

Commit

To Self Care

This year commit to take care of you.. You aren't good for others if you are not good to you.

On Site Activities

Diabetes, Breast and Prostate Cancer Education & Pre-Screenings

Nutrition Classes:

Every Friday at Noon

Mondays: 5:30 PM

Hands of Faith Training

Saturday February 21

10:00 am-4:00 pm



Join us at the ABIPA office for:
Man to Man
(Prostate Survivor Group)
Saturday,
February 14, 2009
8:30 –10:00 am
Special Guest:
Dr. Calvin Kelly

Off Site Activities

Sista 2 Sista

Breast Cancer Survivor Support Group

Saturday, February 21st

12:00 noon

Women's Health Night

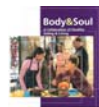
Stephen's Lee Center

February 17th

6:30 –7:30

Schedule a

Nutrition Class



For information on programs call: (828) 251-8364

Asheville Buncombe Institute of Parity Achievement

70 S. Market St. Asheville, NC 28801



PACE

Health Highlight

Don't Let The Winter Cold Put A Freeze On Your Fitness Goals

Source: American Heart Association

Have colder weather and shorter days turned you into a couch potato? Don't give physical activity the cold shoulder. February is Heart Health month. Did you know you can improve your heart health by simply walking.

Why Walk?

- **You can** walk almost anytime anywhere.
- **You can** get you more energy and help relieve stress.
- **You can** stay connected by walking with family or friends
- **You can** go solo!

Walking Benefits-30 minutes of moderate physical activity can:

- Reduce your risk of coronary heart disease.
- Improve your blood pressure and blood sugar levels.
- Help you maintain your body weight and lower your risk of obesity.
- Reduce your risk of osteoporosis, breast and colon cancer and Type 2 diabetes



Walking In The Cold

- Get a good pair of walking shoes or sneakers.
- Layer your clothing.
- Warmly cover your head hands and feet to retain your body heat.
- Drink plenty of fluids.

Other Walking Options

- Mall walking
- Join a gym
- Buy a treadmill
- Walk at work

Take the first step and walk!

Ladies Night Out



February 5th, Celebrating Life!

First Thursday of Each Month

Ladies Night Out offers FREE physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided, free childcare, refreshments, mammograms, blood pressure checks, cholesterol screenings, and pap smears

Call 250-6119 to make your appointment

or

ABIPA at (828) 251-8364

Sponsored by Mission Hospitals, Asheville Radiology Breast Center, Buncombe County Health Center, Asheville Buncombe Institute of Parity Achievement, Housing Authority of Asheville, and YWCA.