



Health Integration Project

August 2014

August Special Event

**Health Fair
Celebrating
Health Center Week**

**Thursday
August 14th
9:30 –11:30 AM
SSTAR South End
Health Center
1010 South Main St.**
Diabetes Screening
BMI and Body Frame
Healthy Lunches//
Snacks for School
Sunscreen//Hydration
Tobacco//CO Screening
Raffle Prizes!

**Stop by for some
valuable information
and fun!**

Any questions?
Please contact
Paula Beaulieu
508-679-5222
x3286

*All events are held at
Stanley St unless stated
otherwise*

SSTAR
386 Stanley St
Fall River, MA 02720

Groups for HIP

Positive Change Through Walking – Every day, Monday through Friday at 8 AM in the Classroom—This is an indoor Walking group using Leslie Sansone’s Walking videos. You may go at your own pace. It’s a great way to start your day!

Outdoor Walking Groups –Mondays 12:30-1:30PM and Tuesdays 2:00-3:00
Check in with the receptionist and walk one or two miles starting at the Open Access Waiting room.

Thursdays at 9:30AM and Fridays at 10AM at 1010 South Main Health Center
Start from the Health Center Lobby to Kennedy Park for a one to two mile walk.

**NEW-R// Nutrition and Exercise for Wellness and Recovery
Mondays 11:00-12:30 August 4, 18 and 25 (Sessions 6, 7, and 8)**
This is an 8 week, evidence based program that addresses different nutritional topics such as The ABC’s of Healthy Eating; Reading Food Labels; Exercise; Eating Out; Goal Setting. Weekly healthy raffle related to the topic!

**Learning About Healthy Living...Tobacco and You
Starting Wednesday August 20th from 12:30-1:30**
Do you think about quitting or cutting back on your smoking but are not ready to do it now? Join this evidence-based group that addresses healthy living for tobacco users who are not yet ready to quit. Attend the group as long as you want until you are ready to join a tobacco cessation group.

8 Dimensions of Wellness Friday, August 15th 9:30-10:30
Learn about aspects that contribute to your overall wellness.

Quiet Time in the Wellness Room Wednesdays in August 9:30-11
Escape the hubbub of the waiting room and lounge and listen to some soothing music while you read, journal or think. No Talking Allowed!!

Smart Shopping on a Budget Wednesday, August 27th 11:00-12:00
Find out how you can still eat healthy while on a limited budget.

If you are an outpatient client of SSTAR, you may also attend any of the groups offered on the Open Access group schedule such as Yoga, Relaxation, Anxiety Management, Meditation, Managing Your Thoughts and Moods, “You Don’t Look Sick//Living Well with Invisible Chronic Illness” How Does Food Play on My Mood, and many more!!