



FREE ONLINE Health and Wellness Programs October- December 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 Monday

November 7th - December 19th

Time: 4:30 pm - 7:00 pm

Chronic Pain Management - via Zoom

This program provides interaction with others who suffer from chronic pain by focusing on how to **manage pain with:**

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 Wednesday

October 5th - November 16th

Time: 4:00 pm - 6:30 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 Starts:

Weekly on Thursday
October 6th - December 8th

Time: 3:30 pm - 5:00 pm



North Star Health Online Nutrition classes

All Things Pumpkin!

It's pumpkin-everything season! This gourd is the face of the fall season, but did you know it's also very nutritious? We'll get into the autumn-spirit with nutrition information, uses, and healthy recipes including pumpkin.

Class is on:

Tuesday
October 4th

Time: 6:00 pm - 7:00 pm



Cooking with Root Vegetables

Root vegetables are nutrient-dense and in season! Learn how to prepare these veggies and the health-benefits of including them in a well-balanced diet. There will be time for recipe-sharing as well!

Class is on:

Tuesday
November 8th

Time: 6:00 pm - 7:00 pm



Eating Well on a Budget

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

Class is on:

Thursday
December 8th

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 monthly:

On the **first Wednesday** of the month
a new session will begin

October 5th-26th

November 2nd-30th

No workshop in December

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



Diabetes Prevention Program- via Zoom



1 out of 3 American adults have pre-diabetes; that's 86 Million Americans.

9 out of 10 of these adults don't know they have pre-diabetes.

Pre-diabetes is reversible.



Take steps to a healthier you!

Program Starts:

Weekly on Wednesday

Time: 6:30 pm - 7:30 pm

October 5th - February 1st

(Meets on arranged dates after February for 8 months)

Please consider this program if you:

- Have been told by your doctor you have PRE-Diabetes (Hemoglobin A1C of 5.7%-6.4%)
- Are overweight (BMI over 25)
- Don't get enough exercise
- Have high blood pressure
- Have abnormal cholesterol
- Have a parent, brother, or sister with diabetes

Joining this healthy lifestyle workshop to Prevent Type 2 Diabetes will provide you with...

- Weekly (private) weigh-ins
- Setting goals by tracking exercise and meals
- Learning about healthy eating on a budget
- Learning about stress reduction
- Learning about behavior modification
- Working with a trained lifestyle coach
- And so much more...

Take this short quiz - hold up one finger for each point:

1. ARE YOU A MAN OR A WOMAN?

Man (1 point)
Woman (0 points)

2. IF YOU ARE A WOMAN, HAVE YOU EVER BEEN DIAGNOSED WITH GESTATIONAL DIABETES?

Yes (1 point)
No (0 points)

3. DO YOU HAVE A MOTHER, FATHER, SISTER OR BROTHER WITH DIABETES?

Yes (1 point)
No (0 points)

4. HAVE YOU EVER BEEN DIAGNOSED WITH HIGH BLOOD PRESSURE?

Yes (1 point)
No (0 points)

5. ARE YOU PHYSICALLY ACTIVE?

Yes (0 point)
No (1 points)

6. WHAT IS YOUR BODY TYPE?

0 1 2 3

7. HOW OLD ARE YOU?

Less than 40 years (0 points)
40-49 years (1 point)
50-59 years (2 points)
60 years or older (3 points)

If you're holding up 5 or more fingers, you may have pre-diabetes. You can prevent it from becoming type 2 diabetes by joining the FREE **Diabetes Prevention Program** near you. Ask your medical provider.

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)

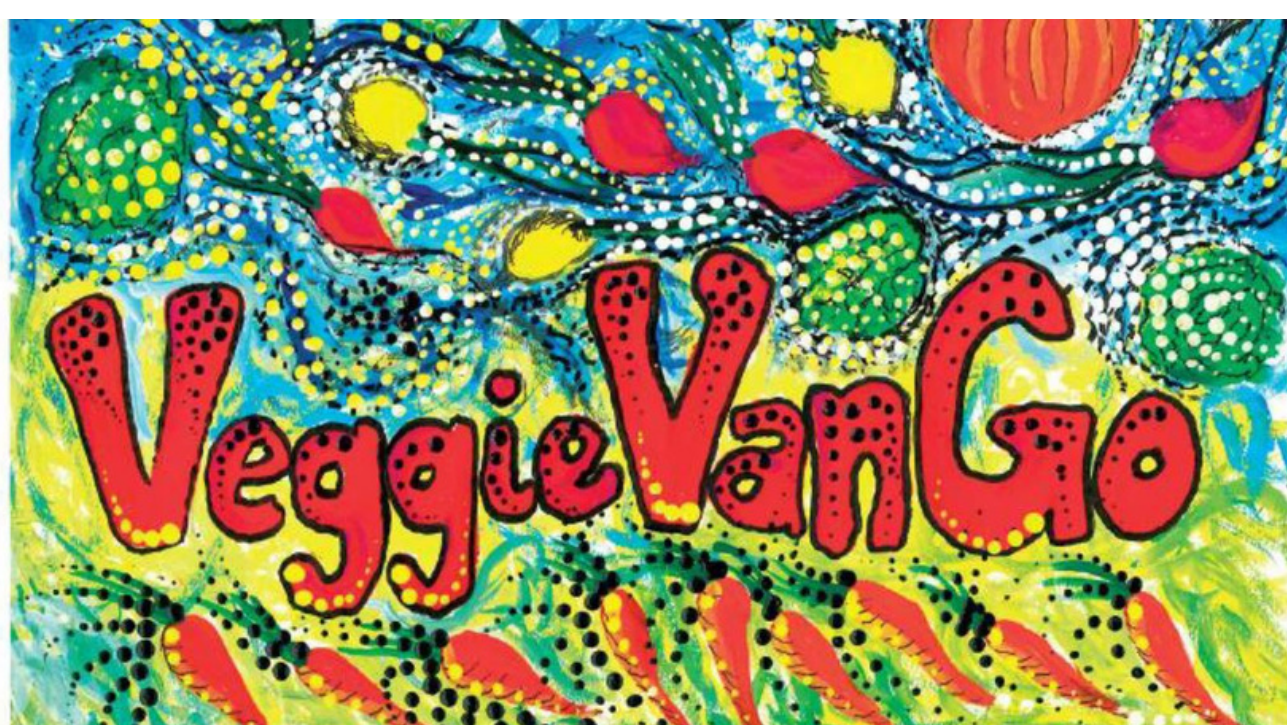
Bellows Falls- Distribution Drop

At

The Waypoint Center

Every Fourth Tuesday of the month

from 9:30 am to 11:00 am



Vermont Foodbank

