


2005 - 2004

With the **Reach for Wellness** program administrated by the **Fulton County Department of Health and Wellness**, Acsential's staff conducted workshops on Men's Wellness, which included instructions on smoking cessions and increasing physical activity. Classes were conducted for seniors on how to control blood pressure and diabetes with a healthy diet. The staff manned information kiosks in local grocers through out Fulton County focusing on the Reach for 5 to 9 fruits and vegetables campaign to encourage healthy eating. Signs with instructions for shoppers on the importance of buying fruits and vegetables were posted over the fruit and vegetable areas of the grocery stores. Whenever possible the information kiosks and signs were left in placed after the grocery store outreach. Cooking demonstrations were held to provide first hand cooking instructions. Bookmarkers with cooking instructions on how to prepare healthy foods were also made available at no charge. Acsential's community outreach strategy for REACH consisted of planning, executing, and promoting four events in 2004-2005:

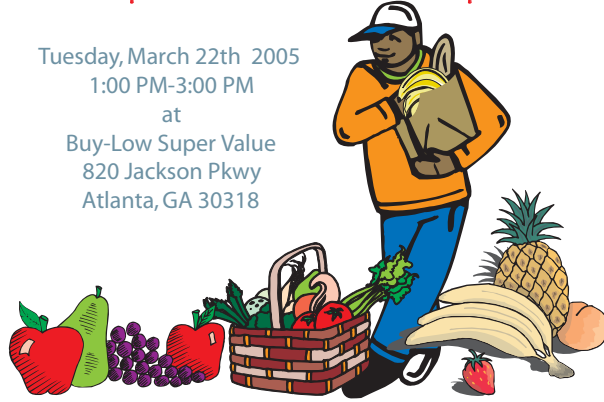
- "REACH For Healing and Health" Fellowship Breakfast
Over 500 local Religious Leaders attend the fellowship breakfast. The goal was to strengthen and engage faith-based organizations in participating in REACH community health programs and activities.
- Newsletter Design
 Designed the layout for the REACH premier newsletter; and solicit interviews for newsletter

Fulton County Department of Health and Wellness
 REACH for Wellness



REACH for 5 to 9 Supermarket Campaign

Tuesday, March 22th 2005
 1:00 PM-3:00 PM
 at
 Buy-Low Super Value
 820 Jackson Pkwy
 Atlanta, GA 30318



HEALTHY Living
 Reach for A Healthier You Issue 1 November 2004

REACH for Wellness Salutes it's Partners

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Mission
 To serve as a catalyst for cardiovascular wellness while establishing health equity and general well being through collaborative planning, advocacy, empowerment, community action and systems change.