






# March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 RL –Diabetes Ed @ 6:00pm Session #2 of 4 week series</p>	<p>2 <b>WP- Healthy Lifestyles for Life @ 6:30 pm Nutrition Night!!!</b></p> <p>CF – Healthy Hearts @ 6:30 pm Session #3 of 4 wk series</p> <p>Pioneer Hosp Stuart – Diabetes Ed @ 6:00pm Session #2 of 4 wk series</p> <p>SC – Diabetes Ed @ 10:00am Session #1 of 4 wk series</p> <p>BFP – Diabetes Ed @ 12:30pm Session #1 of 4 wk series</p>	<p>3 Pioneer Hosp Stuart – Diabetes Ed @ 9:30am Session #3 of 4 wk series</p> 	<p>4</p>	<p>5 **Beginning of program series will be highlighted in green.</p> <p>HL4L – Monthly program for anyone that has completed a series of wellness classes!</p>
<p>8 RL –Diabetes Ed @ 6:00pm Session #3 of 4 week series</p>	<p>9 SC – Diabetes Ed @ 10:00am Session #2 of 4 wk series</p> <p>BFP – Diabetes Ed @ 12:30pm Session #2 of 4 wk series</p> <p>CF – Healthy Hearts @ 6:30 pm Session #4 of 4 wk series</p> <p>Pioneer Hosp Stuart – Diabetes Ed @ 6:00pm Session #3 of 4 wk series</p>	<p>10 Pioneer Hosp Stuart – Diabetes Ed @ 9:30am Session #4 of 4 wk series</p>	<p>11 YMCA – Healthy Lifestyles @ 6:30 pm Session #1 of 4 week series</p> 	<p>12 <b>March is National Nutrition Month!</b> Sign up for any of our wellness programs to receive nutrition information, healthy cooking tips, recipes, and much more!</p> 
<p>15 RL –Diabetes Ed @ 6:00pm Session #4 of 4 week series</p>	<p>16 SC – Diabetes Ed @ 10:00am Session #3 of 4 wk series</p> <p>BFP – Diabetes Ed @ 12:30pm Session #3 of 4 wk series</p> <p>Pioneer Hosp Stuart – Diabetes Ed @ 6:00pm Session #4 of 4 wk series</p>	<p>17</p>	<p>18 CF –Diabetes Ed @ 6:30pm Session #1 of 4 week series</p> <p>YMCA – Healthy Lifestyles @ 6:30 pm Session #2 of 4 week series</p>	<p>19</p>
<p>22</p>	<p>23 SC – Diabetes Ed @ 10:00am Session #4 of 4 wk series</p> <p>BFP – Diabetes Ed @ 12:30pm Session #4 of 4 wk series</p>	<p>24 Pioneer Hosp Stuart – Diabetes Ed @ 9:30am Session #1 of 4 wk series</p> 	<p>25 CF –Diabetes Ed @ 6:30pm Session #2 of 4 week series</p> <p>YMCA – Healthy Lifestyles @ 6:30 pm Session #3 of 4 week series</p> <p><b>Special Event!</b> Child/Parent Nutrition Night FBC-C @ 6:00 pm</p>	<p>26</p>
<p>29</p> 	<p>30</p>	<p>31</p>	<p><b>LOCATIONS IN YOUR AREA:</b></p> <p>WP- West Piedmont Bus Dev Center</p> <p>BFP- Bassett Family Practice</p> <p>Stuart – PHCC Stuart Site</p> <p>YMCA – YMCA Martinsville</p> <p>SC – The Senior Center</p> <p>FBC-C – First Baptist Church Collinsville</p> <p>PH-Pioneer Hospital in Stuart</p> <p>CF-Community Fellowship Church</p> <p>RL – Ridgeway Library</p>	

## Program Information

### Healthy Lifestyles (4 week series)

Healthy Lifestyles is designed to:

- help better manage your weight,
- reduce the risk of illness or injury,
- lead you in the right direction for the healthier lifestyle you've been seeking.



Healthy Lifestyles is not a guaranteed "quick-fix" to lose weight. A long term commitment is needed in order to be successful in changing your lifestyle. Healthy Lifestyles is designed to give you the power you need to make significant lifestyle changes.

### Healthy Lifestyles for Life (first Tues of each month)

Healthy Lifestyles for Life is a monthly program designed for participants who have already completed any Wellness program. HLFL meets the first week of each month and offers a topic of the month, recipes, demos, and ongoing support and accountability.

### Diabetes Education(4 week series)

Diabetes education is designed to:

- teach diabetics how to monitor their condition,
- improve their diet,
- manage stress to more effectively control their diabetes.

The Diabetes Education program offers information to make change easier and allow persons with diabetes to achieve and maintain better day-to-day health.

### Healthy Heart (4 week series)

Healthy Heart is designed to help participants:

- be able to monitor their heart condition,
- know how to use medications effectively,
- identify warning signs of a heart attack or stroke,
- know how to reduce cholesterol, sodium and fat intakes,
- learn how to make changes in meal preparation
- be able to make informed healthy choices at grocery stores and restaurants.

Many of the risk factors for coronary heart disease are controllable. Risk factors include high blood pressure, high cholesterol, smoking, obesity, lack of physical activity, diabetes and stress. Join us and learn how to control your risks.



# Come see what our programs have to offer!



Most classes are offered at:

- West Piedmont Business Dev Center
- Bassett Family Practice
- Pioneer Hospital, Stuart

The Coalition also takes request for programs to be held at workplaces, community sites, churches, etc. Daytime and evening programs are available.

To find out more information, request a program or register for a program, please call Stefanie Milroy at (276) 956-3587.

[www.healthycommunitymhc.org](http://www.healthycommunitymhc.org)

## Free Wellness Programs

# March Calendar & Information



[www.healthycommunitymhc.org](http://www.healthycommunitymhc.org)