



CentroVilla25 Screenings, Talks & Engagement Activities – 2026

Location: Salón Comunitario de CentroVilla25

Who Can Attend: Adults 18+ | No prior experience needed

Participants who complete the session, health screening, and post-survey will receive a small food voucher for use at CentroVilla25 to support equitable access to programming.

February 12 – Heart Health & Zone 2 Exercise

- Hands-on heart rate demonstration using shared fitness trackers
- Learn what heart rate zones are and why Zone 2 supports heart health
- Discuss simple, safe ways to include heart-healthy movement in daily life
- No intense exercise required; suitable for all fitness levels

March 12– Diabetes Prevention: Sugar vs. Sugar-Substitute Tasting

- Taste traditional sweets made with regular sugar and sugar substitutes
- Learn how different sugars impact blood sugar levels
- View and handle common food ingredients used in everyday cooking
- Receive printed healthier recipe cards to take home

April 9 – Liver Health: Alcohol-Free Mocktail Experience

- Prepare and sample alcohol-free mocktails
- Learn how alcohol affects the liver
- Explore flavorful drink alternatives for social settings
- All ingredients and supplies provided; no alcohol served

May 19– Women’s Health: Mother’s Day Picture Frame Craft

- Decorate an unfinished wooden picture frame
- Use markers, paint, and decorative craft materials
- Engage in conversation focused on women’s health priorities
- No crafting experience needed; all supplies provided

June 11 (or TBD) – Mental Health & Wellness: Creative Wellness Activity

- Participate in a calming creative activity such as journaling, mindful drawing, or painting
- Activities selected based on participant interest (example: “Paint a Tree”)
- Focus on relaxation, stress relief, and self-expression
- No artistic skill required

Reserve your spot now: email gonzalj5@ccf.org or call Janice at #216-973-2717