

De-stressing Key to Job Search Survival

Personal Health Tip

Why Weight Matters

Think watching your weight is just a cosmetic concern? Think again. Gaining too much weight can lead to serious health risks and an estimated 300,000 Americans die every year from obesity related problems.

♥Physical activity is one key to obtaining healthy weight... walk your way go good health.



Lose Weight the healthy way

Professional

Success Tip

Spring clean your vernacular by eliminating four letter "F" words:

♦**Fear** is often less productive in the workplace.

♦**Fail**, the fear of failure prevents action.

♦**Fine** or mediocrity, can mean the same when describing your work; choose a better word like GREAT



Contact Information

Send comments and other information to L. Neicey Johnson: ljohnson@vsns.org

Newsletter Staff

Ardell Jones
Yao Seidu



Understanding the challenges high employment brings to persons with barriers to employment, Visions provide its Ex-offender Success Program (ESP) participants with de-stressing activities while completing their workforce readiness training and job search. With the support of local



partners, participants receive functional training from world renown and eighth-time Mr. Olympia, Lee Haney. The key to staying focused during these tough economic times is to keep the body healthy and fit, says Mr. Haney.

ESP participants spend one day per week with Mr.

Haney performing a combination of intense resistance, flexibility and cardio-exercises. Neicey Johnson, Visions' Executive Director, states, "with the generosity of Mr. Haney, we are proud to provide this opportunity for a group of men who's stressors are multiplied as they seek to secure successful employment. We believe a healthy, stress-less, employee is a productive employee."



Our Leadership and Supporters

2008—2010 Board of Directors

Our diverse leadership is represented by business, health and faith disciplines throughout the nation.

Empowering People in the Community

Through collaborative partnerships with The King Center and the Live Healthy Fulton campaign, Visions has staffed organized and operated more than 15 health awareness and screening events during the first quarter of 2009.



Program Support from the Community

Program participants participated at job and health events at local churches, including New Birth Cathedral in Lithonia, GA.

See the Visions website calendar for more information on future events.



Visions' Website Has a New Look

Check it out the newly constructed website at www.vsns.org



- Robert Beerman, Frito-Lay, retired
- Darrell Elligan, Atlanta Metro- Concerned Black Clergy
- L. Neicey Johnson, VSNS, inc.
- Ardell Jones, Baptist Health Systems
- Track McClintock, Government Relations
- Yao Seidu, Georgia Department of Agriculture
- William Turner, Southern University

Upcoming Events

- April 26, 2009, 2pm—6pm
Health Awareness and Screening
Striker Motorcycle Club
(Moreland Ave, Atlanta)
- May 2, 2009, 6am—10am
Semi-annual Charity Day Sale**
Belk, Stores, nationwide
- May 2, 2009, 7:30am - 11:30am
Media Training for Healthcare Professionals
Morehouse School of Medicine, Atlanta
- May 3, 2009, 8am & 11am
Health Awareness Message
Bibleway Ministries, Atlanta
- June 21, 2009, 10am—6pm
Real Men Cook
Georgia Railroad Depot, Atlanta

** Contact Visions for your Charity Day Sale ticket
www.info@vsns.org