

Tacoma (WA) Chapter of the Links, Incorporated
HHS Facet Report January 2017

The HHS Facet met on December 13, 2016 and January 10, 2017

Stress Reduction Retreat – The HHS Facet had our Stress Reduction Retreat at Bethlehem Baptist Church on Saturday, January 21, 2017 from 9-12. It was a wonderful event and we had 16 Link sisters attend. There were several speakers who provided excellent information on stress reduction, mental health improvement, and physical health improvement. The speakers included: Lamont Green (Mental Health specialist); Marissa Claiborne (Dietician); Deborah Thompson (Fitness and Exercise ; Deborah Person (Reiki Master); and Kenneth Noble (Acupuncturist). Links Kirsten Watts and Denise Robinson were the coordinators and did a great job organizing this event.

Oral Health presentation - On Wednesday, December 7, 2016, an oral health presentation was given at the Al Davies Boys and Girls Club. Link Alicia Stephens gave the presentation with assistance from Link Connie Lassiter and Link Stephanie Williams. The focus was on overall oral health and how diet and oral hygiene impact children’s oral health. We engaged in interactive games and snacks were provided for the participants. There were 23 students in attendance. At the conclusion of the event, the students filled out a “tooth” form and listed three things they had learned from the presentation.

Upcoming events: In February, the HHS facet is presenting the Heart Links Red Dress event. We are also working on another oral health presentation for March in recognition of Oral Health Month. Planning is also underway for our Mental Health Awareness community event which will be held in May.

Our next meeting date is February 21, 2017 at 7 pm.

| Month | Event | Coordinator(s) |
|------------------------------|---|--------------------|
| October Completed | National Mental Health Day Observance Stress Reduction Activity and Wellness Journal | Alicia |
| October Completed | Breast Cancer Awareness Month Education | Victoria |
| December Completed | Oral Health Presentation | Alicia |
| January Completed | Stress Reduction Workshop | Kirsten and Denise |
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Respectfully submitted by Alicia Stephens and Victoria Fletcher, HHS co-chairs