



Community Whole Health

December 2025 Newsletter



Celebrating a Year of Growth and Gratitude!

As we wrap up an incredible 2025, *Community Whole Health Clinic* is filled with gratitude for all we've accomplished together! This year marked the grand opening of our clinic, the launch of our first annual Community Health Fair, and the expansion of health education programs that continue to empower individuals and families toward healthier living.

These milestones were made possible through the dedication of our volunteers and generous supporters who share our vision of accessible, whole-person care for all.

From our entire team, Merry Christmas and Happy New Year! May your holidays be filled with joy, health, and hope for the year ahead!

"For today in the city of David there has been born for you a Savior, who is Christ the Lord." – Luke 2:11

Community Whole Health Clinic Presents:

Reduce Your Cancer Risk with an Anti-inflammatory Diet

Join Community Whole Health Clinic for an interactive Virtual class on how the foods you eat can play a powerful role in reducing inflammation and lowering cancer risk.



Crystal Pace, MS, RDN

Nicole Jones

Thursday | January 29th | 7:00 PM EST | Virtual

Register Now



www.cwhclinic.org

Nourish to Flourish: Virtual Class on How to Reduce Your Cancer Risk!

Join *Community Whole Health Clinic* for a free, interactive Zoom session exploring how everyday food choices can reduce inflammation and lower cancer risk.

Registered Dietitian Crystal Pace will lead a presentation on the *Anti-Inflammatory Diet*, covering what it looks like in real life, how it supports cancer prevention and overall wellness, and practical, budget-friendly ways to plan meals and grocery lists that fit your lifestyle.

We'll end with an open Q&A session, giving you a chance to get personalized tips and expert guidance on applying the anti-inflammatory approach to your own daily meals and routines.

Date: Thursday, January 29th, 7PM EST

Location: Online via Zoom

Cost: Free and open to anyone in the community

Register Here: [Reduce Your Cancer Risk \(Virtua...](#)

Help us help them



Make a contribution to our clinic for patients in need.

Give Financial Support

- General clinic support
- Sponsor a medical visit or routine labs
- Help with bus fare or Uber rides to appointments
- Help cover mammograms, X-rays, ultrasounds, and other tests
- Help with prescriptions and diabetic supplies



Donate Supplies

- Blood pressure cuffs, thermometers, glucometers, test strips
- Office supplies (paper, pens, toner, etc.)
- Hygiene items: soap, deodorant, toothbrushes, toothpaste, wipes



In our first 6 months of opening we provided:

213

Patient Encounters

\$62,824

Estimated Dollar Value of Services

10

Health Education Classes/Events

www.cwhclinic.org

Help Us Continue Caring for Our Community

Community Whole Health Clinic invites you to support our mission of providing care to those in need. Your year-end donation directly funds essential medical services, including x-rays, mammograms, lab work, and patient care supplies, ensuring that every individual in our community has access to quality healthcare, regardless of their ability to pay.

You are invited to donate in honor or in memory of a loved one, giving the gift of good healthcare to someone who might otherwise go without. When you make a memorial or tribute gift, Community Whole Health Clinic will send a personalized card acknowledging your donation to someone in need of care or to a family you designate, sharing that this gift was made in honor of your loved one.

Every gift makes a difference and no amount is too small. Together, we can build a healthier, stronger community!

[Donate Here](#)

Understanding Peri-Menopause: What Every Woman Should Know!



ANDIE OTTO, NBC-HWC, CLMC
HOLISTIC NUTRITION SPECIALIST
OWNER, NOURISHED WELLNESS STARTS WITH ME

ABOUT THIS CLASS

In this class you will learn what happens in the body during peri-menopause and explore evidence-based lifestyle and nutrition strategies to support hormonal balance, mood, sleep, and long-term health.

DATE AND TIME

Thursday, February 12, 2026
7 PM - 8 PM EST

770-694-2382

REGISTER FOR FREE HERE:



*THIS IS A VIRTUAL CLASS

www.cwhclinic.org



Understanding Peri- Menopause: What Every Woman Should Know

Join *Community Whole Health Clinic* for a free, interactive virtual class via Zoom all about navigating the changes of peri-menopause with confidence and clarity.

Led by holistic nutrition specialist and board-certified health coach Andie Otto, this session will explore what's really happening in the body during peri-menopause, from fluctuating hormones to the symptoms that can affect mood, sleep, energy, and overall well-being.

You'll learn practical ways to care for your body and have the chance to ask personalized questions during an open Q&A session.

Date: Thursday, February 12th, 7PM EST

Location: Online via Zoom

Cost: Free and open to anyone in the community

Empower yourself with knowledge, connect with others, and take proactive steps toward thriving through this season of change.

Register Here: [Understand & Manage Peri-Men...](#)



The Silent Link: When High Blood Pressure Targets Your Kidneys

Did you know that uncontrolled high blood pressure is one of the leading causes of kidney disease, and often shows no warning signs until serious damage has occurred? In fact, nearly 1 in 3 adults in the U.S. have high blood pressure, and many don't even know it. Over time, constant pressure on blood vessel walls can scar and weaken the kidneys, limiting their ability to filter waste properly.

This hidden link is why high blood pressure is often called a “silent killer.” Left unchecked, it can lead to kidney failure, heart disease, or stroke which are conditions that are preventable with early detection and proper management.

The good news: kidney and blood pressure screenings are quick, painless, and could save your life. Community Whole Health Clinic offers screening appointments and personalized lifestyle guidance to help you take charge of your health.

Schedule your blood pressure and kidney health screening today, your kidneys will thank you.

[Schedule an Appointment Today](#)

Follow us on Social Media!



Community Whole Health

www.cwhclinic.org