

Creating Healthy Communities Coalition Newsletter

3rd Quarter 2021



Our Mission:

Creating Healthy Communities (CHC) is committed to preventing and reducing chronic disease statewide. Through cross-sector collaboration, we are activating communities to improve access to and affordability of healthy food and increase opportunities for physical activity where Ohioans live, work and play. By implementing sustainable evidence-based strategies, CHC is creating a culture of health.

Making the Healthy Choice the Easy Choice!

This Issue:

TC Food Access Sub-Committee

12 Tips for a Healthy Fall

Fall Seasonal Produce

2021 CHC Projects

Upcoming Partner Programs /
Updates

Upcoming Coalition Meetings



Trumbull County Food Access Sub-Committee

The Trumbull County Creating Healthy Communities (CHC) is mobilizing community stakeholders to complete the Trumbull County Community Food Security Assessment so that we can make sure that everyone has access to fresh, healthy, and culturally appropriate foods in their community. The process to create the plan will take place over 18 months (2021-2022). The purpose of the plan is to bridge local food gaps, increase food access and decrease food insecurity, and promote economic opportunities related to food production and distribution.

If you would be willing to provide your knowledge, skill, and expertise in the creation of the final plan please contact Kris Kriebel. We are also looking for more individuals to serve on the steering committee in the greater Trumbull County. If you have a suggestion for candidates you can send over the information directly or a meeting can be scheduled with anyone that is interested in participating. Steering committee members will receive recognition in the final report for their time and effort.

Completion of the plan will take place over quarterly meetings, below includes the schedule for meetings and the topics we will be discussing at each meeting. At the very least we ask steering committee members to be able to attend the following meetings but there are more opportunities to participate in the planning and data collection processes.

1st Quarterly Committee Meeting (August 26th, 2021)

- Socioeconomic data profile for selected locations (census data)
 - Profile of Community Food Resources (census data)

2nd Quarterly Committee Meeting (December 8th, 2021)

- Assessment of Household Food Security (census data)
- Assessment of Food Resource Accessibility (census data)

3rd Quarterly Committee Meeting (March 16th, 2022)

- Assessment of Community Food Production Resources (census data)
- Assessment of Food Availability Affordability (in-store assessment review)

4th Quarterly Committee Meeting (July 20th, 2022)

- Data Recap
- Reflections and Recommendations for Final Plan
- Creation of the plan to gather community feedback on the plan

5th Quarterly Committee Meeting (October 19th, 2022)

- Review the Final Plan after revisions made from community feedback



12 Tips for a Healthy Fall

As the days get shorter and cooler and the leaves change color, use these 12 healthy strategies to help prevent chronic diseases like type 2 diabetes, heart disease,



Get Your Screenings

Visit your doctor regularly for preventive services like cancer and diabetes screenings.



Wash Your Hands

Wash your hands with soap and clean running water for 20 seconds.



Wear A Cloth Face Covering

Use masks to help slow the spread of COVID-19.



Get Your Flu Shot

An annual flu vaccine is the best way to protect against flu, especially for cancer survivors.

Clean Hands Save Lives
Prevent the spread of germs. Teach your kids the five hand-washing steps-wet, lather, scrub, rinse, and dry-and the key times to wash hands, such as after using the bathroom or before eating



Practice Social Distancing

Stay at least 6 feet from people who are not from your household in both indoor and outdoor spaces.



Brush Your Teeth

Brush twice a day with fluoride toothpaste.



Sleep

Get at least 7 hours of sleep every night.



Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.



Be Sun Safe

Wear long-sleeved shirts and pants, a wide-brimmed hat, and sunglasses and use broad spectrum sunscreen with at least SPF 15.



Move More, Sit Less

Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 day a week.



Eat Healthy

Delicious fruits, vegetables, whole grains, lean meats, and low-fat dairy products make healthy meals.



Don't Use Tobacco

You can quit today! Call 1-800-QUIT-NOW for free support.

Fall Seasonal Produce (Click on each link for more information)



[Apples](#)



[Bananas](#)



[Beets](#)



[Bell Peppers](#)



[Broccoli](#)



[Brussels Sprouts](#)



[Cabbage](#)



[Carrots](#)



Cauliflower



Celery



Collard Greens



Cranberries



Garlic



Ginger



Grapes



Green Beans



Herbs



Kale



Kiwi



Lemons



Lettuce



Limes



Mangos



Mushrooms



Onions



Parsnips



Pears



Peas



Pineapples



Potatoes



Pumpkin



Radishes



Raspberries



Rutabagas



Spinach



Sweet Potatoes & Yams



Swiss Chard



Turnips



Winter Squash

2021 CHC Projects

Coalition Objectives

- ◆ Increase membership participation

Warren City

- ◆ Active Transportation Commute Strategy
- ◆ Healthy Vending Policy

Niles City

- ◆ Active Transportation Plan
- ◆ Healthy Vending Policy

Trumbull County

- ◆ Thomas A Swift MetroPark Improvement
- ◆ Food Access Policy & Planning





Clinic Phone Number
(330) 847-7819

Why Consider Aquatic Therapy?



5 Ways Aquatic Therapy Impacts Rehabilitation:

1. An exercise solution for all levels of weight bearing.

Water buoyancy eliminates up to 90% of an individual's body weight, allowing patients with restrictions to safely begin therapeutic exercises shortly after injury without the fear of falling or re-injury.

2. Begin rehab sooner in water than on land to reduce inflammation and accelerate rehab.

The ability to unload an individual's weight in the water allows you to rehab exercises sooner than land based exercises; thus speeding up recovery and minimizing the loss of range of motion on the injured joint. The hydrostatic pressure of water, also naturally decreases inflammation to increase circulation.

3. Pain is greatly reduced when exercising in warm water.

When an individual is bearing less body weight, the stress on their legs and joints is greatly diminished. In addition, the warm water acts as an aid for sore, swollen or injured joints and muscles resulting in less pain for the individual, and increased range of motion.

4. Lean muscle mass and overall leg strength is greatly improved with underwater treadmill.

Exercising on an underwater treadmill yields greater results in building lean muscle mass. The added resistance from the water and therapy jets makes underwater treadmill exercise more challenging for leg muscles.

5. Unbelievable rejuvenation and recovery capabilities.

Research shows that individuals who exercise on an underwater treadmill show significantly less soreness than those who exercised only on a land treadmill. Another study showed improved flexibility and sleep patterns for those who exercised on underwater treadmills.

Patients Best Suited for Aquatic Therapy:

- Arthritis & Chronic pain
- Back & spine conditions
- Neck, shoulder, low back, knee or ankle injuries
- Post-operative surgery
- Neurological conditions
- Sports medicine & performance
- Weight loss
- Cardiac issues

Reference:
www.Hydroworx.com

NO REFERRAL NEEDED! Call today for a FREE Screen!



4329 Mahoning Avenue | Warren, OH 44483



www.blueskytherapy.net/Outpatient

Stepping Out (Free Virtual and On-Site Classes)

August 2021



This Program is provided through a grant from the Mercy Health Foundation of Mahoning Valley.

Monday	Start Time	Instructor	Location
Booty Works	8:00 AM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
Sweat Circuit	8:40 AM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
Chairs Aerobics	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/96519261680?pwd=cHFPVTZXsndTTFVtejFEWKMzcORKdzo9
Senior Aerobics	10:00 AM	Margo Senek	Niles Wellness Center
Chairs Aerobics	11:30 AM	Doris Bullock	Heart Reach Neighborhood Ministries
Old School Fitness Walking	3:00 PM	Faith Wallace	Greater Mill Creek Community Center
Beginner Line Dance	3:00 PM	Lynn McElory	Associate Neighborhood Centre
Power Yoga Express	4:45 PM	Jay Cohen	https://us02web.zoom.us/j/89901852711?pwd=NmJmbWRWmmlUejQ4SGsrOHR3TVVPUT09
Total Body Strength	5:00 PM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
Majestic (Line Dancing)	5:00 PM	Sonja Lynn	Associate Neighborhood Centre
Line Dance	5:30 PM	Mary King	https://us04wi9WZE0Z09eb.zoom.us/j/8144920248?pwd=TG1/Sg5aZfpiQ0g4cHPT
Zumba MAX	5:40 PM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
Core/Cardio Craze	6:00 PM	Ava Lilley	https://us02web.zoom.us/j/2630794644?pwd=ZXJva)Zsc3FBQmRoRONDY2puVFBHUT09
Chair Aerobics	6:00 PM	Doreen Block	www.facebook.com/steppingoutyoungstown
Tuesday	Start Time	Instructor	Location
Walk the Walk	9:00 AM	Dana Wilson	Wick Park – start up point on Park Ave
Chair Aerobics	1:00 PM	Doreen Block	Associate Neighborhood Centre
Line Dancing	3:00 PM	Sonja Fields	OCCHA
Super Senior Exercise	4:00 PM	Carolyn Spires	https://us04web.zoom.us/j/72919939523?pwd=THlaN0xVRWdPOHhoTDhiR0pHWE9Ndz09
Yoga/Yogalates	4:30 PM	Doris Bullock	https://bsmh.zoom.us/j/6179387344?pwd=RGdCMXNGL3dRUXVYRGp6N1JMGhZz09
Line Dancing	5:00 PM	Carol Taylor	OCCHA
Beginner Line Dancing	5:00 PM	Kissa Graham	Niles Wellness Center
Kickboxing Plus	6:00 PM	Ava Lilley	Trumbull Family Fitness
Zumba	6:00 PM	Doreen Block	www.facebook.com/steppingoutyoungstown
Wednesdays	Start Time	Instructor	Location
Core Burn	8:00 AM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
Upper Body Blast	8:40 AM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
Senior Aerobics	10:00 AM	Margo Senek	Niles Wellness Center
Chair Aerobic	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/96519261680?pwd=cHFPVTZXsndTTFVtejFEWKMzcORKdzo9
Chair Aerobics	1:00 PM	Doreen Block	Associate Neighborhood Centre
Line Dancing	3:00 PM	Lynn McElory	Greater Mill Creek Community Center
Walk Easy (Line Dancing)	5:00 PM	Sonja Lynn	Greater Mill Creek Community Center
Feel Good Full Body	5:00 PM	Patrick Wise	https://us05web.zoom.us/j/87952757260?pwd=eXNjZndWZzJubW5WbDd5anZEdFNEUT09
Total Body Strength	5:00 PM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
Zumba MAX	5:40 PM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
MiBoSo Stretch	6:30 PM	Sherri Woods	https://ysu-edu.zoom.us/j/99066332868?pwd=ZjhLNGJvU2I5b3BRcXY5dUw4TTArDz09
Cardio Plus	7:30 PM	Ava Lilley	www.facebook.com/steppingoutyoungstown
Thursdays	Start Time	Instructor	Location
Booty Works	8:00 AM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
Sweat Circuit	8:40 AM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
Fitness Walking Class	4:00 PM	Faith Wallace	Greater Mill Creek Community Center
Zumba	5:00 PM	Kelley Frazier	Greater Mill Creek Community Center
Toe Tapping	5:00 PM	Carol Taylor	Eugenia Atkinson Recreation Center
Zumba	5:00 PM	Tamara Cooper	Niles Wellness Center
Tipple Step Line Dancing	5:00 PM	Sonja Fields	Heart Reach Neighbor Ministries
Kickbutt Kettlebell	5:30 PM	Ava Lilley	Trumbull Family Fitness
Line Dance	6:30 PM	Kissa Graham	Trumbull Family Fitness
Fridays	Start Time	Instructor	Location
Core Burn	8:00 AM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
Chair Chi	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/96519261680?pwd=cHFPVTZXsndTTFVtejFEWKMzcORKdzo9
Saturdays	Start Time	Instructor	Location
Zumba Tabata	7:30 AM	Kelley Frazier	https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnL0U0S1JuUVN0eUlkb2pkQT09
Bodied by Ava Bootcamp	9:00 AM	Ava Lilley	Trumbull Family Fitness

***For Zoom Class ID & PW see pg. 2

Turn over →

Stepping Out (Free Virtual and On-Site Classes)

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Fitness Educational Virtual Training (One-on-One)

By Appointment Only Doris Bullock 330-720-3293

Monthly Health Screening

Call for more information Doris Bullock 330-720-3293

Healthy Eating Educational Demo

Michelle Golladay www.facebook.com/steppingoutyoungstown

Location

<u>Location</u>	<u>Phone Number</u>
(ANC) McGuffey Centre, 1649 Jacobs Rd., Youngstown, OH 44505	330-744-4377
(AME) Grace AME, 1137 Main Ave. SW, Warren, OH 44483	330-394-6270
(EARC) Eugenia Atkinson Recreation Center, 903 Otis St., Youngstown, OH 44510	330-707-4714
(GMCCC) Greater Mill Creek Community Center, 496 Glenwood Ave, Youngstown, OH 44502	330-743-0020
(HRNM) Heart Reach Neighborhood Ministries, 211 Redondo, Youngstown, OH 44503	330-744-2000
(IMY) Inspiring Minds Youngstown, 2246 Glenwood Ave, Youngstown, OH 44511	234-254-8124
(NWC) Niles Wellness Center, 213 Sharkey Dr., Niles, OH 44446	330-349-9355
(OCCHA) OCCHA, 3660 Shirley Rd. Youngstown, OH 44505	330-781-1808
(Taft) Taft Elementary School, 730 E. Avondale Ave. Youngstown, OH 44502 (United Way)	330-746-8494
(TFF) Trumbull Family Fitness, 210 High St. NW Warren, OH 44481	330-394-1565

PLEASE NOTE:

Stepping Out Sites: Associate Neighborhood Centre (McGuffey Centre), Eugenia Atkinson Recreation Center, Greater Mill Creek Community Center, Heart Reach Neighborhood Ministries, Niles Wellness Center, OCCHA, Trumbull Family Fitness

Class changes: Kelley Frazier: No Evening classes 8/18 & 8/19, No Saturday classes on 8/14 (AAMWW) or 8/28
Kissa Graham: No class Tuesday 8/10/21
Jay Cohen: No class Monday 8/2/21

Zoom Passwords

Doreen Block classes: <https://www.facebook.com/profile.php?id=12445840>

Doris Bullock classes: Meeting ID: 617 938 7344 Password: doris

Kelly Frazier classes: Meeting ID: 617 938 7344 Password: KFF

Mary King classes: Meeting ID: 814-4920-248 Password: mmk27

Ava Lilley classes: Meeting ID: 263 079 4644 Password: GFIT

Carolyn Spires classes: Meeting ID: 729 1993 9523 Password: carolyn

Faith Wallace classes: Meeting ID: 965 1926 1680 Password: 372449

Patrick Wise classes: Meeting ID: 879 5275 7260 Password: pawprint

Jay Cohen classes: Meeting ID: 899 0185 2711 Passcode: 229046

Dr. Sherri Woods: Meeting ID: 990 6633 2868 Passcode: miboso

Doris Bullock, Stepping Out Program Supervisor, (C) 330-720-3293, (O) 330-480-8659

Email: dibullock@mercy.com

(For updated calendars: www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar)

Stepping Out (Free Virtual and On-Site Classes)

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CLASS DESCRIPTIONS

Bodied By Ava Bootcamp A type of group exercise/ interval training class that mixes traditional calisthenics and body weight exercises with interval training and strength training. Programs are designed to build strength and fitness through a variety of types of exercise and calisthenics, such as pull-ups, pushups, lunges and crunches, as well as drills and sprints. We will incorporate bursts of intense activity alternated with intervals of lighter activity. This high-energy, sweat-inducing class will help you lunge, jump, push and pull with more power and endurance. Sequencing varies with the use of weights, steppers, jump ropes, medicine balls, slam balls, etc. and we will venture outside. Suitable for ALL fitness levels. Equipment is available on site.

Booty Works is a class that focuses on glute activation. Suitable for all levels, weights and bands are used

Cardio Strength is a low impact fitness class that includes functional movement, aerobic exercises, and strength/resistance training with very light weights and resistance bands. Suitable for ALL fitness levels. Equipment is available on site.

Chair Chi is a gentle exercise program by Pat Griffith to help people to receive the benefits of the traditional Tai Chi Chun in the comfort and safety of their chair. Suitable for all level.

Cardio Plus is a low impact fitness class that includes functional movement, aerobic exercises, and strength/resistance training with very light weights and resistance bands. Suitable for ALL fitness levels. Equipment is available on site.

Chair Aerobics is an aerobic workout with emphasis on improving cardio and strengthening muscles for participants who may have certain physical restrictions or limits in a traditional setting. We use chairs, weights, and resistance bands partnered with an upbeat playlist to make class productive and enjoyable. Suitable for ALL fitness levels. Equipment is available on site.

Core/Cardio Craze In this class we will work our Core with exercises to improve your balance and stability. Core exercises also train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. Use of body weight exercises, for example squats, jumping jacks, lunges, punches, planks, push-ups etc. to get the heart rate up and burn calories. Will use chairs or mats for intensive core work. However, many core exercises don't require specialized equipment.

Core Tabata is a high intensity interval training program specifically targeting the abdominal and core muscles where an exercise is performed at maximum efforts for 20 seconds followed by a 10 second rest period. This cycle is repeated 8 times for each exercise. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat, dumbbells (whatever size that is appropriate for the fitness level of each participant)

Dance Fusion is an intermediate aerobics class with emphasis on improving flexibility, cardio-vascular strength and muscular strength via a variety of dance genres. It is a combination of Zumba fitness, Hip Hop, Jazz, Vogue, Majorette, Line Dance, ballroom, and stepping. The instructor fuses all of these dance genres into an hour of fitness that is both effective and exciting. Suitable for ALL fitnesslevels. Equipment needed: none.

Feel Good Full Body is a total body workout geared toward improving strength, functionality and cardio. Equipment need: pair of dumbbells between 2.5 lbs. and 5 lbs. and a mat for the workout. Suitable for ALL fitness levels

Fitness Walking/Old School Fitness walking is a 60-minute class where participants can walk the circumference of the gym at their own pace while socializing with others or on their own. It is also an opportunity to walk with the instructor one on one and get advice and answers on anything health and fitness related. Great way to get those daily steps in in a safe environment. Suitable for ALL fitness levels. Equipment needed: none

Kick-Butt Kettlebell Kettlebell class/training uses dynamic moves using whole-body exercises to deliver cardio, strength, and flexibility benefits in a short amount of time and can be beneficial for anyone no matter the level of fitness. Kettlebells come in a range of off-centered weights (5lb-30lb) and a workout includes different movements such as the deadlift, swing, squats, halos and orbits. More advanced movements can be incorporated in time. Suitable for ALL fitness levels. Equipment is available on site

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Line Dancing is a Soul/Urban line dance class. This class is a fun and an exciting way to dance your way to good health! The instructor will teach you low, moderate and high energy line dance routines and will help you burn calories at the same time. It's a fun way to exercise and it will free the dancer in you! No partners needed--perfect for singles! Suitable for ALL fitness levels. Equipment needed: none

MiBoSo (Mind, Body, & Soul) Stretch is a trauma-informed restorative yoga experience that includes breathing meditations to soothe and calm the mind; gentle restorative movements to stretch and relax the body; and mindful moments to search the soul. These practices calm, balance, and restore the nervous system and decrease stress. An exercise mat is suggested. A stretch band, bolster/cushion/firm pillows are optional. Suitable for all fitness levels.

Majestic Monday this class focus is on dances with a combination of various line dance steps with some complex movements. It is good for dancers to know the basic line dance steps (*but not required*). Everyone is welcome - be ready to have fun and exercise your mind and body. Suitable for ALL fitness levels. Equipment needed: none

Power Yoga Express A 45-minute flow, that will get you moving, and feeling refreshed. Improve strength, balance, range of motion and flexibility. This class is suited for beginners as well as more experienced Yogi's. See you on the mat. Suitable for ALL fitness levels. Equipment needed: mat

Sweat Circuit is a class using running or power walking intervals paired with strength training exercises. Suitable for all fitness! Treadmill/access to a track or trail is recommended.

STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat

Super Senior Exercise Class is a fun way to get in and stay in shape! A scarf, two cans, or two water bottles and a chair are all you'll need to stretch, gain strength and improve your balance! Suitable for ALL fitness levels.

Total Body is a high intensity interval training program where an exercise is performed at maximum efforts for 20 seconds followed by a 10 second rest period. This cycle is repeated 8 times for each large muscle group. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat, dumbbells (whatever size that is appropriate for the fitness level of each participant)

Triple Step Thursday this class is driven on improving steps, moves, and *DANES* along with *TIMING* to the music. Everyone is welcome to come to have fun and enjoy while improving your line dancing skills and timing. Suitable for ALL fitness levels. Equipment needed: none

Upper Body Blast is a class that focuses on upper body. Suitable for all levels, weights and bands are used

Walk Easy Wednesday this class focus on basic line dance steps and simple dances with an introduction to dances with combination moves and steps. Everyone is welcome to be ready to learn and have fun. Suitable for ALL fitness levels. Equipment needed: none

Walking Class is a 60-minute class where participants can walk at their own pace. It is also an opportunity to walk with your friends and make new friends. Great way to get those daily steps. Suitable for ALL fitness levels. Equipment needed: none

Zumba is a fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combination of dance moves and exercises that tone and sculpt the body. Some popular genres in my class are reggaeton, pop, hip-hop, salsa, merengue and more! Suitable for ALL fitness levels as modifications are available. Equipment needed: none

Zumba MAX is a Zumba class with the KFF twist! It is suitable for all fitness levels with modifications as appropriate or necessary. Be ready to sweat and torch calories!!

Yogalates is Pilates and yoga combine. This class will help to create strength, stability, and support for the spine and the whole body by syncing breath and movement in this flow-based class. Find energy, strength, and flexibility while staying kind and gentle to yourself. Suitable for ALL fitness levels. Equipment needed: stretch band and pillow (if needed)

Yoga this yoga class is a gentle class focusing on flowing from pose to pose and linking the movement with the breath. All levels are welcome. Suitable for ALL fitness levels. Equipment needed: stretch band and pillow (if needed)



WORLD DAY AGAINST TRAFFICKING PERSONS

Human trafficking, mental illness, & substance use are inherently linked.

Possible Signs of a Trafficked Person:

- Signs of physical abuse
- Malnourished
- Submissive or fearful
- Inability to speak to individual alone
- Answers appear to be scripted and rehearsed
- Consistent sexually transmitted diseases
- Exhibit signs of physical and psychological trauma (e.g. anxiety, lack of memory of recent events)
- Avoiding eye contact
- Forced Dependency to AUD & SUD



How BrightView Provides SUD Support to Persons at Risk for Trafficking

- Close relationship with Peer Recovery Supporters who care
- Easy Access to Treatment
- 24/7 Call Center
- Wrap Around Service to Treat Mental Health & Trauma

To get help from the National Human Trafficking Hotline:

1-888-373-7888 or text **HELP** or **INFO** to **BeFree (233733)**

THREE EASY WAYS TO REFER NEW PATIENTS

CALL 24/7

833.510.4357

BrightView's live access specialists are available to speak with you 24 hours a day. They schedule new patients immediately, walk them through what to expect, help line up transportation and answer any questions.

GO ONLINE

brightviewhealth.com

BrightView's website allows our community partners to schedule new patients same-day or next day at 8am, 9am, or 10am. Patients who opt in will get a text reminder with appointment details.

WALK IN

We welcome walk-ins weekdays until 3:00pm.

Every new patient will be examined by an advanced provider, receive medication to manage withdrawal, and engage with a case manager.

WE TREAT YOU LIKE A PERSON, AND ADDICTION LIKE A DISEASE.

2021 COALITION MEETINGS:

November 10, 3:00 PM—4:30 PM **CHC 4th Quarter Meeting**, TBD

For More Information:

Kris Kriebel, MS, CHES

Creating Healthy Communities Coalition Coordinator

(330) 675-7887



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