Link
Respiratory Disease Management	Alliance Health	Alliance Health	March 7, 2025	9:00-10:00am/Virtual Registration Link
Whole Grain Hacks: A Culinary and Educational Experience for Diabetes Management,	Parry's Wellness & Diabetes Center	Dr. Bouhairie & Chef Jeff	Monday, March 10, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center
Strategies for Preventing and Improving Heart Disease in Older Adults (65+)	Parry's Wellness & Diabetes Center	Dr. Bouhairie and guest	Friday, March 14, 2025	2-3:30pm / Eastway Regional Recreation Center
ZEN Farmer's Market Opening Day (Volunteer Opportunity)	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Saturday, March 15, 2025	9:00 – 10:00am 3811 Prosperity Church Rd, Charlotte, NC 28269 Volunteer Link

Mobile Market Pop-Up Pantry (Volunteer Opportunity)	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Sunday, March 16, 2025	2:00 – 4:00pm Keith Family YMCA 8100 Old Mallard Creek Rd, Charlotte, NC 28262
Community Garden Work Day “Tree Planting Edition” (Volunteer Opportunity)	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Sunday, March 16, 2025	2:00 – 5:00pm 3811 Prosperity Church Rd, Charlotte, NC 28269 Volunteer Link
Managing Diabetes in Seniors (65+)	Parry’s Wellness & Diabetes Center	Dr. Bouhairie	Monday, March 17, 2025	1-4pm / Friendship Missionary Baptist Church Campus 3400 Conference Center
Free Lunch and Learn- Cancer Fighting Foods and Nutrition	AmeriHealth Caritas	AmeriHealth Caritas	Tuesday, March 18, 2025	11am-12pm / 3120 Wilkinson Boulevard #D1 Charlotte, NC 28208
2025 Age-Friendly in Action: Insights and Ideas Forum	Age-Friendly Mecklenburg	Age-Friendly Mecklenburg	Wednesday March 19- Thursday March 20, 2025	12-3pm / Virtual
Adult Blended Mental Health First Aid	MCPH ReCAST	ReCAST Staff	Wednesday, March 20, 2025	9am-4:00pm / Virtual
Tobacco Prevention Series: Tobacco & Health 101 w/ Resources for Quitting	MCPH	Tobacco Prevention & Control Team	Thursday, March 20, 2025	6-7:30pm / Eastway Regional Recreation Center
Non-Certified Bystander CPR and AED Training	Medic – Mecklenburg EMS Agency	Medic – Mecklenburg EMS Agency	Thursday, March 20, 2025	6:30-8:00pm / Eastway Regional Recreation Center
The Check In- Men's Health and Wellness	AmeriHealth Caritas	Kevin Davis	Saturday, March 22, 2025	10am-12pm / 3120 Wilkinson Boulevard #D1 Charlotte, NC 28208
FREE Lunch and Learn - Inspiring Emotional Intelligence	AmeriHealth Caritas	AmeriHealth Caritas	Tuesday, March 25, 2025	12-1pm / 3120 Wilkinson Boulevard #D1 Charlotte, NC 28208
Chronic Kidney Disease and Reading Nutrition Labels Virtual Presentation	National Kidney Foundation	Melissa Rubio	Wednesday, March 26, 2025	4:00-4:45pm / Virtual
Culture of CARE Training - ReCAST II (Resilience in	MCPH ReCAST II	ReCAST II	Wednesday, March 26, 2025	8:30am-12:30pm / South Piedmont AHEC

Communities After Stress and Trauma)				5039 Airport Center Parkway Charlotte, NC 28208 Classroom 17/18
Let's Start Your Garden for Lula's Garden Club	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Monday, March 31, 2025	4:00 – 5:00pm Trevi Vibrant Senior Living 11230 Trevi Vlg Blvd, Charlotte, NC 28262 Registration Link

April 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Nurturing Mental Health in Diabetes Management with Mindfulness	Parry's Wellness & Diabetes Center	Dr. Bouhairie	Wednesday, April 2, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center
Lula's Garden Club Garden Work Day (Volunteer Opportunity)	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Wednesday, April 2, 2025	6:30 – 7:30pm Prosperity Creek 3705 Prosperity Church Rd, Charlotte, NC 28269 Volunteer Link
Herbal Candy Balls for Lula's Garden Club (Volunteer Opportunity)	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Monday, April 7, 2025	4:00 – 5:00pm Trevi Vibrant Senior Living 11230 Trevi Vlg Blvd, Charlotte, NC 28262 Volunteer Link
Youth Mental Health First Aid: BLENDED In-Person	MCPH ReCAST II	ReCAST II	Tuesday, April 8, 2025	9:00am-3:00pm / Northern Regional Recreation Center
ZEN Farmer's Market	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Multiple Dates: Saturday, April 12, 2025 Saturday, April 26, 2025	9:00 am – 12:00pm 3811 Prosperity Church Rd, Charlotte, NC 28269

Mobile Market Pop Up Pantry	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Multiple Dates: Sunday, April 13, 2025 Sunday, April 27, 2025	2:00 – 4:00pm Keith Family YMCA 8100 Old Mallard Creek Rd, Charlotte, NC 28262
Tobacco Prevention Series: Tobacco Disparities: Who is Most Affected and Why	MCPH	Tobacco Prevention & Control Team	Thursday, April 17, 2025	6-7:30pm / Eastway Recreation Center
ZEN Community Planting Day	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Saturday, April 19, 2025	2:00pm 3811 Prosperity Church Rd, Charlotte, NC 28269
Diabetes - Specific Diet with a Dietician	Parry's Wellness & Diabetes Center	Dr. Bouhairie & guest	Monday, April 21, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center
Mobile Mammography Screenings	Novant Health	Novant Health	April 23, 2025	9-3:30pm / Southeast Health Department 249 Billingsley Road Charlotte, NC 28211 <i>To schedule an appointment, call 704-384-7226</i>
Non-Certified Bystander CPR and AED Training	Medic – Mecklenburg EMS Agency	Medic – Mecklenburg EMS Agency	Thursday, April 24, 2025	6:30-8:00pm / Eastway Regional Recreation Center
FosterCARE Training - ReCAST II (Resilience in Communities After Stress and Trauma)	MCPH ReCAST II	ReCAST II	Wednesday, April 30, 2025	8:30am-12:30pm / South Piedmont AHEC 5039 Airport Center Parkway Charlotte, NC 28208 Classroom 17/18
Lula's Garden Club Garden Work Day (Volunteer Opportunity)	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Wednesday, April 30, 2025	6:30 – 7:30pm Prosperity Creek 3705 Prosperity Church Rd, Charlotte, NC 28269 Volunteer Link

May 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
2025 Scam Jam - Fraud and Scam Awareness event	Meck County Age-Friendly	Age-Friendly	Thursday, May 1, 2025	10am-2pm / Friendship Missionary Baptist Church
Herbal Scrub Making Class for Lula's Garden Club (Volunteer Oppurtunity)	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Monday, May 5 th , 2025	4:00 – 5:00PM Trevi Vibrant Senior Living 11230 Trevi Vlg Blvd, Charlotte, NC 28262 Volunteer Link
Cultivating Mental Wellness with Mindfulness in Heart Disease Care	Parry's Wellness & Diabetes Center	Dr. Bouhairie	Tuesday, May 6, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center
ZEN Farmer's Market	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Multiple Dates: Saturday May 10, 2025 Saturday May 24, 2025	9:00am – 12:00pm 3811 Prosperity Church Rd, Charlotte, NC 28269
Tobacco Prevention Series: What's the Deal with Menthol Tobacco? A Call to Action for No Menthol Sunday	MCPH	Tobacco Prevention & Control Team	Thursday, May 15, 2025	6-7:30pm / Eastway Regional Recreation Center
Mobile Market Pop Up Pantry	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Multiple Dates: Sunday, May 18, 2025 Sunday, May 25, 2025	2:00 – 4:00pm Keith Family YMCA 8100 Old Mallard Creek Rd, Charlotte, NC 28262
Natural Deodorant Making for Lula's Garden Club (Volunteer Oppurtunity)	Zealous Empowering Nurturer Inc (ZEN)	Zealous Empowering Nurturer Inc (ZEN)	Monday, May 19, 2025	4:00 – 5:00PM Trevi Vibrant Senior Living 11230 Trevi Vlg Blvd, Charlotte, NC 28262 Volunteer Link
Fitness Workshop	Parry's Wellness & Diabetes Center	Dr. Bouhairie & guest	Thursday, May 22, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center

Non-Certified Bystander CPR and AED Training	Medic – Mecklenburg EMS Agency	Medic – Mecklenburg EMS Agency	Thursday, May 29, 2025	6:30 – 8:00pm / Eastway Regional Recreation Center
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June 2025

Session Title	Resource	Facilitator(s)	Proposed Date	Time/Location
Nutrition and How it Can Help Manage Heart Disease with a Dietician	Parry's Wellness & Diabetes Center	Dr. Bouhairie & guest	Wednesday, June 11, 2025	6-7:30pm / Friendship Missionary Baptist Church Campus 3400 Conference Center
Mobile Mammography Screenings	Novant Health	Novant Health	June 11, 2025	9-3:30pm / Valerie C. Woodard Conference Center 3205 Freedom Drive, Building E, Charlotte, NC 28208 <i>To schedule an appointment, call 704-384-7226</i>
Childhood Obesity	Parry's Wellness & Diabetes Center	Dr. Bouhairie & guest	Tuesday, June 17, 2025	6-7:30pm / Eastway Regional Recreation Center



For more information about the T.C. Elder Academy visit:

<https://www.villagehb.org/academyresources>

