



FREE ONLINE Health and Wellness Programs

October - December 2023

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

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
- dealing with difficult emotions
- manage stress
- action planning

and much more —so you can live a satisfying, fulfilling life.

Workshop Starts:

Weekly on Wednesdays

October 11th - November 22nd

Time: 2:30 pm -5:00 pm

High Blood Pressure

Management - via Zoom

1 in every 4 Vermont adults has been told they have high blood pressure. If left untreated, it can lead heart attack, stroke, kidney damage or brain health complications.

Your trained lifestyle coach 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 Thursdays

October 5th - November 16th

Time: 6:30 pm - 8:00 pm

Diabetes Management - via Zoom

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

You will practice:

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



Workshop Starts: **Weekly on Tuesdays** **Time: 5:30 pm - 8:00 pm**
October 10th - November 21st

Free Online Quit Nicotine Class

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 Tuesdays** **Time: 5:30 pm - 6:30 pm**
November 7th - 28th



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

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)

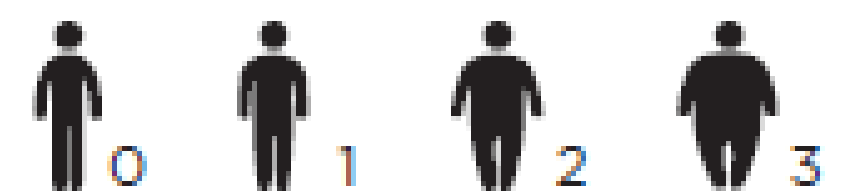
4. HAVE YOU EVER BEEN DIAGNOSED WITH HIGH BLOOD PRESSURE?

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

Program Starts:

Meets on Wednesdays

Time: 1:00 - 2:00 pm

November 1st - January 17th, 2024 weekly

February 7th - July 23rd 2024 Bi-monthly

August 7th - October 2nd, 2024 Monthly



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)

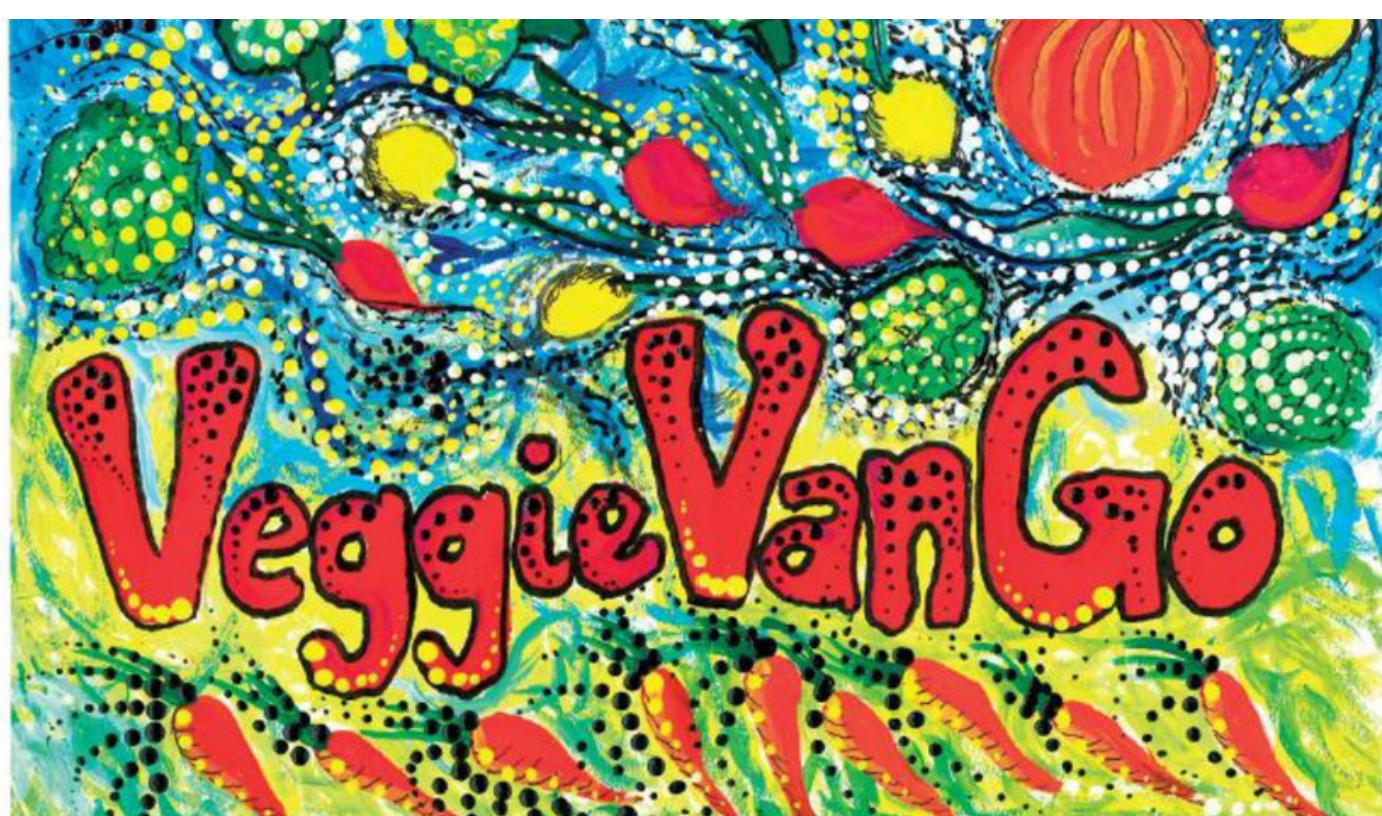
[Bellows Falls- Distribution Drop](#)

At

**The Waypoint Center
Hosted by Our Place**

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

(No Distribution in December 2023)



Vermont Foodbank

