



FREE ONLINE Health and Wellness Programs

April - June 2023

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 Tuesdays
May 2nd - June 13th

Time: 1:00 pm - 3:30pm

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
May 4th - June 9th

Time: 5:30 pm - 7:00 pm

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!

Meets on Tuesdays

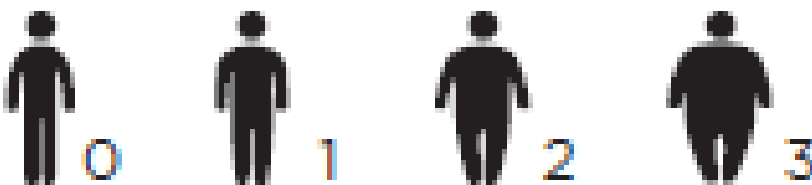
April 3rd - June 26th weekly

July 3rd - November 20th Bi-monthly

December 4th - February 6th 2024

Time: 6:30-7:30 pm

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?	
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.

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





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

April 5th - 26th

May 3rd - 24th

June 7th - 28th

Time: 5:00 pm - 6:00 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





Embracing Mindful Eating

In this class we'll discuss principles of mindful eating and strategies for developing more mindful habits. Mindful eating can be a powerful behavior change tool to improve diet and lifestyle.

Class is on:

Tuesday April 4th

Time: 6:00 pm - 7:00 pm



Eating Healthy while Eating Out

If you like to enjoy local food options or frequently find yourself eating on the go - learn how to do so while making healthy choices! We'll talk about healthy options, swaps, and portioning.

Class is on:

Thursday May 18th

Time: 6:00 pm - 7:00 pm



Cook Along: Mediterranean Chickpea Salad

(No Heat Needed!)

A plant-based meal with no heat needed, perfect for warmer weather! We'll make a lemony vinaigrette and assemble this flavorful and plant-protein-rich salad while discussing the nutrition benefits of the ingredients.

Class is on:

Tuesday June 20th

Time: 6:00 pm - 7:00 pm



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

Hosted by Our Place

Every Fourth Tuesday of the month

from 9:30 am to 11:00 am

Vermont Foodbank

