



Whole Health for You



MAKE CHANGES FOR A BETTER TOMORROW

The WHY Program is now offering Tele Groups!

The support of group in the comfort of your home.

You can now use web and mobile tools to stay connected.

No device? Harbor can loan you a tablet at no charge to connect to your Harbor appointments.



Harbor's WHY Program offers the following groups:

Healthy Living: A 8 week program combining healthy cooking and exercising that helps to encourage physical activity, social support for weight loss, healthier eating habits and setting achievable nutrition, exercise and weight loss goals.

Stop Tobacco and Nicotine Dependence (STAND): An intensive smoking cessation intervention program to help people living with mental illness to quit smoking or cut back on the number of cigarettes they smoke per day.

Yoga: An 8 week class focusing on lowering stress levels, improving symptoms of depression and anxiety, keeping your heart healthy, promoting joint support and managing pain.

Mindful Meditation: This is an 8 week class that can help reduce stress, control anxiety, promote emotional health and enhance self-awareness. This class introduces various forms of mediation and how to incorporate mindfulness meditation into your daily living.

With more groups to come!

*Let the Harbor
WHY Program
help you create a
better you!*

To sign up or get more information, contact Alicia Winne 419.720.6122 ext.2135



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