



Community Whole Health

Summer 2025 Newsletter



Community Whole Health Wellness Fair- a Success!

On Saturday, June 7th, Community Whole Health (CWH) hosted our very first Health Fair at the Stonecrest Library. What a fantastic day it was! Highlights from the event included free health and vision screenings, stretch massages, and nutrition assessments.

Attendees participated in a self-defense and nutrition class, and connected with awesome local vendors. The kids had a blast with face painting, games, and even a visit from some adorable bunnies! Our fresh fruit giveaways were a hit, reinforcing the message that healthy choices can be delicious and fun.

Thank you to everyone who joined us and helped make our first Health Fair a success. We look forward to continuing to support wellness in our community!



Community Whole Health
Wellness Fair

THANK YOU
SPONSORS!

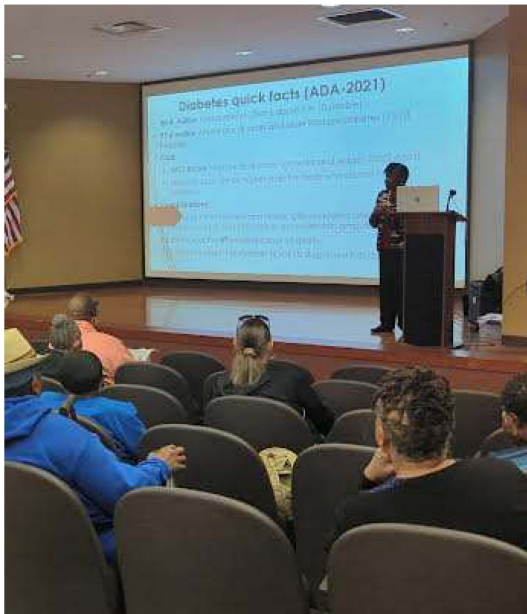


DEKALB
COUNTY
PUBLIC
LIBRARY



CARVANA





Workshop Recap: Diabetes Education with Daisy Seremba!

We're excited to share that our recent workshop, **Prevent, Manage, Reverse: Take Control of Your Diabetes Destiny**, held on April 12th, was a wonderful success! Led by Daisy Seremba, a Certified Diabetes Educator and Registered Dietitian, the session featured high engagement and valuable discussions.

Attendees gained practical tips for managing diabetes and making healthier lifestyle choices. Thank you to everyone who participated and helped make this event so impactful. Stay tuned for more workshops and resources to support your health journey!

Recent Research Study on the DASH Diet & Dia...

Take Charge of Your Health!

Call or Text: (770) 694-2382

- No health insurance?
- High deductible/co-pay plan that is unaffordable?
- Looking for a medical home to provide care versus make a profit?

Primary Care

We provide routine primary care services, addressing your general health needs and concerns. Our approach integrates lifestyle medicine principles to promote overall wellness and prevent chronic conditions.

Chronic Disease Management

We go beyond symptom management. We use therapeutic lifestyle interventions to treat the root causes of chronic diseases like diabetes, heart disease, and obesity.

Health Education

Learn to prevent and manage chronic diseases in our health education workshops. We cover nutrition, exercise, stress management, restorative sleep, mental health, and other lifestyle factors.

Medications & Referrals

We provide free and low-cost medications, making essential treatments accessible to those in need. Also, referrals for mammograms, colonoscopies, and imaging.

Community Whole Health Clinic

5900 Hillandale Drive, Suite 320
Lithonia, Georgia 30058

Tuesdays
8AM-3PM
\$30/visit

Get Quality Healthcare-
Live Stronger, Live Longer!

770-694-2382
info@cwclinic.org
@community_whole_health
www.cwclinic.org

CWH Clinic Grand Opening- A New Era in Charitable Primary Care!

We're excited to announce the grand opening of our primary care clinic on **Tuesday, August 5th**, located on the Emory Hillandale Hospital Campus. Unlike traditional clinics, our center is dedicated to lifestyle medicine, an evidence-based approach designed to help you prevent, treat, and even reverse chronic conditions like hypertension, type 2 diabetes, and obesity.

Our care model focuses on the six pillars of health: balanced nutrition, regular physical activity, restorative sleep, effective stress management, strong social connections, and avoiding risky substances. We invite you to experience a unique approach to primary care where education, wellness, and long-term health are our top priorities. Take the first step toward a healthier future. Your well-being starts here!

Schedule an Appointment

CWH Health Screenings at CAREGIVERS Relax – August 14th

Are you a caregiver looking for a moment of relaxation and support? Join us at the “Caregivers Relax” event, hosted by The Local Take on Jazz 91.9 WCLK in partnership with the DeKalb County Office on Aging! On Thursday, August 14th, from 11AM to 2PM at the Porter Sanford III Performing Arts & Community Center, CWH will be offering complimentary health screenings for caregivers and their loved ones.

Take this opportunity to recharge, connect with fellow caregivers, and discover resources to support your journey. We look forward to seeing you there!

Location:

Porter Sanford III Performing Arts & Community Center

3181 Rainbow Drive, Decatur, GA 30034

Date & Time:

Thursday, August 14 · 11AM – 2PM (Doors at 10:45AM)

THE LOCAL TAKE
with Kiplyn Primus

August 14th
11AM - 2PM
Porter Sanford
3181 Rainbow Drive
Decatur, GA 30034

CAREGIVERS
RELAX

Let Us
Celebrate
YOU!

DeKalb County

DeKalb County
GEORGIA

The Fulton-DeKalb
Hospital Authority
Division of Grady Health System

JAZZ WCLK
91.9
WCLK.COM

THE LOCAL TAKE
with Kiplyn Primus

CAREGIVERS
RELAX

Let's Celebrate YOU!

The Local Take on Jazz 91.9 WCLK in conjunction with the DeKalb County Office on Aging will host CAREGIVERS Relax on August 14th between 11AM - 2PM at the Porter Sanford Center. CAREGIVERS and their elders or charges are welcome to attend together. We will provide:

- Eldercare - so that their "person" will have a place to be taken care of by professionals if needed.
- Resources - from nonprofits and local Departments of Health will be on hand to speak about resources available for caregivers.
- Pamper - local service providers will provide mini-pamper sessions with massages, yoga stretching, and facial hydrations.
- Streaming - we will stream the CAREGIVING Documentary.

JAZZ WCLK
91.9
WCLK.COM

Support Community Whole Health-Help Us Build a Healthier DeKalb!

Community Whole Health is a 501(c)(3) nonprofit dedicated to providing essential health services to medically underserved adults. We focus on reducing health disparities and improving access to care for uninsured and underinsured individuals, especially those facing chronic conditions like hypertension, type 2 diabetes, and obesity.

Your donation can help us expand our programs and reach more people in need. No donation is too small! Support us today and help build a healthier, stronger DeKalb County!

Donate Here

**Support Our Mission
for Healthier Lives!**

Join Us!

Your generous donation will help us provide essential labs, diagnostics, imaging, and medications for patients in need.

Together, we can make wellness and long-term health accessible for everyone in our community.

Help us build a healthier future!

DONATE TODAY

770-694-2382
www.cwhclinic.org/donate



Summer Health Hazards: What Adults Should Watch For

Summer brings more time outdoors, but it also comes with important health risks for adults. We encourage everyone to be mindful of these common summer hazards:

- **Heat-Related Illnesses:** High temperatures can lead to dehydration, heat exhaustion, or even heat stroke. Stay hydrated, avoid strenuous activity during peak heat, and seek shade or air conditioning when possible.
- **Sunburn and Skin Damage:** Prolonged sun exposure increases the risk of painful burns and long-term skin damage. Use sunscreen daily, wear protective clothing, and limit time in direct sunlight.
- **Water-Related Injuries:** Swimming and water activities are fun but can be dangerous. Only swim in safe, supervised areas, and never dive into unknown waters.
- **Foodborne Illness:** Warm weather can cause bacteria to multiply quickly on unrefrigerated foods. Practice food safety at picnics and cookouts by keeping perishables chilled and cooking meat thoroughly.
- **Insect Bites:** Mosquitoes, ticks, and other insects are more active in summer and can spread disease. Use insect repellent and wear appropriate clothing outdoors.

Prevention and early action are key to enjoying the season without setbacks!



Follow us on Social Media!



Community Whole Health

www.cwhclinic.org