

CBC HEALTH FAIR



Saturday May 20, 2023
9:30am to 2:00pm



DISCUSSIONS AND INSIGHTS

Anxiety, Depression and Teen Suicide:
The Warning Signs, Resources, and
Navigating Services

The Key In Living Life Pain-Free

Developing a Wellness Plan

Low Impact Pilates (participants should
wear comfortable clothing and shoes)

THE SPEAKERS

Charles Barrett
PhD, School Psychologist



Larijean Estrada-Brooks
PT, DPT, CLT, CDP



Simone Warrick-Bell
Mental Health Counselor



Amanda O'Neill
Certified Pilates Instructor



Free health screenings and resources provided by these partners:



**Sponsored by the
Health & Wellness and Missionary Ministries**

Chantilly Baptist Church
14312 Chantilly Baptist Lane, Chantilly, VA 20151
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CBC HEALTH FAIR SPEAKERS



Charles Barrett is a multi-faceted artist who thinks deeply about the world and the myriad issues facing people through the lens of psychology, faith, and education. Whether as a psychologist, teacher, writer, or musician, his purpose remains the same: communicating and facilitating hope and wholeness. He currently serves as an adjunct lecturer in the department of Psychology at Northern Virginia Community College; the Graduate School of Education at Howard University; the College of Education and Human Development at George Mason University; and the Department of Psychology at Millersville University.



Larijean Estrada-Brooks has over 15 years of experience in the field of Physical Therapy. She completed her doctorate from Dominican College in New York in 2015. She has practiced physical therapy in multiple treatment settings, including Academe, Skilled Nursing, Home Health, and Outpatient Physical Therapy. LJ has diverse skills specializing in Lymphedema, Orthopedic and Neurological conditions. Her passion for improving her craft expanded her expertise by completing certifications such as Lymphedema Therapy, Bone-fit certified, Certified Dementia Practitioner (CDP), and LSVT-BIG certified clinician.



Simone Warrick-Bell is a Mental Health counselor. Simone's current work is primarily with graduate students, adults, and couples. She has worked in the mental health field for over a decade and values the transformative work of reflective insight, supporting clients and assisting in one's ability to engage with the world. Additionally, Simone offers supervision to graduate licensed counselors who are pursuing independent licensure status in the state of Maryland. She is always happy to consult or be a bridge in a journey to support.



Amanda O'Neill is a certified Comprehensive Pilates Instructor and former collegiate athlete. After graduation, she tried many forms of exercise to stay healthy, but none stuck until Pilates. Through Pilates, she found a deeper connection with her mind, body, and spirit that nourished her mental health in addition to maintaining physical fitness. She is passionate about sharing her love of Pilates with others and hopes to provide a resource that helps you connect with your deepest self. With FORCE OF HABIT, we are building habits through movement to bring balance to life.

CBC HEALTH FAIR RESOURCE PROVIDERS



Founded in 2006 as the Hepatitis B Initiative of Washington DC, HBI is a 501(c)(3) nonprofit organization with a mission to mobilize communities to address health disparities, including preventing infectious diseases and liver cancer (by detecting HBV and HCV infections early) that affect vulnerable populations. Through collaborative partnerships, our organization provides culturally and linguistically appropriate outreach, education, screening, testing, vaccination, linkage to care, and patient navigation services for impacted communities to promote immigrant health equity.

We will offer the following testing: HIV ** Hepatitis C and B ** Lipid Panel-cholesterol ** Glucose ** Blood Pressure



As an agency of the Fairfax County Health and Human Services System, the Health Department works to protect, promote, and improve health and quality of life for all who live, work, and play in our community. We do this by preventing epidemics and the spread of disease, protecting the public against environmental hazards, promoting, and encouraging healthy behaviors, assuring the quality and accessibility of health services, responding to natural and man-made disasters, and assisting communities in recovery. Our vision is for all Fairfax County residents to live in thriving communities where every person has the opportunity to be healthy, safe and realize his or her potential.



FOR BLACK NICU FAMILIES™

The Alliance for Black NICU Families™ seeks to raise the voice of black families in the NICU and post-NICU in terms of creating racial and health equity through policy advocacy, professional educational initiatives, family educational initiatives, leadership mentoring of up and coming African American-led organizations and public outreach for assistance.



The Fairfax-Falls Church Community Services Board's (CSB) Wellness, Health Promotion & Prevention (WHPP) team strengthens our community's emotional health and ability to handle challenges related to mental health concerns and substance misuse through trainings, workshops, presentations, and campaigns.

CBC Blesses Health Fair Schedule

May 20, 2023
9:30 am – 2:00 pm

9:30 – 10:00 Registration for Workshops

10:00 -10:20 Opening/ Welcome/Explain the Day

Morning Workshops

10: 30 – 11: 15 Low Impact Pilates *

The Key in Living Life Pain-Free
Developing a Wellness Plan

11:00 – 12:15 Anxiety, Depression, and Teen Suicide

The Warning Signs, Resources, and Navigating Services

11:30 – 12:15 Low Impact Pilates *

The Key in Living Life Pain-Free
Developing a Wellness Plan

12:15 – 12:45 Break for light refreshments in the Fellowship Hall

Visit the resource tables

Afternoon Workshops

12:45 – 2:00 Anxiety, Depression, and Teen Suicide

The Warning Signs, Resources, and Navigating Services

1:00 – 1:45 Low Impact Pilates *

The Key in Living Life Pain-Free
Developing a Wellness Plan

**** Free Health Screenings will be available throughout the day****

*Participants should wear comfortable clothes and shoes for the Pilates class