

What's Happening in Long Island?

Self Help and Nutrition (Food Farmacy)

Food Farmacy at HALI

Did you know that what you put at the end of your fork is powerful medicine? Food is the most powerful medicine available to heal chronic disease. Chronic disease will account for over 50 million deaths by 2020.

Think of your grocery store as a pharmacy and learn to “eat” the most powerful medicines.

Join our FREE 12-week Food Farmacy program and learn:

- Money Management (eating healthy for less, Meal Planning)
- Support groups (emotions tied to eating/improving quality of life)
- Cooking (with limited resources; i.e.: hot plate, microwave)
- Daily exercise (Walking club, Yoga, Zumba)
- Free Registered Dietician support
- Weekly food and activity Journaling

Manage chronic disease such as:

- Diabetes
- High Blood Pressure
- High Cholesterol
- Obesity

Program Requirement: Current bloodwork from your provider.

The Food Farmacy is located at:

HALI 159 Brightside Ave, Central Islip, NY 11772

Contact: Michelle Revello by email at mrevello@hali88.org or by phone at 631-234-1925 ext.: 333

Hands Across Long Island provides FREE Peer groups at your facility

Self-Help Groups at HALI

Why are Peer Specialists so important?

Peer support encompasses a range of activities and interactions between people who share similar experiences of being diagnosed with mental health conditions, substance use disorders, or both. This relationship between a peer support worker and person, family or parent in or seeking recovery promotes connections and inspires hope.

Peer specialists from Hands Across Long Island will come to your facility to meet the needs of your population and facilitate groups that help people when they are need of additional support. Groups can be customized to your needs and range from Art Activities, Relationship Building, Wellness, Recovery and Action Programs

To set up a time to discuss your needs, please contact: Michelle Revello by emails at Mrevello@hali88.org or by phone at 631-234-1925