



# Shepherd Wellness Community Programs in February 2020

Helping people living with HIV/AIDS improve their wellness.

## Monday Programs

4:30pm beverages, 5:15-5:45pm meal

Open to HIV+ members & loved ones.

### Mondays:

#### **Pain Management Seminar 6-7pm: 2/3**

The Pitt School of Occupational Therapy will lead a seminar on goal setting (how to track your progress). Each certified member completing this program receives a \$5 gift card. Adults only.

#### **Pain Management Seminar 6-7pm: 2/10**

The Pitt School of Occupational Therapy will lead a seminar on activity scheduling (how to pace yourself and move safely). Each certified member completing this program receives a \$5 gift card. Adults only.

#### **Pain Management Seminar 6-7pm: 2/17**

The Pitt School of Occupational Therapy will lead a seminar on yoga & meditation (how to practice mindfulness). Each certified member completing this program receives a \$5 gift card. Adults only.

#### **Pain Management Seminar 6-7pm: 2/24**

The Pitt School of Occupational Therapy will lead a seminar on trigger point therapy (how to find the source of your discomfort). Each certified member completing this program receives a \$5 gift card. Adults only.

## Wednesday Programs

4:30pm beverages, 5:15-5:45pm meal, 6pm program

Open to HIV+ members & loved ones, unless noted.

### Wednesdays

#### **Art for Life: 2/5**

Art therapist Brant uses art to unleash your creativity, improve health and promote emotional well-being. Each certified member completing this program receives a \$5 gift card. Adults only.

#### **Yoga for Beginners: 2/12**

Kimberly of Yoga Hive provides instruction about improving your balance and physical wellness through yoga. Each certified member completing this program receives a \$5 gift card. Adults only.

#### **Creative Ceramics: 2/19**

Ceramics is a fun craft in a supportive group setting. Sandy will help you unleash your creativity as you talk, share, discuss issues and make new friends. Each certified member completing this program receives a \$5 gift card. Adults only.

#### **Zumba Fitness Class: 2/26**

Zumba is a workout featuring movements inspired by various styles of Latin American dance, performed to music. Join Zumba instructor Brian in this fun and effective way to improve your physical wellness. Each certified member completing this program receives a \$5 gift card. Adults only.



## Friday Wellness Dinners

for SWC HIV+ members and loved ones.

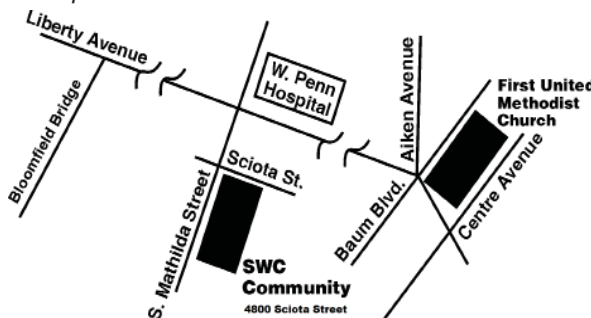
Children are welcome.

### **Friday Wellness Dinners at Our Center**

**Every Friday night at our Center in Bloomfield, located at 4800 Sciota St. (S. Mathilda & Sciota)**

Join us for an uplifting social time, program or HIV support group followed by a nutritious dinner.

- 4:30pm - Doors open for beverages and social time
- 4:30pm - Appetizers served
- 5:30pm - HIV support group
- 6:30pm - Dinner served



## Outings, Events & Fundraisers

for SWC HIV+ members and loved ones

### **OUTrageous Bingo Dates:**

**2/15, 3/28, 4/11, 5/30**

A benefit at Rodef Shalom for SWC and the Pittsburgh Equality Center. Doors open at 6:30 pm and games begin at 7:30 pm. All tickets are sold online.

### **Movie Night at AMC's Waterfront: 2/6**

Meet us at AMC's Waterfront Cinema in Homestead to see the movie of your choice. SWC will provide gift cards for our certified members and their children under 18. Meet in the lobby between 6:00-6:30 pm to get a gift card to see a movie of your choice.



### **HIV Support Group**

(Open to all HIV+ people)

Friday at 5:30-6:30pm

### **NA Wellness at SWC**

**"Wellness in Recovery"  
Weekly Narcotics  
Anonymous Meeting**

Every Saturday, from 6:30 -7:30pm, Narcotics Anonymous meets in our dining room. Coffee is served.

### **SWC Mission**

Helping people living with HIV/AIDS improve their wellness.

### **Contact SWC**

For more information, visit our website at [www.swconline.org](http://www.swconline.org).

Our email address is [office@swconline.org](mailto:office@swconline.org).

Our fax number is 412-683-5755.

Our phone number is 412-683-4477.

### **Online Calendar**

For the most up-to-date details about our program schedule, please visit our web site at [www.swconline.org](http://www.swconline.org).

### **Welcome policy**

There is no meal charge for SWC certified members, their children under 18, or for the first loved one accompanying a certified member.

Additional loved ones accompanying a certified member pay a meal charge of only \$10. Non-certified HIV+ people pay a meal charge of \$10 (after their first visit).

There is no charge for programs at our center for our HIV+ members and their loved ones. Loved ones may attend most of our programs.

However, HIV support groups are open only to HIV + people, some programs have adult-only content, and guests attending our outings are welcome on a self-pay basis.

Updated 1/23/2020

## **Bus Information for SWC Community Center in Bloomfield**

The Shepherd Wellness Community center in Bloomfield is accessible from two buses that stop on Liberty Avenue one block from the Center. They are the 86 Liberty bus and the 54 North Side/Oakland/South Side bus.

The 86 Liberty bus stops at the corners of South Millvale Street and Liberty Avenue at West Penn Hospital

The 54 North Side/Oakland/South Side bus also stops at the corners of South Millvale Street and Liberty Avenue at West Penn Hospital.

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## **Please be aware of parking restrictions in Bloomfield**

Bloomfield side streets are zoned for Residential Parking from 7am -7pm.

- Parking without a permit is restricted to 1 hour between 7am -7pm.
- SWC handicapped spots are limited to 2 hours between 7am -7pm.
- Moving your car within the zone will not avoid a ticket.

Metered parking is available on Liberty Avenue.

- If you arrive before 6:01 pm, be sure you are legally parked in a metered spot. Meter enforcement ends at 6pm, but is subject to change by the City. Please be sure to read all signage.

Parking is available after bank hours in the First Commonwealth Bank lot at Liberty and Millvale Aves.

- Please do not park in the bank lot before 5pm weekdays or before 6pm on Fridays.

***PLEASE READ PARKING SIGNS WHEN YOU PARK.*** SWC cannot pay fines for members who have parked illegally.

### **Protect your Vehicle**

Remove your keys, lock your doors and close your windows. Visible bags, boxes or belongings are attractive to thieves. Lock all personal property in the trunk.

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## **Some SWC Policies at our Events**

### **Pledge of Confidentiality**

I understand that in the course of attending a SWC event, I may learn facts about individuals that are of a highly personal and confidential nature. Examples of such information are: HIV status, medical condition and treatment, mental health, addiction issues, finances, living arrangements, employment, and sexual orientation. By attending this dinner, I agree not to disclose any information to any person not authorized to have such information without the written consent of the individual to whom the information pertains.

### **SWC Non-Representation Policy**

Views presented by the speaker do not necessarily represent the views of the Shepherd Wellness Community and SWC does not endorse any statements made by the speaker. Please consult your healthcare providers before adopting any healthcare changes.

### **SWC Solicitation and Photography Policy**

No solicitation (sale of tickets or merchandise other than SWC fundraising items) is permitted on SWC property. No photography (other than volunteer photos) is permitted at SWC functions.