Congratulations Noah Laman!!

Noah is the winner of the Blood Pressure Monitor! There was a drawing from the names of the 33 people who participated in the biometric screenings at Dunnville Christian Church and Noah’s name was drawn!

You could be next!
We will have a drawing for a blood pressure monitor at the end of each activity we do at Dunnville Christian Church!
Community Garden At Dunnville Christian Church

Using a garden to sow the seed.....

UPCOMING ACTIVITIES

Freedom from Smoking
7-week Tobacco Cessation classes
For ALL forms of tobacco!
Begin September 6th @ 5:00 PM EST
FREE Nicotine Replacement Therapy
Classes are FREE! Help spread the word!
To register or for info:
270-343-2181 EXT 6233 or 606-875-2694

CPR & First Aid Classes
August 9th, 16th, 23rd at the church
Space is limited
Let Bro. Matt know if you are interested.

COOKING MATTERS COOKING CLASSES
Includes a Grocery Store Tour and $10 gift card
More info next month!
9:00- 11:00 am EST
September 13th, 20th, 27th
October 11th, 18th
November 8th
Call 606-787-6911 ext 7270 to sign up as space is limited!
Marie Gravely is a registered dietitian and certified diabetes educator. She is the Rural Health Coordinator with Marshall University’s Center for Rural Health. The Center for Rural Health receives funding from the Appalachia Regional Commission (ARC) and the Center for Disease Control and Prevention (CDC) to assist diabetes coalitions in 76 distressed and at-risk counties in Appalachia. Marie provides technical assistance to coalitions to implement evidenced based and best practice interventions in their communities.

Shelia Plogger is the Rural Health Project Coordinator with Marshall University’s Center for Rural Health. Shelia has a broad range of life, educational and professional work experiences that include nearly two decades of experience in coalition building specifically in rural communities in a variety of health programs and trainings. Shelia has been with Marshall University Center for Rural Health for 15-years serving as the Appalachian Diabetes Control and Translation Project Coordinator.

Regina Knox is a master certified health education specialist (MCHES) and diabetes lifestyle coach. She is a Rural Health Coordinator with Marshall University’s Center for Rural Health. Ms. Knox provides technical assistance to coalitions to implement evidenced based and best practice interventions in their communities.
Introducing the Heart4Change Partners

Hello, I am Charlotte Hayes. I am the Cardiac Clinical Care Specialist and Chest Pain Center Coordinator at Lake Cumberland Regional Hospital. I have been a nurse for 25 years and have worked at LCRH for 9 years. My background in nursing is cardiac. I now am in a position that I teach and assist clients in early education and cardiac care prevention. I will be representing Lake Cumberland Regional Hospital as a Resource person and providing education on Early Heart Attack Care. I am excited to get to know each and everyone so that together we can make our community healthier. Thank you for the opportunity that you have gave me to serve our community.

My name is Natalie Littlefield and I am a Community Health Director for the American Heart Association. I am originally from Paducah, Kentucky and I moved to Lexington with my Husband in 2016 to start graduate school. I recently finished my master’s in public health from the University of Kentucky (praise the Lord). I am passionate about disease prevention, primarily through physical activity and nutrition. I will be assisting with delivery of the Check.Change.Control program. I am honored to be part of the Heart4Change collaborative and I look forward to meeting everyone!

What’s Next?

Check, Change, Control
Physical Activity Program
Healthy Eating Program