

Program Calendar July 2024

Due Date

Attention HHP members:
Verifications and/or internet
packets are due by
WED, JULY 31.



Most events are held in the fellowship hall (upper level) of
John Knox Presbyterian Church, 9104 Westport Road

On-Site Events

Now on Tuesdays

**TUE
09**

**Health &
Nutrition**
11 AM - noon

Led by Taylor Canday, University of KY

***Please Note: This class was previously held on Wednesdays, but has changed to Tuesdays.** This is a workshop on health and nutrition. It meets once a month for seven months. Those who attend this class from March thru September will earn a certificate and will not be required to participate in HHP workshops in the months of October and November.

**TUE
16**

**Self-Care &
Wellness**
11 AM - noon

Led by Hattie Downs

**TUE
23**

**Beginners
Yoga Class**
11 AM - noon

Led by Previn Kukalla

**TUE
30**

**Mental Health
Awareness and
How to Access Care**
11 AM - noon

Led by
Rev. Walter Holder, Ten Broeck Hospital



Kroger Gift Cards

Participants who attend 2 or more in-person classes in a month will receive a Kroger gift card. (While supplies are available).

If you cannot attend in-person events, Internet Packets are available. To request a packet, please contact Shiny Varughese at least 5 days before the due date. Late packets will not be accepted unless there are extenuating circumstances.

Register Here

✉ svarughese@eacmonline.org

☎ 502-426-2824 Ext. 306 or 310

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In-Person English Classes are held at
Springdale Presbyterian Church, 7812 Brownsboro Rd.
Tuesday AM Conversation Class is held at
St. Thomas Episcopal Church, 9616 Westport Rd.

ENGLISH CLASS SCHEDULE

MONDAY AM

10-11:30 AM

Online
ADVANCED

In-Person
BEGINNERS
INTERMEDIATE

WEDNESDAY

10-11:30 AM

Online
ADVANCED

In-Person
BEGINNERS
INTERMEDIATE

MONDAY PM

6:30-8 PM

Online
INTERMEDIATE

FRIDAY

9-10:30 AM

Online
BEGINNERS

TUESDAY AM

10-11:30 AM

In-Person
INTERMEDIATE
ADVANCED

Conversation Class
Located at St. Thomas Episcopal Church
9616 Westport Rd.

**TUE
23**

**Latina Women's
Group**
6-8 PM

These meetings are held on the
4th Tuesday of every month.

TUESDAY PM

7-8 PM

In-Person
BEGINNERS

You must register to join MCS events. Please
contact Paty Robles for more information.



Contact Us

✉ probles@eacmonline.org

☎ 502-426-2824 Ext. 300

Multicultural
Community Services