

## Wellness Programming Ideas

**“Client Appreciation Days”** focus on increasing client awareness on a variety of wellness and physical health topics, with strong emphasis on prevention. The Centers in-house pharmacy takes the lead in this program though offering medication reviews, vaccines, and flu shots. Clients are encouraged to participate in other health screenings such as blood pressure and glucose tests. Our primary care department offers same day appointments and consultation throughout the event. Give-aways include pocket eating/nutrition guides, healthy food samples, and pedometers.

**“Walking Club”** is a staff led activity where clients engage in either indoor or outdoor walking. We have established relationships at local recreation centers to use their facilities during winter months. Clients and staff engage in light to moderate walking while staff members lead discussions on the benefits of exercise and healthy eating. We encourage clients to consult with their primary care provider prior to starting the club, and utilize our providers for same day screenings. We received donations of walking shoes from a local store and also provide water bottles and pedometers.

**“Crock Pot Cooking Class”** has been very popular! Clients learn about food and kitchen safety, food labels, basic measurements, and shopping on a budget while preparing healthy crock pot meals. Clients receive kitchen cleaner, measuring cups, and mixing spoons as give-aways, with a crock pot raffled at the end of each class. The program runs 1 x week for 6 weeks.

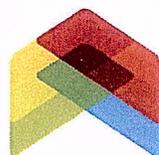
**“Inside and Out Campaign”** couples promoting primary care services (*inside*) with providing emergency hygiene (*outside*) for clients. Our sites have a supply of basic hygiene supplies, coupled with educational materials, materials on our primary care services, tips for appropriate personal and oral hygiene, and safe sex supplies and education.

**“Stanford Chronic Disease Self Management”** course has been incredibly successful! We trained 10 staff members through a local organization that is licensed to “train the trainer.” This course is heavily researched and overwhelmingly recommended by SAMHSA for our SPMI population. This program has our highest attendance and graduation rates, and a constant waiting list.

**“American Lung Association’s, “Freedom from Smoking”** is our current smoking cessation program. Start up time and cost are minimal with this program. We also provide nicotine replacement products for our uninsured participants. We do require they receive a prescription from their primary care provider to be sure they are healthy enough for the products.

**“Wellness Lending Library”** is available to staff and contains models, games, displays, movies and other educational tools on a variety of healthcare topics. Staff are encouraged to use the materials for individual or group work, with clients and families.

**“Wellness starts at Home”** series promotes cleaners, safer, and more organized home environments, while discussing budgets and cost saving ideas. Clients engage in making inexpensive, effective, and “green” cleaning supplies.



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