



INTEGRATIVE MEDICINE NEWSLETTER, VOL. 2

Program for Integrative Medicine and Health Care Disparities
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Spring 2013

Get Active this Spring! Ideas for the Whole Family

Obesity and weight related problems are on the rise among adults and children. In addition to healthy eating, consistent exercise leads to weight loss and lowers your chance of developing chronic diseases like diabetes, heart disease, high blood pressure, breathing problems and trouble sleeping. With the beginning of spring, the days are growing longer and warmer making this the perfect opportunity to get outside and move!

Research shows that one of the best ways to prevent childhood obesity and related chronic diseases is for the entire family to be involved in making lifestyle changes. These changes can include focusing on making healthier meal choices and reducing snacks. In addition, making exercise and activity a part of your family's routine also increases your child's opportunity to successfully improve his or her health.

There are many fantastic opportunities in the Boston area to take advantage of this spring to support your commitment to your family's health. Neighborhood YMCAs offer a variety of classes from swimming lessons to competitive team sports.

Check out the YMCA in your area:

- **YMCA Achievers** (*Holds summer academic and healthy living programs for kids*)
3134 Washington St., Roxbury, MA
617-522-0946
- **Roxbury YMCA**
285 Martin Luther King Blvd., Roxbury, MA
617-427-5300
- **Hyde Park YMCA**
1137 River St., Hyde Park, MA
617-364-2921
- **Dorchester YMCA**
776 Washington St., Dorchester, MA
617-436-9212

▪ East Boston YMCA

215 Bremen St. and 54 Ashley St., East Boston, MA
617-569-9622 (Bremen St.)
617-418-7331 (Ashley St.)

*Check out the YMCA Greater Boston website for each site's class listings and summer camp offerings. They offer athletic and academic programs for kids, teens and adults!

In addition to sports, there are many ways for you and your children to spend time outside this spring. The Mass Audubon Society has both child and family programs. At each of their nature sanctuaries, they offer affordable programs which provide you and your family a chance to explore nature in your own city! In addition to participating in programs, these sanctuaries are great places to spend family time hiking and having a healthy picnic. (www.massaudubon.org)

You can also rent your very own garden plot for as low as \$35/year! This is an affordable way to grow your own fruits and vegetables all summer. *Boston Growing Gardens* (www.bostonnatural.org) is an organization that rents garden plots throughout the Dorchester and Roxbury area. They also hold teen/child activities throughout the spring and summer. Check their website for information on renting your own plot.

There are also *community sponsored agriculture (CSA)* programs. These programs allow you to buy a share of the farm's harvest for the length of the growing season. This year the bWELL program at BMC is partnering with the **revision urban farm** to offer a CSA for \$250 for low income families. You receive one box of fresh vegetables each week for 18 weeks. This means fresh vegetables for your family every week for only \$13.80/week! For more information and a registration form, visit bWELL in the department of Pediatrics, Yawkey 5th floor. You can also check out BMC's very own Farmer's Market beginning in June!

Ideas for Healthy Snacks

- Keep cut raw vegetables (i.e. celery, carrots and red pepper) in the fridge for a healthy snack that is ready to go!
- *Ants on a Log/Hill*: Spread almond (or any nut) butter on celery stalk and top with a few raisins. You can substitute celery for apple, too!
- *Smoothie*: Add to blender: 1 cup of cranberry water (1 tbsp of pure, not from concentrate, cranberry juice in 1 cup of water), 1 cup of mixed frozen fruit, 1 scoop of protein powder, 1 tbsp of flax seed oil. Mix on high until well blended – *this is also a great breakfast for a busy morning!*



Preventative Screening

The Family Medicine Clinic is committed to helping you and your families stay healthy. We have sent out letters to patients in our clinics reminding them to come in or make an appointment for necessary screenings. If you received a letter, make sure to give the clinic a call! 617-414-2080.

Integrative Medicine Group Visit Program

The Integrative Medicine Program will be running its next session of group visits beginning in July. The group requires an 8-week commitment and will meet every Tuesday in the afternoon. Group activities include weekly meditation, time with the physician, a healthy meal, and time to try integrative medicine therapies like yoga, massage, and acupuncture!

These groups are appropriate for patients with conditions like chronic pain, depression, and diabetes. Contact Danielle Dresner (617-414-6795) for more information.



SAVE THE DATE!

Boston Health Expo

June 22-23, 2013

Hynes Convention Center

Activities like chair massage, yoga and acupuncture will be sponsored by Integrative Medicine as well as pediatric activities provided by bWELL.

Check the monthly calendar for ongoing community classes at BMC including yoga, tai chi, zumba, and cooking.

JOIN US!

Mother's Day Walk for Peace!

Sunday, May 12

7:00 a.m. Registration begins

8:30-11 a.m. Walk

Town Field Park in Fields Corner
1520 Dorchester Ave., Dorchester



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