

HealthVisions Update

HealthVisions Midwest, Inc.—Lake County, IN
Health Ministry Partnership— St. Joseph, Marshall, Elkhart County, IN
HealthVisions Fort Wayne—Allen County, IN
Living for Life—Starke County, IN
Chicago Health Collaborative - Chicago, IL
Healthy Communities of LaPorte County, IN

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This issue features: Living for Life –Starke County, IN



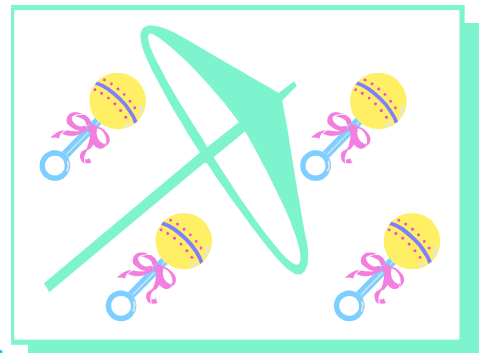
FREEDOM FROM SMOKING

SMOKE BUSTERS

Smoke Busters is a weekly support group for people who have quit, are trying to quit or who are struggling with the decision to quit smoking. At Smoke Busters we understand that it often takes many attempts before we succeed and that we often stumble and need help to get back on track. Join Smoke Busters on Wednesdays at 5 pm at the Home Health Care office located at 11 South Main Street. Knox, IN. This program is free of charge and you can join at anytime. If you would like more information about “Smoke Busters” call Kathy Robb at 574-772-2962. Funded by *Tobacco Free Starke County*

A four session smoking cessation program developed by the American Lung Association helps you to quit smoking by understanding the addictive nature of smoking, identifying alternative behaviors to smoking, dealing with stress and identifying the triggers and roadblocks to success. “Freedom from Success” can be successful by itself or in combination with “Smoke Busters.” Participants must attend all four sessions. Angela Woodward, Certified Respiratory Therapist at Starke Memorial Hospital, facilitates the program. Classes begin monthly and are offered at no charge. For more information, or to register, call 574-772-2962. Funded by *Tobacco Free Starke County*

BABY SHOWER



March 20th our first county Baby Shower was a huge success! Approximately 20 agencies/organizations dedicated to the health and education of pregnant and new mothers with young children were present for our shower. Over fifty mothers, or soon-to-be mothers attended this event. Many are asking us to make this an annual event.

POSITIVE PARENTING CLASSES

This program offers positive options for parents of children of all ages. The classes meet weekly at the Home Healthcare Office at 11 S. Main in Knox.

Positive Parenting for Children ages 0-10 years meets on Tuesday at 5:30pm



Positive Parenting for Teens, ages 10 and over meets on Tuesday at 7:00pm

Each program consists of 12 sessions. To enroll or request a list of topics call 574-772-2962. Starke Memorial Hospital and Healthy Families sponsor this program. There is a fee, but financial assistance is available.



GET HEALTHY



HealthVisions Midwest, with Starke Memorial Hospital presented the second "Get Healthy Starke County," this proved to be a very successful and enjoyable program for those who attended the first session. "Get Healthy Starke County" meets at the Knox Community Center located on the corner of Lake and Washington Streets in Knox, IN.

"Get Healthy Starke County" is an eleven-week wellness program that assists and supports participants in making permanent lifestyle changes to improve their health. Area professionals are working with us, as we continue the journey to a healthy lifestyle.

"Get Healthy Starke County" will be wrapping up this session on April 22, 2004. We are averaging 60-70 people at each meeting. We arranged for everyone to get a step counter. So, not only are our participants faithfully monitoring their weight, but also are furiously competing with each other, and with themselves to increase the amount of steps they take each and every week.



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