Seniors *with* Hope

Aug. 1, 2-3:30 pm
Bethea Retirement
Community Chapel
157 Home Ave., Darlington

Aug. 8, 2-3:30 pm
HopeHealth Medical Plaza
Magnolia Room
360 N. Irby St., Florence

Aug. 15, 2-3:30 pm
HopeHealth in Kingstree
Conference Room
520 Thurgood Marshall Blvd.
Suite B, Kingstree

Seniors got the chance to learn some seated exercises during the July Seniors with Hope in Florence and Kingstree.

This month, Carl M. Humphries, HopeHealth CEO, will speak about community health centers and their role in keeping seniors healthy and active.

ROOTED IN COMMUNITY
#NHCW19

National Health Center Week
Aug. 4-10, 2019

National Health Center Week is an annual celebration to raise awareness about the mission and accomplishments of America's health centers. This year, HopeHealth, the National Association of Community Health Centers, and the Health Center Advocacy Network invite you to help support the ways that health centers are "Rooted in Community."

Visit any HopeHealth location on Advocacy Wednesday, Aug. 7, to learn more, register to vote, and to sign up as a health center advocate. Show our legislators how important community health centers are to you!

Benefits of Weight Loss

Maintaining a healthy weight is important for health, but you may be wondering just how important losing those 5-10 extra pounds can be.

Below are some quick facts demonstrating how even a small change in your weight helps your well-being:

- Prevent type 2 diabetes / improve diabetic control
- Improve cholesterol levels and heart health
- Decrease blood pressure
- Decrease chances of heart disease and stroke
- Improve sleep
- Improve mood
- Relieve joint pain
- Lower your body mass index (BMI)
- Decrease chances of cancer

For more on healthy weight benefits, or to calculate your BMI, read our full article by Dr. Heather Leisy, director of preventive medicine, at hope-health.org/blog.

Stay Informed with HopeHealth

Subscribe to the digital Patient Prescription at hope-health.org, view the QR Code with your smartphone camera, or text

HOPEHEALTH to 22828.