



Good Samaritan

HEALTH & WELLNESS CENTER

Restoring Health. Saving Lives.

June 2020 Newsletter

A new VIRTUAL wellness program!

jumpstart



A free, **virtual** wellness program designed to help you better manage your high blood pressure, diabetes, and other chronic conditions, improve understanding of overall health, gain better eating & exercise habits, and stay active.

All from the comfort of your own home!

Six weeks of education absolutely FREE!

Our first virtual
cycle begins

July 6, 2020 — August 17, 2020

Watch lessons and exercises
at your own convenience!

How will JumpStart help me?

- Learn tips to improve your health
- Watch heart-healthy cooking demonstrations and receive recipes
- Follow along with exercises for ALL abilities
- Manage stress
- Live Q&A with providers and instructors

Plus, **free** incentives for participation like a grocery **gift card** or a **Fitbit!**

To join our new virtual program call 706-253-4673 ext. 292 or ask to join the JumpStart Facebook group by using the link below!

[Join JumpStart Here!](#)

NATIONAL MEN'S HEALTH WEEK

June 15th- 21st is Men's Health Week! The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Men, take these three simple steps to improve your overall health:

1. Eat healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need and add at least one fruit and vegetable to every meal.
2. Get moving. Take a walk. Take the stairs instead of the elevator. Play with your kids or grand kids. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.
3. Make prevention a priority. Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

To schedule an appointment with one of our healthcare providers call 706-253-4673.



HEALTH CENTER Advocacy Network

We need your help! Right now, Congress is working on a fourth stimulus bill to aid COVID-19 relief and response efforts, and it's critical that Community Health Centers (CHCs) make it in there as a funding priority. Even after funding provided

to CHCs under the **CARES Act**, health centers nationwide are struggling due to the postponement of medical, dental and other services unrelated to COVID-19. This is not a partisan issue: it's the reality we're living in. If health centers in Georgia do not receive necessary funding from the federal government:

- Health centers can lose funding.
- People could lose jobs in their communities.
- Patients can lose access to care.
- Communities can lose total economic impact based on the ripple effect of health center closures and layoffs.

Friends, we know you are busy and we know your time is precious. However, we are fighting for our survival. For more information go to <https://www.hcadvocacy.org/> .

We hope you'll join us and other health center advocates in taking action to protect our jobs and the people we care for. We can't do this alone, and we need the power of our collective voices to show our congressional delegation how much their support means to us.

Become a Health Center Advocate!

Watch this video for more information on what Health Centers do for our community!



ADDICTION SUPPORT GROUPS

After a short hiatus due to the COVID-19 health crisis, Good Samaritan's Addiction Support Groups will be re-starting on July 9th. We will be offering two meeting times weekly on Thursdays at 12:00 pm and 5:30 pm. These meetings are available to anyone overcoming addictions with things such as internet, gaming, sex, drugs and alcohol.

For more information call 706-253-4673 ext. 291.

Upcoming Events

Every Thursday 12:00PM & 5:30PM - Addiction Support Group Meetings

July 6th- August 17th - Virtual JumpStart Wellness Program

Postponed until further notice: Ed Delaney Memorial Golf Tournament at the Big Canoe Golf Tournament

