



Upcoming FREE Wellness Programs

Matter of Balance

Mondays, August 10 - October 5, 5 – 7 p.m.

Pagnano Towers, 1 Curtis Ave, Quincy & 95 Martensen St., Quincy

Call to register: 617-376-1275

My Life, My Health

Wednesdays, September 2 – October 7, 5 -8 p.m.

Kennedy Center, 440 E. Squantum St., Quincy

Call to register: 617-376-1506

My Life, My Health

Thursdays, August 13 – September 17, 9:30 a.m.-noon

Whipple Senior Center, 182 Green Street, Weymouth

Call to register: 781-340-5008

My Life, My Health

Mondays, October 19 - November 23, 9:30 a.m.-noon

Whipple Senior Center, 182 Green Street, Weymouth

Call to register: 781-340-5008

Tobacco Cessation -- Beat the Pack!

Wednesdays, August 19 – September 9, 5 -6 p.m.

Germantown Community Center, 366 Palmer Street, Quincy

Call to register: 617-471-8400 Ext. 150

Tobacco Cessation -- Beat the Pack!

Thursdays, September 24 – October 15, 5-6 p.m.

Tufts Library, Canoe Rm., 46 Broad Street, Weymouth

Call to register: 617-471-8400 Ext. 150

Healthy Eating

Wednesdays, August 12 - October 28, 5-7 p.m.

Kennedy Center, 440 E. Squantum Street, Quincy

Call to register: 617-375-1506



*The Quincy Weymouth Wellness Initiative invites you to join us for **free wellness programs** offered to the community.*

My Life, My Health - Developed by Stanford University Medical Center, this evidence based self-management program is for individuals with chronic health conditions, such as high blood pressure. Participants will learn how to set and meet personal goals, increase energy levels, handle stress and relax, and improve communications with doctors and others.

My Life, My Health - Diabetes Edition - This Stanford University Medical Center self-management program is for those living with or caring for someone with diabetes or pre-diabetes. Participants will learn skills to help prevent, manage and cope with the disease.

Matter of Balance - This exercise program is for individuals who have fallen in the past or are at risk for falls. The program is designed to improve participant balance, strength and coordination.

Tai Chi – This is a non-competitive, self-paced program comprised of gentle physical activity, stretching and deep breathing to improve muscle strength, flexibility, balance, and aerobic conditioning.

Nutrition Program – Our nutrition education and/or healthy cooking classes teach participants about healthy food choices, portion sizes and how to make healthy, low-cost meals.

Tobacco Cessation Counseling - Led by our trained Tobacco Treatment Specialists, the Community Group Counseling program creates a supportive quit environment. Sessions include health education, behavior modification, lifestyle change, coping strategies, nutrition and physical activity tips.

For more information or to sign up for any of these programs, please contact the
Quincy Participants: Monica Davis at (617) 479-8500 ext. 4760
Weymouth Participants: Teryn Falkingham at (781) 340-5008

Working together to improve the health of our communities.

■ MANET COMMUNITY HEALTH CENTER ■ BAY STATE COMMUNITY SERVICES ■ CITY OF QUINCY ■ ENHANCING ASIAN COMMUNITY HEALTH (EACH) ■ SOUTH SHORE ELDER SERVICES
■ SOUTH SHORE HOSPITAL ■ SOUTH SHORE WORKFORCE INVESTMENT BOARD ■ SOUTH SHORE YMCA ■ STEWARD MEDICAL GROUP ■ TOWN OF WEYMOUTH

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