



AMERIHEALTH CARITAS DISTRICT OF COLUMBIA

EVENTS

QUESTIONS?

Contact the Community Outreach Solutions team at **202-216-2318**, Monday through Friday, 8 a.m. to 6 p.m. We can confirm the event schedule, help you register, or answer any of your other questions.

May 2025

DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
May 2 10 a.m. – 12 p.m.	Amharic Language Safe Sleep Class The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months post-partum. The program content which includes a video (English and Amharic) and written materials is designed to promote safe habits for infant sleeping (e.g. place infant on its back, minimal items in the sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, enrollees receive a Pack-n-Play which parents may use as a place for safe sleep.	https://bit.ly/47KrNvR
May 3 9 a.m. – 1 p.m.	Ferebee Hope Recreation Center Wellness Event This wellness day will include health and wellness screenings, lunch, activity stations, and a meet-and-great with players from the Washington Wizards.	700 Yuma St. SE Washington, DC 20032
May 3 11 a.m. – 12 p.m.	Total Body Fitness Have fun burning calories, dancing, and getting fit with trainers from Wanda Woman!	Enrollee Wellness and Opportunity Center 1209 Marion Barry Ave. SE Washington, DC 20020

May 2025

DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
May 3 1 p.m. – 4 p.m.	MCP Collaborative & Horton's Kids Family Fun Day 2025 The Medicaid Managed Care Plan Collaborative will be hosting a family-friendly event on May 3 with Horton's Kids. The event will include resource vendors, health screenings, lunch, and giveaways. Enrollees will learn about AmeriHealth Caritas DC programs, services, and upcoming events.	Horton's Kids 2253 Hunter Pl. SE Washington, DC 20020
May 10 11 a.m. – 12 p.m.	Total Body Fitness Have fun burning calories, dancing, and getting fit with trainers from Wanda Woman!	Enrollee Wellness and Opportunity Center 1209 Marion Barry Ave. SE Washington, DC 20020
May 15 12 p.m.	Headspace Session: Navigating Burnout with Boundaries and Self-Care This virtual live workshop will equip enrollees with the tools to prevent and overcome burnout by knowing their limits and committing to self-care.	http://bit.ly/4ipHVGQ
May 16 10 a.m. – 12 p.m.	Spanish Language Safe Sleep Class The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months post-partum. The program content which includes a video (English and Spanish) and written materials is designed to promote safe habits for infant sleeping (e.g. place infant on its back, minimal items in the sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, enrollees receive a Pack-n-Play which parents may use as a place for safe sleep.	https://bit.ly/4jnVCYc
May 17 11 a.m. – 12 p.m.	Total Body Fitness Have fun burning calories, dancing, and getting fit with trainers from Wanda Woman!	Enrollee Wellness and Opportunity Center 1209 Marion Barry Ave. SE. Washington, DC 20020
May 17 11 a.m. – 2 p.m.	It's In the Genes (ITG) Spring Swag Health Event The event will feature a day filled with fun and knowledge. Attendees will enjoy a variety of activities including engaging presentations, therapeutic massages, line dancing, health education, and resources.	Breast Care of Washington 4 Atlantic St. SW Washington, DC 20032
May 21 11:30 a.m. – 1:30 p.m.	Headspace Live Meditation: World Meditation Day Pause, breathe, and celebrate with others around the world.	http://bit.ly/4ipHVGQ
May 21 11:30 a.m. – 1:30 p.m.	Healthy Cooking Made Easy Enrollees will join Food Jonezi for a nutrition education and cooking class. Participants will receive nutrition education and will cook alongside a chef and dietician.	The Ethel Apt. Bldg. 1900 C St. SE Washington, DC 20003

May 2025

DATE AND TIME	EVENT	EVENT TYPE AND REGISTRATION
May 21 11 a.m. – 12 p.m.	Enrollee Orientation This is an informational session for enrollees who recently joined (or rejoined) AmeriHealth Caritas DC. During the session, they will learn about the benefits and services available to them and how to access them.	https://bit.ly/4jCX88s Meeting ID: 996 9163 7238 Passcode: 670190
May 23 10 a.m. – 12 p.m.	Safe Sleep Class The Safe Sleep Program is a training offered to pregnant mothers at or around 36 weeks of gestation (approximately one month before they are due to deliver) or who are less than 6 months post-partum. The program content which includes a video (English) and written materials is designed to promote safe habits for infant sleeping (e.g. place infant on its back, minimal items in the sleeping space, avoid co-sleeping, etc.). Infants sleeping in a safe environment are not as prone to Sudden Infant Death Syndrome (S.I.D.S.). The AmeriHealth Caritas DC trainers have been certified by the DC DOH. Upon completion, enrollees receive a Pack-n-Play which parents may use as a place for safe sleep.	https://bit.ly/4jnVCYc
May 31 9 a.m. – 1 p.m.	Ferebee Hope Recreation Center Wellness Event This wellness day will include health and wellness screenings, lunch, activity stations, and a meet-and-great with players from the Washington Wizards.	700 Yuma St. SE Washington, DC 20032
May 31 9 a.m. – 1 p.m.	Total Body Fitness Have fun burning calories, dancing, and getting fit with trainers from Wanda Woman!	Enrollee Wellness and Opportunity Center 1209 Marion Barry Ave. SE Washington, DC 20020

Need a ride to Total Body Fitness or another event at the Enrollee Wellness and Opportunity Center?

Call **1-800-315-3485** to schedule a ride at no cost. Please call at least 48 hours in advance (not including Saturday, Sunday, and holidays) to get transportation.

English

If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

Español

Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

繁體中文

如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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