

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
<p>"Public Health Month Kick Off", City Hall, Room 220, 36 Court St., 10AM-12Noon, Sponsored by: S.D.H.H.S., (413) 787-6740 <i>(Open to the public)</i></p> <p>Please consider donating a package of cloth or disposable diapers for our diaper drive.</p> <p>"Light Aerobics", 773 Liberty St., 10:30AM-12PM, Sponsored by: Hungry Hill Sr. Ctr. (413) 733-9411 <i>(Open to the public \$ monthly fee)</i></p>	<p>"19th Annual Research Day", @ UMASS Amherst Student Union Ballroom, 2PM-5PM Sponsored by: UMASS, School of Public Health & Health Sciences, (413) 545-4340 <i>(Free & open to the public)</i></p> <p>"Walk To Farmers Market", 25 Barney Lane, Sponsored by: Forest Park Manor, (413) 787-7714 <i>(Open to the public)</i></p>	<p>"Coffee Hour", Celebrating Public Health Month, 18 Gaucher St., 10AM-12PM Sponsored by: Spfld. Family Support Programs Family Resource Center (413) 733-7699 <i>(Open to the public)</i></p> <p>"Literasee: Parent Child Activity, by Raising a Reader & Eye Screenings for Children", Square One's Family Square, 1095 Main St., 4:45PM-7PM, Sponsored by: Square One, (413) 858-3169 <i>(Open to the public)</i></p>	<p>"10th Annual Fair Housing & Civil Rights Conf.", Sheraton Monarch Motel, Monarch Pl., Spfld., MA (Full Day Event) Sponsored by: HAP Housing, (413) 233-1609, <i>(Open to the public, pre-registration required)</i></p> <p>"It Is A Wonderful Time for Lunch", 1516 Sumner Ave., 11:30AM-1PM, Sponsored by: Mayflower Sr. Ctr., (413) 782-4536 <i>(Open to the public, pre-registration required)</i></p> <p>"Medical Reserve Corps, (MRC), Emergency Dispensing Training & Exercise", UMass Amherst Campus Ctr., Lower Concourse, 12:30PM-6PM, Sponsored by: UMass, Hampshire Public Health Preparedness Coalition & MRC of Western MA, (413) 781-6045 <i>(Open to the public, pre-registration required)</i></p>	<p>"10th Annual Fair Housing & Civil Rights Conf.", Sheraton Monarch Motel, Monarch Pl., Spfld., MA (Half Day Event) Sponsored by: HAP Housing, (413) 233-1609, <i>(Open to the public, pre-registration required)</i></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
<p>"Holy Redeemer Cathedral Health Awareness Night", 44 Prospect St., 6PM-9PM, Sponsored by: HRC Ministries Men's Dept., (413) 747-5755 <i>(Open to the public)</i></p>	<p>"Chair Exercise Class", Fitness Center, 310 Plainfield St., 10:30AM, Sponsored by: Dept. of Elder Affairs, (413) 886-5240 <i>(Open to the public)</i></p> <p>"Light Aerobics", 773 Liberty St., 10:30AM-12PM, Sponsored by: Hungry Hill Sr. Ctr. (413) 733-9411 <i>(Open to the public \$ monthly fee)</i></p> <p>"Maternal Child Health Commission, Annual Community Forum", Shriners' Hospital, 516 Carew St., 11:45AM-3:30PM, Sponsored by: SDHHS, Maternal Child Health Commission <i>(For providers & educators serving children & families, registration deadline is April 4, 2016), http://bringingupba-by.eventbrite.com</i></p>	<p>"Gandara Health Fair", Gandara Clinic, 2155 Main St., 9AM-2PM, Sponsored by: Gandara Center, (413) 733-9024 <i>(Open to the public)</i></p> <p>"Walk & Strength Class", Clodo Concepcion Community Center., 1187 1/2 Parker St., 9:30AM, Sponsored by: Clodo Concepcion Cmty. Ctr. (Greenleaf), (413) 750-2873 <i>(Open to the public)</i></p>	<p>"Coffee Hour", Celebrating Public Health Month, 18 Gaucher St., 10AM-12PM Sponsored by: Spfld. Family Support Programs Family Resource Center (413) 733-7699 <i>(Open to the public)</i></p> <p>"Reflexology", Hungry Hill Sr. Ctr., 773 Liberty St., 12PM-2:30PM, Sponsored by: Hungry Hill Sr. Ctr., (413) 733-9411 <i>(Open to the public \$ monthly fee)</i></p> <p>"13th Annual Teen Health Night", Baystate Mason Square Neighborhood Health Center, 11 Wilbraham Road, 6PM-8PM, Sponsored by: Baystate Mason Square Neighborhood Health Center, (413) 794-9663 <i>(Open to the public)</i></p>			<p>"Spiritual Health", Salvatore's Restaurant, 1333 Boston Rd., 11AM-2PM, Sponsored by: Western Massachusetts Black Nurses Assoc., (413) 348-9668/(413) 794-4027 <i>(Open to the public \$\$)</i></p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23
	<p>"Project Baby Springfield, Acts of Kindness Quilt", Baystate Med. Ctr., 759 Chestnut St., 9:15AM-10AM, Sponsored by: Project Baby Springfield (413) 794-7622 (Open to the public)</p> <p>"COWNT Coalition: Beyond Basics—Tobacco Use Intervention", Central Library, 220 State St., 12PM-3PM, Sponsored by: P. V. AHEC/Spfld. Dept. of Health & Human Serv., (413) 787-6756 (Not open to the public)</p> <p>"A More Hopeful & Equitable Springfield", Community Music School Robyn Newhouse Hall, 2PM-4PM, Sponsored by: Irene E. & George A. Davis Foundation (413) 734-8336 (Open to the public)</p> <p>"Caring Health Center, Staff Diaper Drive/Health Fair", CHC, 1049 Main St., 2:30PM-4PM, Sponsored by: Sfld. South WIC/Caring Health Ctr., (413) 693-1029</p>	<p>"Community Forum Breakfast" at the Deborah Hunt Health & Prevention Ctr., 38 Catherine St., 9AM-12PM, Sponsored by: New North Citizens Council, Inc. (413) 747-5755 (Open to the public)</p> <p>"Coffee Hour", Celebrating Public Health Month, 18 Gaucher St., 10AM-12PM Sponsored by: Spfld. Family Support Programs Family Resource Center (413) 733-7699 (Open to the public)</p> <p>"STCC, Earth Day Celebration", STCC Campus Green, Bldg. 2 if bad weather, 11AM-1:30PM, Sponsored by: STCC Student Activities & Development (413) 755-4721 (Open to the public)</p> <p>"Spfld. Food Policy Council Film Festival Movie", Elias Brookings School, 367 Hancock St., 5:30PM-7:45PM, Sponsored by: Spfld. Food Council, (413) 263-6500 X 6539 (Open to the public, please R.S.V.P., for a place at the table)</p> <p>"Parent Café: Keeping Privates Private", Square One Family Center, 1095 Main St., 5PM-7PM, Sponsored by: Square One, (413) 858-3132, (Open to the public)</p>	<p>"It Is A Wonderful Time for Lunch", 1516 Sumner Ave., 11:30AM-1PM, Sponsored by: Mayflower Sr. Ctr., (413) 782-4536 (Open to the public, pre-registration required)</p>	<p>"3rd Annual WIC Health Fair", 11 Wilbraham Rd., 2nd Flr., 360 Conference Room, 1:30PM-4PM, Sponsored by: Tapestry Health/Spfld. North WIC, (413) 739-3133 X 104 (Open to the public)</p> <p>"Tap Dancing", 1516 Sumner Ave., Sponsored by: Mayflower Sr. Ctr., (413) 782-4536 (Open to the public)</p>	<p>"Chair Massage", 773 Liberty St., 12PM-2PM, Sponsored by: Hungry Hill Sr. Ctr., (413) 733-9411 (Open to the public, \$ monthly fee)</p> <p>"Reflexology", 773 Liberty St., 12PM-2:30PM, Sponsored by: Hungry Hill Sr. Ctr., (413) 733-9411 (Open to the public, \$ monthly fee)</p> <p>"Autism Fair", Spfld. Boys & Girls Club, 481 Carew St., 12PM-3PM, Sponsored by: No Small Victories, (413) 746-3655 (Open to the public)</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30
<p>"Light Aerobics", 773 Liberty St., 10:30AM-12PM, Sponsored by: Hungry Hill Sr. Ctr. (413) 733-9411 (Open to the public \$ monthly fee)</p> <p>"The Raising of America", Deliso Ctr., Mercy Med. Ctr., 227 Carew St., 12PM-2:30PM Sponsored by: Square One, (413) 858-3109 (Open to the public)</p> <p>"Blind & Low Vision Exercise Class", 1516 Sumner Ave., 1PM, Sponsored by: Mayflower Senior Center, (413) 782-4536 (Open to the public, pre-registration required)</p>	<p>"Breakfast at Mason Sq.", Mason Sq. Sr. Ctr., Emerson Hall, 439 Union St., 9AM, Sponsored by: Mason Sq. Sr. Ctr., (413) 733-3917 (Open to the public, sign-up required)</p> <p>"Fit Fest", Field House of the Wellness & Recreation Complex, 263 Alden St., 11AM-2PM, Sponsored by: Springfield College, (413) 748-3721 (Open to the public)</p> <p>"Arise Public Forum: Springfield's Climate Action & Resiliency Plan", Focus Spfld. Studios, 1200 Main St., 6PM-8PM, Sponsored by: Arise for Social Justice (413) 885-7135 (By invitation only)</p>	<p>"Coffee Hour", Celebrating Public Health Month, 18 Gaucher St., 10AM-12PM Sponsored by: Spfld. Family Support Programs Family Resource Center (413) 733-7699 (Open to the public)</p> <p>"Chair Massage", Pine Point Sr. Ctr., 335 Berkshire Ave., 10AM-12:30PM, Sponsored by: Pine Point Sr. Ctr., (413) 732-1072, (Open to the public by appointment \$\$)</p> <p>"Arise Free School: Bridging the Economic & Climate Gaps", Arise for Social Justice Office, 467 State St., 5:30PM-7:30PM, Sponsored by: Arise for Social Justice, (413) 886-7135 (Open to the public)</p>	<p>"Health Research YOU Can Use—We Want to Hear From You", Mason Square Library, 765 State St., 11:30AM-1:30PM, Project ACCESS, Sponsored by: Baystate Health: Partners for a Healthier Cmty., & Spfld. Partners of Spfld., (413) 454-5148, Light supper, (Open to the public)</p> <p>"This Changes Everything" Free Documentary Screening, Mason Sq. Library, Community Room, 765 State St. 6PM-8PM, Light Refreshments, Sponsored by: Arise for Social Justice (413) 886-7135 (Open to the public)</p>	<p>"Great American Clean Up/City-Wide Clean Up", 74 Walnut St., 9AM-12PM, Sponsored by: Keep Springfield Beautiful, (413) 384-8036 (Open to the public)</p> <p>"Bicycle Parade", Riverview Senior Center, 122 Clyde St., 10:30, Sponsored by: Riverview Senior Center, (413) 787-5220 (Open to the public, sign up required)</p> <p>"Is Your Home Healthy? Housing, Health & Homeless, Mason Sq. Library, 765 State St., 1PM-3PM, Sponsored by: P. V. Asthma Coalition/Partners for a Healthier Community, (413) 794-7600 (Open to the public)</p>	<p>"Dunbar Y Healthy Kids Day", Dunbar Y Community Center, 33 Oak St., 10AM-2PM, Sponsored by: Dunbar Y Community Center, (413) 788-6143 (Open to the public)</p>