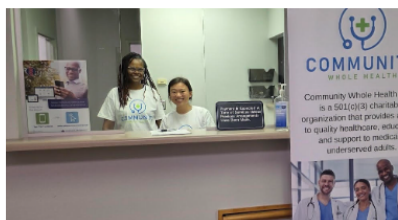
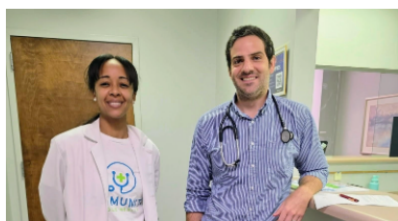




Community Whole Health

September 2025 Newsletter



Community Whole Health Clinic: Your Path to Better Health Starts Here

We're excited to share that our primary care clinic is open and here to serve you! We are open on **Tuesdays from 8:00 AM to 3:00 PM** at:

5900 Hillendale Drive, Suite 320, Lithonia, GA 30058, on the Emory Hillendale Hospital campus.

Unlike traditional clinics, our center is dedicated to lifestyle medicine an evidence-based approach designed to help prevent, treat, and even reverse chronic conditions such as hypertension, type 2 diabetes, and obesity.

We are proud to be a 100% volunteer-based clinic, and we are deeply grateful for the commitment, compassion, and energy of our volunteers. Without them, our mission to support healthier lives would not be possible.

Take the first step toward a healthier future, because your well-being starts here!

[Schedule an Appointment Today](#)

ESSENTIAL



FIRST AID TRAINING +

TRAINING INCLUDES:

- CPR (Cardiopulmonary Resuscitation)
- Learn how to use an AED
- Recognize life-threatening emergencies



DATE: SATURDAY, OCTOBER 11, 2025
TIME: 11:00 AM- 1:00PM
LOCATION: STONECREST LIBRARY
3123 KLONDIKE RD, STONECREST, GA 30038

CONTACT US:

770-694-2382
www.cwhclinic.org

Cost: \$60

Register Here:



Learn Life-Saving Skills: BLS Certification Course!

Join us for a comprehensive Basic Life Support (BLS) course designed to prepare you to recognize and respond to life-threatening emergencies. Participants will learn:

- High-quality CPR for adults, children, and infants
 - Proper use of an Automated External Defibrillator (AED)
 - Effective teamwork in multi-rescuer situations
- ✓ Upon successful completion, you'll receive an official American Heart Association BLS certification card.

When: Saturday, October 11th, 11:00 AM – 1:00 PM

Where: Stonecrest Library, 3123 Klondike Rd, Stonecrest, GA 30038

Cost: \$60 (includes class materials and certification fees)

No prior experience required. Don't miss this opportunity to gain essential, life-saving skills!

[Register Here: BLS Certification Course](#)

The Center for Truth and Healing's
**A TASTE OF
 EAST
 MEMORIAL
 DRIVE**

ON GOOD NEIGHBORS DAY

SAT. SEP 27, 2025 | 12 P - 7 P
 @MEMORIAL SQUARE
 5479 MEMORIAL DR. STONE MOUNTAIN GA



EVENT HIGHLIGHTS

- Live Entertainment Zone: Indoor and outdoor performances
- Food Zone: Diverse local food trucks and vendors
- Kid Zone: Games, crafts, and face painting
- Health & Wellness Zone: Free screenings and resources
- Resource Zone: Community services and support organizations
- Marketplace Zone: Local artisans and businesses
- Documentary Screening: "A Taste of East Memorial Drive"
- Good Neighbors Awards: Honoring outstanding community members



Community Whole Health is Celebrating Good Neighbors Day with You!

Join us at A Taste of East Memorial Drive for a day full of flavor, fun, and community connection! Community Whole Health will be there sharing valuable health education resources, wellness tips, and information about our clinic services which are all designed to help you and your family thrive.

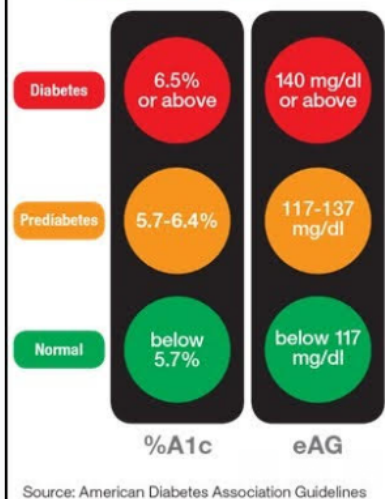
When: Saturday, September 27th, 12 - 7pm

Where: Atrium Event Center at Memorial Square

This lively event will feature delicious eats from local restaurants, live music, cultural showcases, and a special VIP screening of "A Taste of East Memorial Drive" documentary. Stop by our table to connect with our team, ask questions about your health, and learn how we're supporting the wellness of our community.

[Get Free Event Tickets Here](#)

Glycemic ranges for diabetes control



Diabetes Awareness: Take Control Before It Takes Control

Did you know that 1 in 3 adults has prediabetes, and most don't even know it? At Community Whole Health, we believe that awareness is the first step to prevention.

Type 2 diabetes is both preventable and reversible, especially when caught early. If you're experiencing frequent thirst, fatigue, or unexplained weight changes, it may be time to get checked.

This fall, schedule an appointment for a diabetes risk assessment at our clinic. Take a few minutes to check in with your health because it could change your life.

📍 Call or visit us today to schedule your screening. Let's work together to reduce diabetes in Metro-Atlanta, one step at a time.

[Schedule an Appointment Today!](#)



September is Prostate Health Month: Know the Facts and Protect Yourself

Prostate health is a key men's health focus this September. Prostate cancer is the second most common cancer and second-leading cause of cancer death among U.S. men. In 2025, about 313,780 new cases and 35,770 deaths are expected. African American men face a 67% higher incidence and are twice as likely to die compared to White men.

Red flags include difficulty urinating, weak flow, frequent nighttime urination, blood in urine or semen, and pelvic discomfort. Early stages often have no symptoms, highlighting the need for regular screening.

Preventive measures include a healthy diet rich in fruits and vegetables, maintaining a healthy weight, regular exercise, and avoiding smoking. Men age 50 and older, or 45 for African American men and those with family history, should discuss screening options with their healthcare provider. Early detection offers nearly 100% five-year survival for localized prostate cancer.

This month, prioritize your health by staying informed, recognizing warning signs, and embracing prevention and screening.

Follow us on Social Media!



Community Whole Health

www.cwhclinic.org