

# Monthly Newsletter

September 2025



## Here's what has happened in the last month and what's to come!

Welcome back to our 2025-2026 Youth Advisory Council (YAC) newsletter! We are happy to share what happened at our last meeting and what's to come in future meetings.

Firstly, we would like to thank everyone for attending our first monthly meeting on September 17, 2025. We heard from Delton Russell, Region 4 Tobacco Control Manager and Aubrey Daly, Public Health Policy Advisor, about Tobacco Prevention.

Our members began their service-learning journey by brainstorming potential needs that could be addressed by their project.

We also shared two opportunities for YAC members to serve as a representative and provide their unique perspectives to either the Learning Collaborative or the Substance Use Coalition.

There are plenty of other updates included in this newsletter, so please read through it in its entirety.

Do not hesitate to reach out if you need anything. Enjoy this month's newsletter!

Sincerely,

*your  
YAC team*

In this newsletter you can expect:

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Welcome

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Upcoming Opportunities

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Where we've been

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Where we're going

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Reminders

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Birthday Shoutouts

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# Upcoming Opportunities

**CHA's Healthy Living Team is offering YAC Members the opportunity to volunteer and work with them for some upcoming events!**

**If any of these opportunities are of interest to you, please reach out to a YAC Staff member as soon as possible.**

## Diabetes Prevention Classes

Members will have the chance to shadow members of the Healthy Living Team while they facilitate Diabetes Prevention Classes.

Classes will take place on Tuesdays and Thursdays from 6:00 pm - 7:00 pm via Zoom.



## Kid's Cooking Classes

Members will help with class flow and assist the Healthy Living Team in leading the class. If you would like, you could also take the lead on a recipe. We will need two members for each class. At this time, there are three classes available to assist with:

October 6th

November 3rd

December 1st

All classes will take place from 6:00 pm to 7:30 pm. Set-up and clean up will also be required



## Screening Event

Members will have the chance to learn about the prediabetes screening process and table with the Healthy Living Team at Bethel Baptist Church for their Bethel Fitness Fusion event on September 27th from 10:00 am to 2:00 pm



As a note: additional credit hours will be awarded for participation for each of these activities

# WHERE WE'VE BEEN

Aubrey Daly and Delton Russell presented to the YAC about Advocacy, Activism, and Tobacco Addiction.



**Delton Russell**

Region 4 Tobacco Control Manager



**Aubrey Daly**

Public Health Policy Advisor

Below are a list of resources mentioned during the presentations:

- DoSomething.org
- Youth.gov
- Change.org
- 5 Calls for Legislative Advocacy
- Meditations - Marcus Aurelius
- The Art of War - Sun Tzu
- In The Realm of Hungry Ghosts - Gabor Mate
- The Body Keeps The Score - Bessel Van Der Kolk
- Screenagers - Documentary by Delaney Ruston
- How to Win Friends and Influence People - Dale Carnegie
- Think and Grow Rich - Napoleon Hill, then read PMA The Science of Success
- The 4 Agreements - Miguel Ruiz
- Wellness Recovery Action Plan - Mary Ellen Copeland
- The Deepest Well - Dr. Nadine Burke

**If you have any questions for our speakers, please let us know! We'll get you in contact with them to provide some responses**



980-369-8733



YouthAdvisoryCouncil@CabarrusHealth.org

# WHERE WE'RE GOING

Next month we will hear from a panel of public health and youth-serving professionals. More information will be provided in the coming weeks!

## REMINDER

Doors open at 5:45 pm and close at 6:00 pm

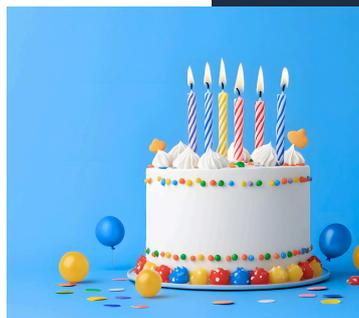
If you're going to be late, please let a staff member know.

Be sure to routinely check your email! An RSVP link will be sent out prior to the meeting

Lastly, you are only allowed to miss two meetings before membership is affected.

## Birthday Shoutouts

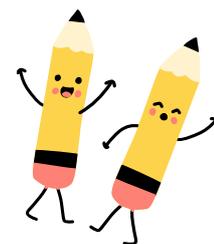
Happy Birthday to our members with September Birthdays!



Akhil Sathish  
Alicia Adamou  
Ananya Ponugoti  
Laasya Polaju

TOPIC	DATE
ORIENTATION	Aug. 20
TOBACCO PREVENTION	Sept. 17
FUTURE ORIENTATION	Oct. 15
ENVIRONMENTAL HEALTH	Nov. 19
ENRICHMENT ACTIVITY	Dec. 10

TOPIC	DATE
SOCIAL AND EMOTIONAL WELLBEING	Jan. 21
REPRODUCTIVE HEALTH + HEALTHY RELATIONSHIPS	Feb. 18
PUBLIC HEALTH POLICY	Mar. 18
HEALTHY LIVING + NUTRITION	Apr. 15
EOY CELEBRATION	May 16



AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
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Monthly Meeting  
Backup/Potential Makeup Day