



FREE ONLINE Health and Wellness Programs

July - September 2022

**All Health and Wellness workshops are free to all.
Please register with
Sarah Doyle at (802)289-0045 or sdoyle@northstarfqhc.org**



Diabetes Management- via Zoom

Our small-group online workshops are led by specially trained professionals.

You will practice:

- Monitoring your blood sugar levels
- Finding ways to manage your stress
- How to get more physical activity into your daily life
- Problem-Solving
- Positive-Thinking
- Creating Action Plans
- Healthier Eating Choices
- Distraction Techniques
- Being an active partner in working with your health care team.



Workshop Starts:

Weekly on Thursday
August 11th - September 22nd

Time: 3:00 pm - 5:30 pm

Chronic Disease Management- via Zoom

If you're living with a long-term or "chronic" health problem such as but not limited to:

Asthma, Arthritis, Diabetes, Cancer, Obesity, Heart Disease

this workshop is for you.

This program provides interaction by focusing on how to manage your chronic health problem by learning how to:

**communicate with your health care provider, make healthy eating choices,
problem solving, decision making, how to deal with difficult emotions,
manage stress, action planning
and much more —so you can live a satisfying, fulfilling life.**



Workshop Starts:

Weekly on Thursdays
August 18th - September 22nd

Time: 12:00 pm - 2:30 pm



High Blood Pressure Management Program- via Zoom

About **1 in every 4 Vermont adults** has been told they have high blood pressure. If left untreated, it can damage your circulatory system and lead to serious problems, such as heart attack, stroke, kidney damage or brain health complications, such as memory loss and confusion.

Your trained lifestyle coach and fellow participants will guide and support you to:

- Learn the basics of controlling your high blood pressure
- Learn how to monitor your blood pressure at home
- Make healthier eating choices
- Get more physical activity in your daily life
- Help you quit smoking or tobacco
- Reduce stress and stay motivated
- Better manage blood pressure medications
- Solve problems and create plans for action

Workshop One:

Weekly on Wednesdays
July 6th - August 31st

Time: 5:30 pm - 7:00 pm



Workshop Two:

Weekly on Mondays
July 11th - August 29th

Time: 3:30 pm - 5:00 pm

Eating Well on a Budget-via Zoom

Eating healthy doesn't need to be costly!

In this class we'll talk about:

- Planning and strategies for reducing food waste
- Prioritizing healthy foods in our diet without ruining our budgets
- Food resources we have available in the community
- Low cost pantry staples
- Healthy meals on a budget
- Smarter shopping



First offering:


Wednesday
July 20th

Time: 6:00 pm - 7:00 pm

Second Offering:

Tuesday
August 9th

Time: 6:00 pm - 7:00 pm



Do you want to quit Tobacco, E-Cigs, Vaping or Nicotine but nothing works?

Join a **FREE** Quit Group! Talk about smoking, quitting, staying quit, and all the challenges in between, in a non-judgmental, friendly environment. Talk about quitting smoking, chewing tobacco, E-Cigs, or Vaping which is the most important step you can take to live a longer and healthier life.

Quitting can be tough, but you don't have to do it alone.

Workshop Starts:

Weekly on Wednesdays

September 7th - September 28th

Time: 3:00 pm - 4:00 pm

20 MINUTES AFTER QUITTING:

YOUR HEART RATE AND BLOOD PRESSURE
WILL DROP

12 HOURS AFTER QUITTING:

YOUR BLOOD OXYGEN LEVEL RETURNS
TO NORMAL

2-3 WEEKS AFTER QUITTING:

YOUR BREATHING AND CIRCULATION
IMPROVES

1-9 MONTHS AFTER QUITTING:

YOUR COUGHING AND SHORTNESS OF
BREATH DECREASES

1 YEAR AFTER QUITTING:

YOUR RISK OF HEART DISEASE IS CUT
IN HALF AND
YOUR RISK OF HEART ATTACK
DRAMATICALLY DROPS

2-5 YEAR AFTER QUITTING:

YOUR RISK OF STROKE IS CUT REDUCED
TO THAT OF A NON-SMOKER



Do you know about the Springfield Family Center?

www.springfieldfamilycenter.com



Springfield Family Center is a community-based organization dedicated to providing help and fostering hope for individuals and families in the communities of Springfield, North Springfield, and Baltimore. Founded in 1971, Springfield Family Center has over 50 years experience alleviating hunger and poverty in Southern Vermont, and has assisted scores of community members facing economic hardship. Springfield Family Center strives to offer relief to its surrounding communities by offering charitable food services, nutrition-focused educational programs, and connections to social service resources in the region.

Services offered at the Springfield Family Center

- **Food Shelf access**, available twice monthly to households in Springfield and the surrounding area.
 - **Food boxes** include a variety of shelf-stable, frozen, and fresh food items, and quantity is based on household size.
 - **Free Meal offerings**, available at lunchtime on weekdays. Meals are accompanied with brown bag snacks, breakfast items, and drinks to enjoy throughout the day.
- Fresh Produce, Dairy, Eggs, and Bread**, offered daily with limited to no restrictions dependent on availability.
- **Nutritional info resources**, such as microwave and shelf stable recipe video guides and pdfs, affordable at-home gardening workshops, and newsletter food access resource guides.



All are welcome to get fresh produce provided by the Vermont Foodbank

Springfield - VeggieVanGo

At

Riverside Middle School

**Every Second Friday of the month
from 10:00 am to 11:00 am**

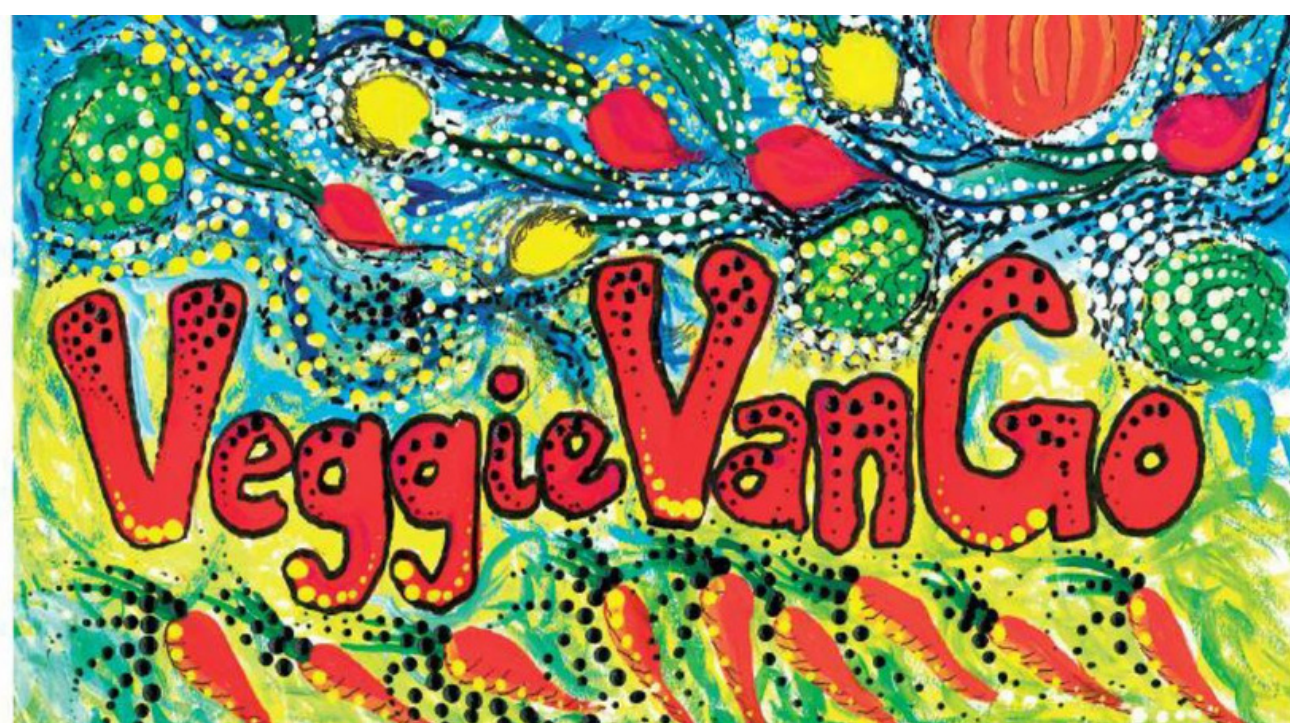
(Please do not arrive prior to the event's start time)

Bellows Falls - Distribution Drop

At

The Waypoint Center

**Every Fourth Tuesday of the month
from 9:30 am to 11:00 am**



Vermont Foodbank

