

## Pathways' Health and Wellness Program

We, at Pathways, recognize that our consumers have the right to lead the healthiest and most independent lives possible. We have created our Health and Wellness Program to promote physical wellness, which will lead to improved mental health.

We educate consumers about proper diet and provide healthy food options in our facilities. We encourage outdoor activities and physical exercise. We act as a liaison between the consumer and community resources.

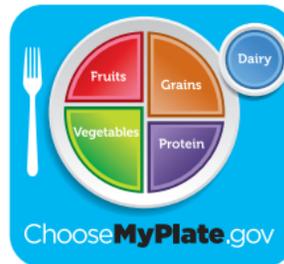
Please take a moment to read through all the health and wellness benefits that Pathways has to offer!



Pathways at the 2012 NAMI Walk



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**QUITLINE**  
1-800-QUIT-NOW



175 MILBANK AVENUE  
GREENWICH, CT  
203.869.5656

## Pathways' Health and Wellness Program



Pathways, Inc. of Greenwich  
175 Milbank Avenue  
Greenwich, CT 06830

Phone: 203.869.5656  
Fax: 203.869.4059  
[www.pathways-greenwich.org](http://www.pathways-greenwich.org)

***A Caring Path to  
Better Mental Health***

## Healthy Living Residential Programs



Pathways has three residential programs that are staffed 24/7: Milbank, our entry-level group home; Davis Ave., a supervised, transitional apartment program; and 509

East Putnam Ave., our permanent supportive housing program.

Each week, our staff assist residents with stocking the houses with wholesome foods, affording residents with the healthiest meal options. Counselors teach cooking skills which will enable consumers to prepare nutritious meals when they transition into independent community living. We also track their weights on a weekly basis and chart their progress, offering advise and nutritional counseling.



## YMCA Scholarships!

We are extremely fortunate to offer Greenwich YMCA Scholarships to Pathways consumers. We work closely with the staff at the YMCA to ensure easily access of all the services that the YMCA has to offer! From aquacise to weight training, cardio, basketball, yoga, and swimming, there is something for everyone at the Greenwich YMCA to enhance wellness!



## Strive For Five



Pathways' Strive for Five Program is a weekly peer-support meeting, led by a Pathways staff member who has gone through her own personal wellness struggle.

SF5 is dedicated to helping consumers living with mental illness to strengthen nutritional awareness and become more active. This program is similar to the weight watcher concept of tracking individual weekly weights and talking about the weekly struggles that occur while trying to achieve weight loss. A SF5 weekly newsletter and selected materials are available at each session.



## Junk Food Free Zones!

We are committed to encouraging consumer wellness in all of our Pathways programs throughout Greenwich. Providing healthy meal and snack options is key to the wellness learning process. Our facilities are officially Junk Food Free Zones! This means, consumers and staff are not allowed to bring unhealthy foods into our facilities. Out of sight, out of mind! If you don't have it, then you can't eat it!

## Healthy Lifestyles

It is fact that persons living with a severe mental illness have a decreased life expectancy of 25 years. Severe mental illness is correlated to obesity, sedentary lifestyle and smoking. With the assistance of CT Quit Line, case managers encourage and immediately respond immediately to smoking cessation requests. Consumers are warmly invited to attend weekly scheduled activities such as Walking Groups, YMCA Group Outings, Health and Wellness Challenges, and Saturday Hiking Group. We want to make wellness easy, fun and a central figure in all of our lives!

