

Commit

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 Pre-Screenings

Join us for a viewing of **Unnatural Causes**

Wednesday, January 21 at 12 noon

"Know Your Numbers" Health Screening
January 17th
8:00 –10:00 am
YMI Cultural Center
Ray Auditorium
39. S Market Street

FREE

Fasting cholesterol and blood sugar levels, height/weight, blood pressure, and individualized health report.

Call 251-8364 to make your appointment today

Off Site Activities

Sista 2 Sista

Breast Cancer Survivor Support Group Meeting

January 17th

Schedule a

Body & Soul Class



For information on programs call: (828) 251-8364 or visit us at 70 S. Market St., Asheville NC

Asheville Buncombe Institute of Parity Achievement



PACE

Health Highlight

Healthy Lifestyle Tips for the New Year

Source: Munsonhealthcare.org

Fitness

- Have fun! Try a new form of exercise that you haven't tried like belly dancing, or enjoy exercising to your favorite music.
- Walk, jog or skate with a partner two or three times per week.
- Use the stairs instead of elevators and park at far end of parking lot.
- Breathe. Take deep full breaths several times during the day.
- Take it one day at a time. Don't give up. You can do it!

Nutrition

- Write a simple nutrition resolution that you can stick to.
- Plan a healthy lineup of snacks for watching bowl games.
- EAT WHILE YOU EAT! Try turning off distractions like the TV or cell phones and enjoy your meal.
- Try not to eat late at night, leave at least two hours between eating and sleep.
- Enjoy many types of foods, in small servings

Stress Management

- Block out an hour each week to relax.
- Keep your life simple by organizing a messy room.
- Turn off the TV and listen to music
- Control your schedule and make time to reflect and relax.

Social Health

- Volunteer!
- Play! Play games, play with words, play with your children.
- Be a good friend!



Ladies Night Out



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.

January 8th, Celebrating Life!



care to act
best health care for all