

VOLUNTEER EVENT

Volunteer Info Session
Thursday 18 July
3:00-4:00pm
841 Case Street
Hendersonville

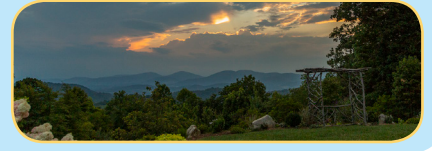
Join us for a tour of our clinic and learn more about how you can help!

RSVP at **828.697.8422**
 or email **volunteer@thefreeclinics.org**.

THIS MONTH

- *Sunset Dining* on the Mountaintop
- Sunday 28 July | 6 - 9pm
- The Cabin Ridge | Sugarloaf Mtn., Hendersonville
- Enjoy a gourmet, farm-to-fork menu alongside expert wine pairings with a view that can't be topped! Cap off the evening with a champagne toast at sunset & dancing.

Tickets: \$200
 To purchase call **828.697.8422**
 or visit **thefreeclinics.org/sunset**.



COMING SOON

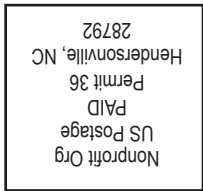
- **THE PLUNGE!**
- Sunday 25 August | 1-4pm
- Kanuga Lake | Hendersonville
- Come play with us at our wacky, end-of-summer lakeside celebration! Enjoy food trucks, live music, kids' activities, and bid to throw your favorite local celeb in the water!

Adults: \$20 | Kids 5-12: \$5
Under 5: FREE! | Families: \$45
 To purchase call **828.697.8422**
 or visit **thefreeclinics.org/plunge**.



Summer 2019
Community Impact Focus:
HealthWays

Return Service Requested



A Message from Our Executive Director: Judith Long



Recently, The Free Clinics adopted a new mission statement: **changing lives together with hope and health**. This new statement captures the essence of our work in Henderson and Polk Counties—that together, as volunteers, partners, advocates, friends, and donors, we offer hope and health to our neighbors in need and *together* we change lives. Significantly, the new mission statement also expresses TFC's expansion of our focus from being primarily a resource for care once a person has medical concerns to an organization whose main focus is the health of our community and our neighbors.

HealthWays is the main program TFC offers to improve the health of *all people*, in addition to wellness screenings and flu shot clinics. Many years ago, a donor described TFC as the place vulnerable and sick people go to get help when they need it. That statement garnered lots of conversation among our Board and leadership team. The key question we asked ourselves was whether we were only there for people in need of acute or chronic care, or could we also contribute to the overall health of our neighbors, helping them to prevent illness by embracing healthy living? When a patient who had successfully learned to manage her diabetes expressed the desire to teach her community what she had learned, we knew we needed to find a high-quality peer-to-peer health education program. HealthWays is an evidence-based, fun, engaging program focused on healthy living.

"Health is contagious," declares the HealthWays curriculum. "I can influence my own health. I can influence the health of others. Together, we can positively influence the health of the entire community."

I encourage **you** to join our HealthWays community. Join a group. Start a group. Bring a group to your congregation, neighborhood, or community gathering. And please join us at Kanuga Lake on Sunday 25 August as local celebrities *Take The Plunge for Health*, for the health of our community.

828.697.8422

info@thefreeclinics.org

Changing Lives Together with Hope and Health

While many of our programs are focused on helping our neighbors in need, The Free Clinics also supports the health of our *whole community*. In 2017 we launched HealthWays, a free wellness program that uses positive peer pressure to promote healthy living. Church groups, neighbors, coworkers, and friends can all join this small group program to learn about and support each other in making small lifestyle changes that lead to big, positive impacts on health. Once someone has been trained to lead the program, they can start a new group and teach others, helping to make the message of healthy living "go viral"!

ASK HEALTHWAYS!

Find answers to the types of questions and topics that HealthWays helps to address.

Q: I don't know how to cook for myself so I usually go out to eat or make frozen meals and other convenience foods. What easy things can I do to eat better?

A: Try adding a simple salad to your meal with a small amount of your favorite vinegar-based dressing and fresh vegetables or fruit. It can be difficult to stick to your plan when eating out, so ask for a container when you order so you can box up 1/2 of your food before you start eating. Bonus: two meals for the price of one! **91% of HealthWays participants increased the healthy foods in their diets** compared to before starting the program.

Q: I love dessert, but my doctor says I need to watch my blood sugar. What are some good options for me?

A: Did you know that chocolate (80% or darker) can be GOOD for you?! You can also try fresh berries with heavy cream, or even sugar-free Jell-O. Still, with sweets, moderation is key.

Q: What can I do to stay active now that I am more mobility-limited than I used to be?

A: Exercise doesn't have to be strenuous to be effective. HealthWays teaches many seated stretching exercises which help increase circulation, balance, and flexibility, and relieve muscle tension. **95% of HealthWays participants increased their physical activity** by the end of the program.

Q: I eat the same way I always have but lately I have gained weight. What can I do to address this?

A: You can still lose weight, but you will have to put in a more deliberate effort than you used to. As we age, our metabolism slows and we begin to lose muscle mass, making it easier for fat to pile on. **85% of HealthWays participants lost weight** after completing the program by making small, healthy changes to their lifestyles.

Talking with Ruth Ramirez - HealthWays Coordinator

What is the biggest impact you have seen HealthWays make?

When you learn to make healthier choices, you become a model for your friends and family. It's much easier to

maintain a healthy lifestyle when you can join forces and support each other. **Over 80%** of our participants who completed the program had an improvement on at least one clinical health measure, such as blood pressure or weight loss—which so many people struggle with!

What is currently the HealthWays program's biggest need?

We are actively seeking facilitators for HealthWays—we can't make health contagious in Henderson and Polk Counties without new faces to join the program! You can become a facilitator by simply joining one of our groups. After completing the program you are able to then start your own group—with your friends, book club, church circle—to teach them what you've learned. TFC makes it easy for you by giving you all the materials and support that you need.



To join a group or learn how to start one with your own friends or family, contact Ruth at **828-697-8422** or rramirez@thefreeclinics.org.