



Faithfully Fit Newsletter

JULY 2022: ISSUE 27

Check out these resources to support a healthy mind, body and spirit.

HEALTHY MIND

Uncertain times can breed uncertain feelings, concerns, and emotions. Staying positive and hopeful might seem like a chore. Having faith in God's love can help lead you through the toughest of times.

[How to Nurture Yourself When Living With a Chronic Health Condition](#)


[Brain Health Equity and the Black Community](#) (video)


HEALTHY BODY


As we prepare to enter a new calendar year, now more than ever is a great time to focus on our health and build a strong routine.

[The Book of Alzheimer's: For African Americans Congregations](#)

[A Focus on Alzheimer's Disease and Its Impacts Within the African American Community](#)

[Move Your Way: Play for Fun, Build Skills for Life](#) (video) 

[Help Your Kids Get More Physical Activity](#) 

[How do I Protect Myself from UV Rays?](#) 

HEALTHY EATING

Now is a great time to focus on creating healthy meals for you and your family. Experiment with canned goods mixed with fresh produce. Fuel your body right!

[What's In Season for July?](#)

FAITHFULLY FIT PARTICIPATING MINISTRIES:

Dupont Park SDA
First Rock Baptist
Galilee Baptist
Pilgrim Rest Baptist
St Theresa of Avila
Urban Outreach Ministries



National Youth Sports Week
(July 20-26)



World Hepatitis Day (July 28)



UV Safety Month

World Hepatitis Day- July 28

I CAN'T WAIT

The sooner I know if I have hepatitis, the better chance I have of a long and healthy life.

Don't wait. Get tested.



World Hepatitis Day - 28 July
worldhepatitisday.org



Click for information

COVID-19 INFO

The American Medical Association provides regular COVID-19 video updates. Check out the latest update "Vaccine Progress for Kids Under 5 and More". Watch by clicking below:



FDA Authorizes Moderna and Pfizer-BioNTech COVID-19 Vaccines for Children Down to 6 Months of Age

FDA Advisers Recommend Updating COVID Booster Shots for the Fall

Mayor Bowser and DC Health Announce that COVID-19 Vaccines for Infants and Children 6 Months and Older will be Available at COVID Centers in All Eight Wards Beginning Tuesday, June 21

People Who are Immunocompromised- Know How to Protect Yourself and What To Do If You Get Sick

Improving Ventilation In Your Home

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MARK 10:27

Jesus looked at them and said, 'With man it is impossible, but not with God. For all things are possible with God.'

VACCINATION SITE FOR 6 MONTHS TO 4-YEAR-OLDS

| Ward | Facility Name | Address | Notes |
|--------|-----------------------------------|--|---|
| Ward 1 | Mary's Center - Ontario Road | 2333 Ontario Road, NW | https://www.maryscenter.org/patients/coronavirus/ |
| | Howard University Hospital | 2041 Georgia Avenue, NW | http://huhealthcare.com/healthcare/hospital |
| | La Clinica Del Pueblo | 2831 15th Street, NW | (202) 462-4788 |
| Ward 2 | West End Pediatrics | 2440 M Street NW, Suite 804 | https://westendpeds.org/ |
| | Bread for the City Medical Clinic | 1525 7th Street, NW | https://breadforthecity.org/health/ |
| | GUMC Medstar - Pediatrics | 4200 Wisconsin Avenue, NW, 4th Floor | https://medstarhealth.org/ |
| | Dr. Michelle Barnes Marshall | 2440 M Street, NW, Suite 317 | (202) 775-0051 |
| Ward 3 | Spring Valley Pediatrics | 4850 Massachusetts Avenue, NW, Suite 200 | http://www.springvalleypediatrics.net/ |
| Ward 4 | Mary's Center - Georgia Avenue | 3912 Georgia Avenue, NW | https://www.maryscenter.org/ |
| Ward 5 | The McCuiston Group | 106 Irving Street, NW, Suite 317 | https://themccuistongroup.com/ |
| | McKnight Pediatrics | 106 Irving Street, NW, Suite 2300 N | https://www.mcknightpediatrics.com/ |
| | Mary's Center - Ft. Totten | 100 Gallatin Street, NE | https://www.maryscenter.org/patients/coronavirus/ |
| Ward 6 | Grubb's Pharmacy | 326 E Capitol Street, NE | https://www.grubbspharmacy.com/ |
| Ward 7 | Elaine Ellis Center of Health | 1627 Kenilworth Avenue, NE | (202) 803-2340 |



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