



FREE ONLINE Health and Wellness Programs

July - September 2023

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

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!



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

Program Starts:

Time: 6:30-7:30 pm

Meets on Tuesdays

August 1st - October 17th weekly

October 31st - March 19th, 2024 Bi-monthly

April 2nd - June 4th, 2024 Monthly

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.

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 Wednesdays

July 19th - August 30th

Time: 2:00pm - 4:30 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
- Reduce stress and stay motivated
- Better manage blood pressure medications
- Solve problems and create plans for action



Workshop Starts:

Weekly on Mondays

July 17th - August 28th

Time: 4:30 pm - 6:00 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

August 1st - 22nd

Time: 5:30 pm - 6:30 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 boxes** are available twice monthly to residents in only Springfield, Baltimore and North Springfield . These boxes include a variety of shelf-stable, frozen, and fresh food items, and quantity is based on household size.
- **Free Meal offerings**, available at 11:30-12:30 (while supplies last) on weekdays.
- **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

Hosted by Our Place

Every Fourth Tuesday of the month

from 9:30 am to 11:00 am

Vermont Foodbank

