



AMERIHEALTH CARITAS DISTRICT OF COLUMBIA

# EVENTS

## QUESTIONS?

Contact the Community Outreach Solutions team at **202-216-2318**, Monday through Friday, 8 a.m. to 6 p.m. We can confirm the event schedule, help you register, or answer any of your other questions.

## JUNE 2025

DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
June 5 12 p.m.	<b>Headspace Session: Embracing Authenticity</b> Living the life you want to live starts with being true to who you are. This live meditation will help enrollees connect with and accept their authentic self, meditating alongside a supportive community.	<a href="https://bit.ly/4ipHVGO">https://bit.ly/4ipHVGO</a>
June 6 10 a.m. – 12 p.m.	<b>Amharic Language Safe Sleep Class</b> The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months postpartum. The program content which includes a video (English and Amharic) and written materials is designed to promote safe habits for infant sleeping (e.g. place infant on its back, minimal items in the sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, enrollees receive a Cribette (portable crib) which parents may use as a place for safe sleep.	<a href="https://bit.ly/4inVCYc">https://bit.ly/4inVCYc</a>

## JUNE 2025

DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
June 7 11 a.m. – 12 p.m.	<b>Total Body Fitness</b> Have fun burning calories, dancing, and getting fit with trainers from Wanda Woman!	1209 Marion Barry Ave. SE Washington, DC 20020
June 7 10:30 a.m. – 3 p.m.	<b>National Unity Weekend</b> The event will include resource vendors, health screenings and lunch. Invited enrollees will hear information about our health plan programs, services, and upcoming events. Activities and engagement will be available throughout the event. Additionally, we will offer giveaways.	Bethesda Baptist Church 1808 Capital Ave. NE Washington, DC 20002
June 7 9 a.m. – 1 p.m.	<b>Ferebee Hope Recreation Center Wellness Event</b> This wellness day will include health and wellness screenings, lunch, activity stations, and a meet-and-greet with players from the Washington Wizards.	700 Yuma St. SE Washington, DC 20032
June 14 11 a.m. – 12 p.m.	<b>Total Body Fitness</b> Have fun burning calories, dancing, and getting fit with trainers from Wanda Woman!	1209 Marion Barry Ave. SE Washington, DC 20020
June 18 11:30 a.m. – 1:30 p.m.	<b>Healthy Cooking Made Easy</b> Enrollees will join Food Jonezi for a nutrition education and cooking class. Participants will receive nutrition education and will cook alongside a chef and dietician.	The Ethel Apt. Bldg. 1900 C St. SE Washington, DC 20003
June 20 10 a.m. – 12 p.m.	<b>Spanish Language Safe Sleep Class</b> The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months postpartum. The program content which includes a video (English and Spanish) and written materials is designed to promote safe habits for infant sleeping (e.g. place infant on its back, minimal items in the sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, enrollees receive a Cribette (portable crib) which parents may use as a place for safe sleep.	<a href="https://bit.ly/47KrNvR">https://bit.ly/47KrNvR</a>
June 21 11 a.m. – 12 p.m.	<b>Total Body Fitness</b> Have fun burning calories, dancing, and getting fit with trainers from Wanda Woman!	1209 Marion Barry Ave. SE Washington, DC 20020

DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
June 21 12:30 p.m. – 3 p.m.	<b>Youth Wellness Advisory Council/Adult Wellness Advisory Council Joint Session</b> The Youth Wellness Advisory Council and Adult Wellness Advisory Council consist of AmeriHealth Caritas DC enrollees who have agreed to come together and meet four times per year to give us their ideas on how AmeriHealthDC can better serve our community at-large. This forum allows us to hear directly from enrollees about what issues concern them, what programs we can develop to support our membership, and how we can make their healthcare experiences and encounters more beneficial to them, their families, and the community at large.	1209 Marion Barry Ave. SE Washington, DC 20020
June 27 10 a.m. – 12 p.m.	<b>Safe Sleep Class</b> The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months postpartum. The program content which includes a video and written materials is designed to promote safe habits for infant sleeping (e.g. place infant on its back, minimal items in the sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, enrollees receive a Cribette (portable crib) which parents may use as a place for safe sleep.	<a href="https://bit.ly/47KrNvR">https://bit.ly/47KrNvR</a>
June 28 10 a.m. – 2 p.m.	<b>Youth Basketball Clinic – The Boys and Girls Club Wellness Event</b> This wellness day will include health and wellness screenings, lunch, activity stations, and a meet-and-greet with players from the Washington Wizards.	1901 Mississippi Ave. SE Washington, DC 20020
June 28 11 a.m. – 12 p.m.	<b>Total Body Fitness</b> Enrollees can have fun burning calories, dancing, and getting fit with trainers from Wanda Woman.	1209 Marion Barry Ave. SE Washington, DC 20020
June 29 10 a.m. – 3 p.m.	<b>Sagrado Corazon (Sacred Heart) Community Fun Day</b> This event will feature cooking demos, health screenings, health education sessions on the benefits of healthy eating and nutrition, fresh produce, fitness sessions, food, face painting, music, and more.	Shrine of the Sacred Heart 3211 Sacred Health Way Washington, DC 20010

**Need a ride to Total Body Fitness or another event at the Enrollee Wellness and Opportunity Center?**  
 Call 1-800-315-3485 to schedule a ride at no cost. Please call at least 48 hours in advance  
 (not including Saturday, Sunday, and holidays) to get transportation.



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AmeriHealth Caritas District of Columbia complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex characteristics, including intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). AmeriHealth Caritas District of Columbia does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

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## English

If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

## Español

Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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## Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

## 繁體中文

如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

## 한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

## Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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[www.amerihealthcaritasdc.com](http://www.amerihealthcaritasdc.com)