



Healthy
HAMILTON
PREVENTION PARTNERS

EVENT SCHEDULE

JUNE 6-13, 2020

FINANCIAL

ENVIRONMENTAL

PHYSICAL

EMOTIONAL

SPIRITUAL

OCCUPATIONAL

INTELLECTUAL

SOCIAL



EVENT SCHEDULE

*Facebook Live events can be accessed by liking the Envision Partnerships Facebook page. At the time of the event, go to the Envision Partnership's page news feed. There, you will see the live video.



JUNE 6TH

12:00 – 01:00PM

EVENT KICK-OFF

Facebook Live with Maddie and Kristina from Envision Partnerships

ALL WEEK!

17 'HOOD SCAVENGER HUNT START

Details for the scavenger hunt will be shared to the Envision Partnerships Facebook page

JUNE 7TH

9:00 – 9:30AM

MINDFULNESS

An introduction to mindfulness with Heather Reister from the OSU Extension

11:00AM – 12:00PM

DAM TO DAM RIVER TOUR

Facebook Live with Kristina Latta from Envision Partnerships on the Great Miami

JUNE 8TH

10:00 – 10:30AM

PET WANTS WELLNESS

Facebook Live with Chris and Rachel of Pet Wants, Hamilton.

12:30 – 1:00PM

MENTAL HEALTH LUNCH & LEARN

Facebook Live with Director of Integrated Care at Primary Health Solutions, Mark Reed

3:00 – 3:30PM

PAX MEANS PEACE

Zoom introduction to PAX Tools with Kristen Smith from Envision Partnerships

4:00-4:30PM

FINDING YOUR SPARK

Learn how to find your SPARK with Jamie Simpson from Envision Partnerships

JUNE 9TH

9:00 – 11:00AM

QPR SUICIDE PREVENTION

Zoom training with Maddie Armbruster and Jamie Simpson from Envision Partnerships

12:30 – 1:00PM

BANKING & ID FRAUD LUNCH & LEARN

Live presentation with Ricky Lux from US Bank

CONTINUED...



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JUNE 10TH

12:00 – 1:00PM **THE 8 DIMENSIONS AND GARDENING**

Presented by Alfred Hall and Michelle Merritt from Hamilton Urban Gardens (HUGS)

2:30 – 4:30PM **PAX TOOLS WORKSHOP**

Live Zoom training with Kristina Latta from Envision Partnerships

JUNE 11TH

10:00 – 11:00AM **KEEPING THE FAITH IN DIFFICULT TIMES**

Faith panel discussion posted to the Envision Partnership's Facebook page

2:30 – 3:00PM **INTRO TO THE BUTLER COUNTY SUICIDE PREVENTION COALITION**

Live on Zoom with Kristen Smith from Envision Partnerships

7:00 – 9:00PM **BUTLER COUNTY TRIVIA**

Live on Kahoot with Ian MacKenzie-Thurley from the Fitton Center for Creative Arts

10:00 – 10:30AM **STAYING WELL IN DIFFICULT TIMES**

Presented by Joanna Lowry from the Butler County Mental Health and Addiction Recovery Services board (MHARS)

12:00-1:00PM **WHICH PRODUCE IS BETTER?**

Facebook Live with Michelle Merritt from Hamilton Urban Gardens

3:00-3:30PM **FITTON FAMILY RUN CHALLENGE**

Facebook Live with Doreen Callahan Barrow, leader of the Fitton Family YMCA Running Club

10:00 – 11:00AM **HISTORIC HAMILTON BIKE TOUR**

Facebook Live with Kristina Latta from Envision Partnerships

JUNE 13TH

PROGRAM DETAILS



EVENT KICK-OFF



Facebook Live with dynamic duo Kristina Latta and Maddie Armbruster from Envision Partnerships. Join them as they introduce Healthy Hamilton Week and all the wonderful events to come!

17 'HOOD SCAVENGER HUNT



[LINK](#)

All week long take part in this Hamilton scavenger hunt! Click on the link above to find the downloadable card. Fill it out like a bingo card; complete a full line vertically, horizontally, or diagonally. When you complete that line, send your answers to where the locations of the images are, with your address to contact@envisionpartnerships.com to get a prize sent to you. On Monday, 6/15, we will reveal all of the places on the scavenger hunt.

MINDFULNESS



This Mindful Wellness curriculum is designed to equip healthy adults with practice and skills to strengthen the mind and body connection, and promote holistic health and wellness across the lifespan. The video is provided by Heather Reister from the OSU Extension and will be shared to the Envision Partnership's Facebook page.

DAM TO DAM RIVER TOUR



Join Kristina from Envision Partnerships as she rows from dam to dam on the Great Miami River in Hamilton! Facebook Live on our page, recorded with GoPro.

PET WANTS WELLNESS



Learn how pets help improve people's wellness and how we can keep all of us healthy and happy. Chris and Rachel of Pet Wants, Hamilton will be our pack leaders on this session. Catch this event on Facebook Live on Envision Partnership's Facebook page.

MENTAL HEALTH LUNCH & LEARN



Head on over to Primary Health Solution's Facebook page for their live Mental Health Monday series. Director of Integrated Care at PHS, Mark Reed, will be addressing what emotional health is and sharing some strategies and tools to maintain positive emotional health.

PAX MEANS PEACE



[LINK](#)

Before diving into a PAX Tools training, like the one happening on June 10th, stop into this introductory presentation. At this event learn about the meaning of PAX, hosted by Kristen Smith from Envision Partnerships. Click on the link above to join the live Zoom meeting.

CONTINUED



FINDING YOUR SPARK

By getting to know a youth's sparks, strengths, struggles, and supports, they feel understood and validated. Research shows that feeling understood and validated by another person is the strongest contributors to establishing a sense of relatedness between people. This presentation hosted by Jamie Simpson from Envision Partnerships will be posted on the Envision Partnership's Facebook page at the event time.

QPR SUICIDE PREVENTION TRAINING



[LINK](#)

QPR, or Question. Persuade. Refer. is an effective training that will prepare the participant to get someone in a mental health crisis to help. Click on the link above at the event time to join the Zoom training.

BANKING & ID FRAUD LUNCH & LEARN



[LINK](#) CODE: 133 811 9648

Ricky Lux from U.S. Bank will be presenting on "Protecting Against Identity Theft"; tips to help you and your loved ones prevent and report identity theft. After the presentation, additional resources will be sent out. Watch the video by clicking on the link above and using the code provided.

8 DIMENSIONS & GARDENING



Join Michelle Merrett and Alfred Hall from Hamilton Urban Gardens (HUGS) as they share how community gardening engages people in all 8 dimensions of wellness. Their presentation will be posted to the Envision Partnership's Facebook page at the event time.

PAX TOOLS WORKSHOP



[LINK](#)

In this workshop hosted by Kristina Latta, learn highly effective tools for producing more health, happiness, peace, and productivity in your household, as well as with any child-focused programs. Click on the link above to register for this free training.

KEEPING THE FAITH IN DIFFICULT TIMES



This panel will call on four local faith leaders to share how they help their members and the community in trying times. They include: Pastor Shaq of Truth and Life Church; Pastor Billy of Fairfield Wesleyan Church; Rabbi Eric of of Beth Israel Synagogue; and, Pastor Dave of Walden Ponds Church of the Nazarene. This discussion will be posted to the Envision Partnership's Facebook page at the event time.

CONTINUED



- Financial
- Environmental
- Physical
- Emotional
- Spiritual
- Occupational
- Intellectual
- Social

INTRO TO THE BUTLER COUNTY SUICIDE PREVENTION COALITION



[LINK](#)

During these difficult times that are overwhelming for so many, it is of utmost importance to take measures in the community to prevent suicide. This coalition aims to do just that. After attending this pre-meeting for an overview of the coalition, join in the official coalition meeting at 3pm! Click on the link above to join the live Zoom meeting at the event time.

BUTLER COUNTY TRIVIA



[LINK](#)

Put your Butler County knowledge to the test during Butler County Trivia night hosted by Ian Mackenzie-Thurley from the Fitton Center for Creative Arts. Click on the link above to join the live Zoom session at the event time.

STAYING WELL IN DIFFICULT TIMES



In this presentation by Joanna Lowry from the Butler County Mental Health and Addiction Recovery Services Board, she discusses taking care of your mental & emotional well-being during these hard times. Video will be posted to the Envision Partnership's Facebook page at the event time.

WHICH PRODUCE IS BETTER?



In this Facebook Live interview, Michelle Merrett from Hamilton Urban Gardens (HUGS) will explain the differences between grocery-store produce and what you can grow right in your own back yard.

FITTON FAMILY RUN CHALLENGE



Join Doreen Callahan Barrow, who leads the Fitton Family YMCA Running Club, and Kristina Latta from Envision Partnerships in this Facebook Live event! Stay tuned for an exciting running challenge announcement from Doreen.

HISTORIC HAMILTON BIKE TOUR



Follow Kristina Latta from Envision Partnerships as she bikes through the 4 historic districts of Hamilton; Rossville, German Village, Dayton Lane, and Village of Lindenwald. This Go Pro video will be posted to the Envision Partnership's Facebook page.