



Community Whole Health

March 2025 Newsletter



Pictured left to right: Thomas Hammond, Georgia Baptist Mission Board Executive Director, Cashmere Miller, CWH Founder/Executive Director, Larry Wynn, GBHCFM Executive Director, and, John Howard, GBHCFM Board Chair

Exciting News: Community Whole Health Receives a \$10,000 Grant!

Community Whole Health (CWH) is pleased to announce that we have received a \$10,000 grant from the Georgia Baptist Health Care Ministry Foundation (GBHCFM). CWH is a charitable organization providing health education and routine primary care and chronic disease management, emphasizing therapeutic lifestyle interventions to treat chronic conditions. The GBHCFM provides healthcare grants to nonprofit healthcare providers to show the love of Jesus Christ.

Cashmere Miller, Founder and Executive Director of Community Whole Health, accepted the grant at the GBHCFM's Awards Luncheon on February 20th. The GBHCFM was able to award \$8,417,791 to 81 organizations across Georgia in 2024. Since its inception in 2005, GBHCFM has awarded over \$65 million in grants to support nonprofit healthcare in Georgia.



Power of the Mind: Workshop Recap

CWH recently hosted a compelling workshop featuring Dr. Stephanie Brown-Johnson, an esteemed Assistant Professor of Medicine at Emory University. The session, titled "Power of the Mind: Tools for everyday resilience," offered attendees practical strategies for managing stress and enhancing mental resilience.

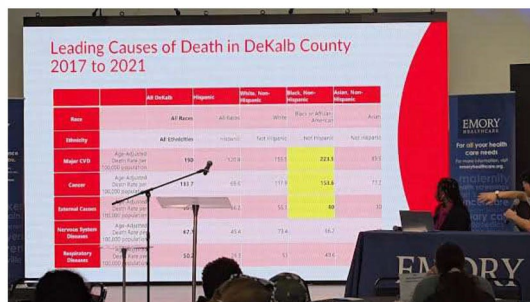
Dr. Brown-Johnson, a Whole Health Educational Champion with expertise in Narrative Medicine, shared valuable insights into maintaining emotional well-being. Her approach aligns with the growing recognition of narrative medicine's power to release emotional and physical pain, and encouraging overall well-being.

The audience was highly engaged, reflecting the relevance and importance of these topics in today's challenging healthcare environment. This insightful session underscores CWH's commitment to holistic approaches in healthcare education and practice.



DeKalb Health Summit: CWH Engages with the Community

CWH was happy to participate in the 2025 DeKalb Health Summit & Community Resource Expo on February 6, 2025. Hosted by Emory Healthcare at the House of Hope Atlanta, CWH was present as a vendor, providing valuable health education and awareness to attendees. The summit aimed to build a healthier community and included presentations on the status of health in DeKalb, breakout sessions, and a community resource expo. CWH was glad to be a part of this important community event.





CWH and Emory Healthcare Join Forces to Address Healthcare Disparities

CWH is thrilled to announce a groundbreaking partnership with Emory Healthcare, marking a significant milestone in our mission to provide comprehensive, whole-person care to our community. In an exciting development, CWH will establish its new clinic within the Emory Hillandale Hospital Professional Office Building. This strategic collaboration aligns perfectly with both organizations' commitment to improving community health and addressing healthcare disparities.

The new CWH clinic at Emory Hillandale Hospital will benefit from the recent \$11 million improvements to the facility, ensuring a state-of-the-art environment for our patients. This location will provide easy access for our community, with convenient parking options and public transportation routes available.

We are eagerly anticipating our Grand Opening in September. Stay tuned for more details about our new location and ribbon cutting ceremony!



COMMUNITY
WHOLE HEALTH



COMMUNITY WHOLE HEALTH CLINIC

Clinic schedule: Tuesdays 8am-4pm
Located inside the Emory Hillandale Hospital Professional Office Building:
5900 Hillandale Drive, Suite 320
Lithonia, Georgia 30058

Email: info@cwhclinic.org
Website: www.cwhclinic.org
Phone: 770-694-2382

VOLUNTEERS NEEDED

- Physicians
- Physician Assistants
- Nurse Practitioners
- Registered Nurses

MAKE A DIFFERENCE IN YOUR COMMUNITY!

- We provide primary care and chronic disease management.
- We serve adults who are uninsured or underinsured.
- Join us in promoting the importance of a healthy lifestyle and preventive care.



**COMMUNITY
WHOLE HEALTH**

PREVENT, MANAGE, REVERSE
Take Charge of Your Diabetes Destiny

Saturday - April 12, 2025
11:00 a.m. - 12:30 p.m.

Join the Community Whole Health Clinic for an enlightening journey into the world of diabetes prevention and management.



Facilitator
Daisy Seremba, MS, RD, LD, CDE

Enjoy complimentary refreshments while you learn, and enter our raffle for a chance to win exciting prizes!



Register at: <https://bit.ly/3XMgi2x>

Stonecrest Library
3123 Klondike Road
Lithonia, GA 30038
770.482.3828



DEKALB
COUNTY
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Register For Our Next Free Health Education Workshop

Prevent, Manage, Reverse: Take Charge of Your Diabetes Destiny

Join us for an enlightening in-person class led by a Registered Dietitian/Certified Diabetes Educator, Daisy Seremba, on **Saturday, April 12, 2025, from 11:00 AM to 12:30 PM at Stonecrest Library**. This comprehensive session is designed for anyone interested in optimizing their health, whether you're living with diabetes, at risk, or simply seeking knowledge. Learn practical tips and strategies to prevent, manage, and even reverse diabetes.

Complimentary refreshments will be provided, and attendees can enter to win the following raffles prizes:

1. \$100 Publix Gift Card
2. Beat the Bomb Gift Certificate: Atlanta Mission Experience for 6 People (\$300 value)

Register now to take control of your health journey!

[Register Here](#)



MARCH IS NATIONAL

NUTRITION

MONTH

Celebrate National Nutrition Month: The Power of Fiber!

March is National Nutrition Month, a time to focus on the importance of making informed food choices and developing sound eating and physical activity habits. This year, we encourage everyone to embrace a balanced approach to nutrition that supports overall health and well-being.

Tip of the Month: Aim to "Make Every Bite Count!" One simple way to enhance your diet is to increase your fiber intake. Incorporate high-fiber foods such as whole grains, fruits, vegetables, beans, and legumes into your meals. Not only does fiber help with digestion, but it also keeps you feeling full, which can aid in maintaining a healthy weight.

Alarming Health Fact: Did you know that approximately 95% of Americans do not consume enough dietary fiber? A lack of fiber in your diet can lead to serious health issues, including constipation, a higher risk of heart disease, and an increased chance of developing type 2 diabetes.

Prioritizing foods rich in fiber is essential for promoting good digestive health and overall wellness!

Join us this month in making healthier choices that will benefit you for a lifetime!

[Read More: High Fiber Diet](#)

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Community Whole Health

www.cwhclinic.org