

WOMEN'S WELLNESS NETWORK

August 2026 NEWSLETTER



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EVANS + TATTNALL



About Women's Wellness Network

The purpose of the Women's Wellness Network (WWN) is to improve health outcomes for underserved women in rural southeast Georgia, specifically Appling, Candler, Evans and Tattnall Counties, by engaging community stakeholders to develop and implement strategies and activities that improve access to preventive health and wellness services and resources.

If you have any questions about the Network, contact Tanesha L. Slocumb, Program Manager, at t.slocumb@sharehealthsega.org.

Upcoming Events

Food Distribution

Join us for a community food distribution event at the Evans County Community Center. Residents are welcome to attend and receive available food resources while supplies last.

- September 24, 2026
- Evans County Community Center 720 Church Street
Claxton, GA 30417

Community Health Fair

Join us for a Community Health Fair featuring the Mobile Mammography Unit and 12+ health and community resource vendors. Stop by to connect with local organizations, learn about available resources, and take advantage of health services and screenings.

- Monday, September 28, 2026
- 9:00 a.m. – 3:00 p.m.
- Tattnall County UGA Extension Office 114 North Main Street, Building F Reidsville, GA

Mobile Mammography Screening

The Atrium Health Navicent Mobile 3D Screening Mammography Coach will be available at the Tattnall County UGA Extension Office (114 North Main Street, Building F, Reidsville, GA) on Monday, September 28, 2026, from 9 a.m. to 3 p.m.

15 mammography appointments are available!

Women are encouraged to schedule their screening in advance by calling 478-633-2003 or emailing Jamila.Lundy@AdvocateHealth.org.

Walk-ins are also welcome, **except between 12–1 p.m.**

Grant funding is available for uninsured and underinsured individuals who meet eligibility requirements. To learn more about eligibility or the mobile mammography service, scan the QR code.



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Building Resilient Communities Through Regional Mental Health Trainings

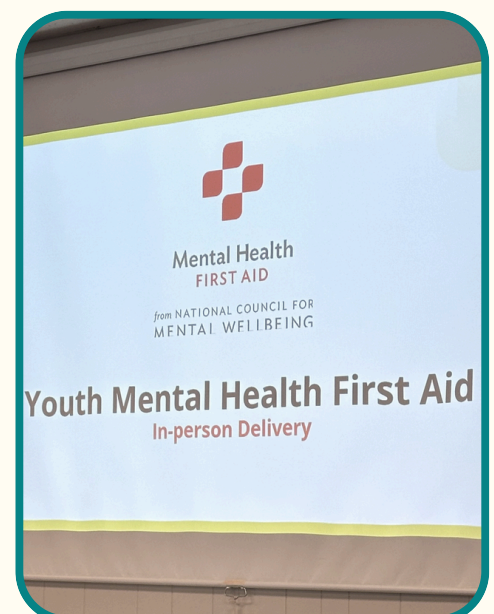
Tattnall County Family Connection received a mini grant from Share Health Southeast Georgia through its Georgia Opioid Crisis Abatement Trust (GOCAT) grant to implement activities supporting opioid prevention, harm reduction, stigma reduction, or youth prevention strategies in the priority counties of Appling, Candler, Evans, Jeff Davis, Tattnall, and Wayne. The Family Connection Director applied for funds to host two, two-day mental health resiliency trainings: one in Tattnall County on June 3rd and 4th for the upper three counties (Candler, Evans, and Tattnall) and one in Appling County on June 24th and 25th for the lower three counties (Appling, Jeff Davis, and Wayne).

Day one of the trainings consisted of Youth Mental Health First Aid (YMHFA), and day two consisted of Community Resiliency Model (CRM) and Connections Matter. YMHFA is a skills-based training course that teaches adults how to identify, understand, and respond to signs of mental health and substance use challenges in adolescents ages 12 to 18. This training was presented by Lindsay Lee and Catherine Hendrix, both from First District RESA. There were 39 participants in attendance across the two trainings.

CRM is designed to help create "trauma-informed" and "resiliency-focused" communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach. This training was presented by Nikki Warner, Regional Program Manager with Resilient Georgia, who provides support for statewide coalition-building efforts focused on trauma-informed practices, resilience, and behavioral health.

Connections Matter is an evidence-informed training initiative that teaches communities about the impact of trauma, Adverse Childhood Experiences, and brain development. It focuses on building resilient communities by emphasizing the power of safe, secure relationships in early childhood and beyond. In Tattnall County, this training was presented by Family Connection Directors from Evans, Candler, and Tattnall County: Kristy Mock, Lisa Rigdon, and Becky Anderson, respectively. In Appling County, this training was presented by the Coalition for a Healthy Appling County Program Coordinator Olivia Davis.

The trainings were supported by Share Health Southeast Georgia, the American Red Cross, Resilient Georgia, the Resilient South Central Coalition, and Georgia Family Connection. A total of 36 participants attended the CRM and Connections Matter trainings in Tattnall and Appling Counties. Through these trainings, Share Health increased the capacity of community members to support our youth and strengthen mental health resiliency throughout the region. We look forward to continuing to educate and equip more community members in the future.





Workshop Spotlight:

Advancing Maternal and Child Health Across Southeast Georgia

Share Health Southeast Georgia recently hosted its quarterly Community Resource Worker (CRew) Workshop, bringing together community partners to focus on strengthening maternal and child health outcomes throughout our region. Held on Monday, June 8th, in partnership with the Women's Wellness Network, the training welcomed 10 community stakeholders committed to improving access to resources, support, and care for mothers and children across Southeast Georgia.

The workshop began with opening remarks and participant and facilitator introductions before transitioning into an overview of maternal and child health data, challenges, and social determinants of health. This session was led by Terika Williams, Community Engagement Coordinator with Share Health Southeast Georgia, who highlighted the importance of addressing barriers and building community-centered solutions. Participants then learned more about maternal and child health services available in rural South Georgia through a presentation led by Charla Clifton, Mental Health Care Representative with East Georgia Healthcare Center (EGHC). The session provided insight into EGHC's role in supporting families and improving healthcare access throughout the region. The Southeast Health District/Department of Public Health team provided a comprehensive overview of programs and services available to support maternal and child health, including the DPH Home Visiting Program, Children 1st, Babies Can't Wait Georgia's Early Intervention Program, Early Hearing Detection and Intervention, Healthy Families, and the Children's Medical Services Program. Presenters Holly Mobley, Synita Mathis, Rhonda Hughes, LaToya Hamilton, Alexis Adams, and Michelle Garrett shared valuable information about the continuum of care and resources available to families.



The day concluded with South Georgia Healthy Start, where Lacey Everett and Kasey Rogers provided an overview of available services and discussed the importance of maternal mental health awareness and support. Their presentation emphasized the value of early intervention, strong community connections, and accessible resources for mothers and families.

Share Health Southeast Georgia extends its sincere appreciation to our community partners at Southeast Health District/Department of Public Health, East Georgia Healthcare Center, and South Georgia Healthy Start for sharing their expertise and continued dedication to improving maternal and child health across our communities. We also recognize the leadership and coordination of our Community Engagement Coordinator and Program Manager in making this successful training possible.

Share Health looks forward to continuing these partnerships and advancing collaborative efforts that support healthier outcomes for mothers, children, and families throughout Southeast Georgia.

Ladies' Daily Dose of Wellness Wisdom



Take short breaks during work or study.



Avoid excessive screen time before sleep.



Drink enough water throughout the day.



Spend time outdoors for fresh energy.



Connect with friends and family.



The Best Produce in Season: August in Southeast Georgia

August is a great time to enjoy fresh, locally grown produce that is packed with nutrients and flavor. Here are three seasonal favorites and their health benefits:

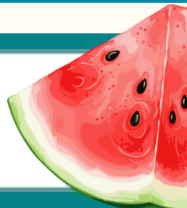
Peaches

Rich in
vitamins
A and C



Peaches are an excellent source of vitamin A, which promotes healthy skin and vision, and vitamin C, which supports a healthy immune system.

Made up of more than 90% water, watermelon is a delicious way to stay hydrated during Georgia's hot summer months.



Rich in
vitamins
A and C



Watermelon

Sweet Corn

Provides
fiber and
Vitamin B



Sweet corn provides fiber to support digestive health and contains vitamin B, which help your body convert food into energy.