

## **Abacus Program Wellness Classes - Yamhill County HHS**

**Healthy Living Class** – Based on Lilly’s “Solutions to Wellness Group Program” – A program that offers information and tips on healthy living including nutrition, fitness, and exercise.

Eligibility: Mid-Valley Behavioral Care Network members and other Yamhill County residents with serious mental illness. Person must 1<sup>st</sup> enroll in the Abacus Program to participate.

Date: Wednesdays

Time: 10:30am - 1:00pm

Location: Abacus Program, 625 NE Galloway St., McMinnville, Oregon

Contact Person: Craig Hinrichs, (503) 434-7523

**Fitness Class** – Exercise class utilizing fitness equipment and free weights located at the Abacus facility to enhance physical and mental well-being.

Eligibility: Mid-Valley Behavioral Care Network members and other Yamhill County residents with serious mental illness. Person must 1<sup>st</sup> enroll in the Abacus Program to participate.

Date: Mondays

Time: 1:00 – 2:00pm

Location: Abacus Program, 625 NE Galloway St., McMinnville, Oregon

Contact Person: Craig Hinrichs, (503) 434-7523

**Walking Group** – Fitness class offering opportunity for social networking and community integration while improving physical and mental well-being.

Eligibility: Mid-Valley Behavioral Care Network members and other Yamhill County residents with serious mental illness. Person must 1<sup>st</sup> enroll in the Abacus Program to participate.

Date: Wednesdays

Time: 2:30 – 3:30pm

Location: Abacus Program, 625 NE Galloway St., McMinnville, Oregon

Contact Person: Craig Hinrichs, (503) 434-7523

**Tobacco Free Support Group** – Tobacco cessation education and support group

Eligibility: Mid-Valley Behavioral Care Network members and other Yamhill County residents with serious mental illness. Person must 1<sup>st</sup> enroll in the Abacus Program to participate.

Date: Thursdays

Time: 10:30 – 11:15am

Location: Abacus Program, 625 NE Galloway St., McMinnville, Oregon

Contact Person: Craig Hinrichs, (503) 434-7523