

Take Action in Caring for the Whole You!

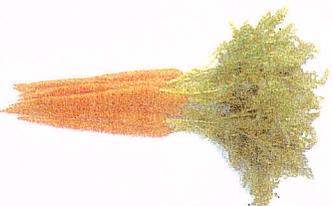


ACT for Health...

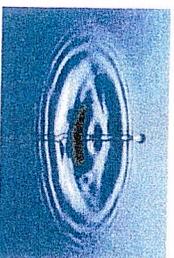
promotes complete wellness through having a healthy mind, body and lifestyle. The program connects primary care and mental health care services through a partnership between Asian Community Mental Health Services (ACMHS) and Asian Health Services (AHS).

Member Benefits

- Accessible on-site Physical Health Care appointments
- Personalized Wellness Plan to help you achieve your health goals
- Bi-monthly Healthy Lunch
- Health and Nutrition Information
- Weekly Wellness Activities and Classes, such as:



- Healthy Cooking
- Tai Chi/ Yoga/ Qi Gong
- Smoking Cessation
- Walking/Exercise Groups
- Healthy Living
- Pain Management



Frequently Asked Questions

Is there a cost?

No, participation in the program is FREE.

What do I have to do to participate?

- 1) Participate in an initial interview with your case manager about your physical and mental health
- 2) Participate in a similar interview every 6 months

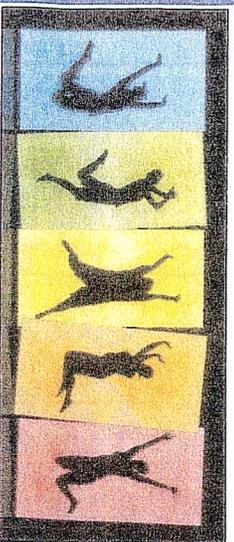
How can I sign up?

Contact your Case Manager to enroll in ACT for Health.

Are you ready to...

- Feel healthier?
- Find a good doctor?
- Learn about healthy foods?
- Exercise more?
- Lose weight?
- Stop smoking?
- Lower your blood pressure?
- Feel less stressed?
- Learn new skills?
- Learn to manage pain in a better way?
- Feel better about your life?
- Have fun getting healthy?

... then ACT for Health!



ACMHS
asian community mental health services

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ACT for Health!

Asians Coming Together for Health

