

Giving Thanks in the Season of Thanksgiving

Personal Health Tip

Find Balance During the Holidays

Remember the keys to staying healthy during the holidays is...Balance

- ♥ Watch the amount of fat in your diet—you should not have more than 65 gms of fat per day
- ♥ Keep your carbs/ sugars under control—no more than 300 mg per day
- ♥ Your salt/sodium intake should be no more than 2400 mg per day.
- ♥ Don't get distorted by the portions—control how much you eat.

(Values based on a 2,000 calorie diet—consult your physician for what is right for you)



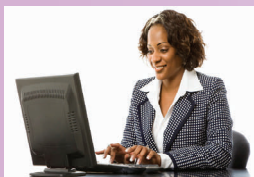
Professional

Success Tip

Did you know that there are two types of resumes.

- ◆ **Chronological** expresses your work history based on the actual years worked at each employer in reverse chronological order
- ◆ **Functional** showcases your talents or skills based on the functions you have had throughout your work history.

Remember to choose the best resume type for you and the position you are applying.



Contact Information

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Newsletter Supporters

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Visions' events since June 2009

Visions is very thankful to its supporters, donors and participants for the opportunities afforded during the this last half of 2009.

"We are most proud of the work we do to empower people across the lifespan to change the way they think about their health and overall well being," says Neicey Johnson, executive director.

During the last six months, we have participated in the following single day events:

- ◆ 7th Annual Tom Joyner Family Reunion, Orlando
- ◆ Take a Loved One to the Doctor Day, Atlanta
- ◆ Faith in Your Heart (program of the ABC), Memphis
- ◆ Kiss Diabetes Goodbye (KISS 104.1 FM), Atlanta
- ◆ Community Health Advocate Training, Washington, D.C.
- ◆ For Sisters Only, Atlanta
- ◆ Belk Stores, Inc., Charity Day Sale, Kennesaw, GA

The work done by Visions is very important to the community. During these events, we referred two persons to the local emergency room for immediate care for excessively high blood pressure and blood sugars. Family members expressed gratitude for our intervention.

Empowering People in the Community

Visions continues to provide job readiness and computer literacy training to those with barriers to employment. In partnership with STAND, Inc., Visions has trained nearly 100 clients, all men, and enjoys a 85 percent success rate in job placement.



Atlanta Braves baseball game

Visions Welcomes Your Tax Deductible Donations

Visions is an IRS designated 501(c)(3) charitable organization. All funding benefit our programs and services.

KISS Diabetes Goodbye, New Birth, Lithonia



Highlighted Successories

Visions launched its signature program, "Granny's Camp" in September. The event pairs youth with elderly to foster a grandparent relationship that includes sharing, storytelling and inspiring. Health and wellness was the primary focus.

The event took place at Greater Deliverance Baptist Church in Atlanta, James Dixon, pastor. The event was well attended by youth and seniors. Both groups were very complimentary of the experience and are excited about continuing the newly-formed relationships.

To demonstrate their commitment, the youth invited the seniors to a movie where the expenses were covered by the youth. Popcorn, beverages, and other treats were also provided.

Congratulations to Greater Deliverance for a successful event.



Upcoming Events

- December 13, 2009, 9:30am—1pm Health Awareness and Screening, Christian Love Baptist Church, Newark, NJ
- January 9, 2010, 11am—4pm Health & Wellness Forum The King Center, Atlanta
- Health Promotion Specialists Monthly Meetings (3rd Monday) Atlanta
- Ongoing 2009—2010 Search Your Heart, American Heart Association, various locations

