September 2026 Newsletter

Coalition for a Healthy Appling County

Our Mission:

To transform the Appling County community by ensuring access to healthcare, improving access to resources, engaging in strong collaborative alliances, and developing a universal message to communicate health for all.

UPCOMING EVENT:

Prevention Capacity Building Workshop

Share Health Southeast Georgia, in partnership with A&E Consulting and the Georgia Opioid Crisis Abatement Trust, will host a two-day Prevention Capacity Building Workshop September 29–30 in Baxley. This training will bring together local prevention professionals and community partners to strengthen youth prevention efforts, build regional collaboration, and provide practical tools for planning, funding, and sustaining drug prevention programs. Participants will also learn strategies for engaging youth, strengthening coalition teams, and pursuing Drug-Free Communities Support Grant funding.

September 29–30, 2026
9:30 a.m.–4:30 p.m.

Appling County Commissioner's Meeting Room

69 Tippins Street, Baxley, GA 31513

Lunch will be provided both days.



CHAC Fact of the Month!

DID YOU KNOW?

What you eat can impact your heart health. September is National Cholesterol Education Month, making it a great time to choose more fruits, vegetables, whole grains, and high-fiber foods to support healthy cholesterol levels.

CHAC Tip:

Try adding one extra serving of fruits or vegetables to your day, swapping refined grains for whole grains, or choosing a high-fiber snack. Small changes add up!



Interested in volunteering with CHAC?

The public is encouraged to get involved with this community effort. If you are interested in getting involved in CHAC, ask one of our community partners or contact our Program Coordinator, Olivia Davis, at:

olivia.hiersdavis@sharehealthsega.org

CHAC Community Highlight:

Action Pact Pop-Up Senior Event

Fifteen seniors joined us for a fun afternoon of Fall Prevention and Opioid Awareness BINGO, where everyone walked away with a prize! We talked about slip-and-fall safety and shared resources focused on keeping our seniors safe and healthy. From First Aid Kits and therapeutic foot warmers to medication disposal bags and other goodies, there was a little something for everyone! Thank you to everyone who came out, participated, and made the event such a fun success! Thank you to Action Pact for having us!



September Health & Nutrition Quick Tips

September is brimming with health observances such as Fruits & Veggies Month, Food Safety Education Month, and Cholesterol Education Month.

Here are three quick tips to enhance your plate:

Fill Half Your Plate with Color:
Aim to eat across the rainbow—add leafy greens, seasonal apples, or roasted root veggies to boost antioxidants and fiber.

Swap in Heart-Healthy Fats:
Keep cholesterol in check by swapping butter or heavy oils for avocados, olive oil, or raw nuts.









Follow the "Clean & Separate" Rule:
Keep food safe by washing hands before meal prep and keeping raw meats on separate cutting boards away from fresh produce.

CHAC Partner Highlight: Temple of the Higher Calling

Temple of the Higher Calling's Family Day

CHAC partner, Temple of the Higher Calling, recently hosted a wonderful Family Day, bringing community members together for an afternoon of food, fellowship, and connection. In addition to creating a welcoming space for families to gather and enjoy time together, the event provided an opportunity to share important information and resources surrounding suicide prevention and opioid awareness. Through events like Family Day, Temple of the Higher Calling continues to help strengthen community connections while creating meaningful conversations around health, prevention, and support.





Temple of the Higher Calling Upcoming Event

TEMPLE
OF THE HIGHER CALLING

Youth Sunday Service: Suicide Awareness

Join us at Temple of the Higher Calling for a special Youth Sunday Service dedicated to Suicide Awareness. Wear a suicide awareness shirt or an encouraging shirt to show your support as we come together to make a difference. Stick around right after the service for a fun-filled tailgate featuring food, games, and activities like cornhole, tug of war, Jenga, and more. You can even set up a tent to represent Suicide Awareness or your favorite football team!

Event Details:

Sunday, September 27th, 2026 | 10:30 AM

Temple of the Higher Calling, 1102 Poor Robin Rd, Baxley, GA 31513

Go Pink & Beyond
HEALTH FAIR

COMMUNITY HEALTH & WELLNESS DAY

Healthy *Women*. Healthy *Men*. A Healthier *Community*.

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#BeWell CHAC

COALITION FOR A HEALTHY APPLING COUNTY



AT OUR HEALTH FAIR, *you'll have the opportunity to:*

- LEARN ABOUT HEALTHY EATING HABITS
- PARTICIPATE IN FITNESS ACTIVITIES
- DISCOVER NEW WAYS TO IMPROVE YOU
- GET FREE HEALTH SCREENINGS



Plus!
DOOR PRIZES to be given away

HEALTHY SNACKS will be available!

DROP-IN EVENT
All are welcome!

SATURDAY,
OCTOBER 24, 2026
10:00 A.M. – 2:00 P.M.

LOCATION:
FIRST AFRICAN BAPTIST CHURCH
Social Hall

Coalition for a Healthy Appling County

Share Health

https://www.sharehealthsega.org/

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