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LOCAL

Fellowship Health receives \$5K grant

FALL RIVER — Fellowship Health Resources Inc., a mental health and substance abuse treatment agency headquartered in Lincoln, R.I., will continue its Healthy Lifestyle Program in Fall River thanks to a Community Impact Grant from the United Way of Greater Fall River. The program will start on Oct. 1 and last until Sept. 30, 2012.

Healthy Lifestyles Program Coordinator and FHR staff member Therese Bernier said that the \$5,500 grant will expand the initiative by offering more program groups and activities.

“A Health and Wellness Fair held last May allowed us to assess participants’ interest in potential program activities. Our curriculum promotes learning and the assimilation of learned materials. This practice helps transition these activities into actual, day-to-day behavior,” Bernier said. “The funds will be used to supplement the expense of equipment, supplies, and educational materials so that we can make our program as effective as possible.”

This year’s Health and Wellness Fair will be held on Tuesday, Sept. 27, from 11 a.m. to 2 p.m. at the East Gate Christian Academy, 397 Bay St., Fall River. FHR encourages persons served and staff members who are interested in the programs to attend.

Most, if not all, of the groups from last year expressed an interest in continuing with the Healthy Lifestyle Program. FHR collaborates with many local organizations to provide individually crafted programs including smoking cessation, nutrition, exercise, cooking, dance and movement, and stress management.

“We serve over 100 people in the Fall River region,” says Regional Director Denise Silvia. “Having ties to local community organizations make it possible to support one another and our programs.”

For more information about Fellowship Health Resources Inc., visit www.FellowshipHR.org.