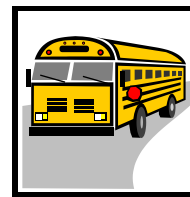


September 2011

Arlington Free Clinic Patient Newsletter



How to Improve your Eating Habits



1. Do not keep soda at home.
2. Stay away from junk food—keep healthy food in your home.
3. Eat healthy food before going to a party—it will help you eat less when you're out.
4. When eating at a restaurant, include broiled meats and vegetables. Ask for salad dressing on the side.
5. Eat crunchy foods when you are under stress and want to snack, e.g., mixed nuts, carrots, celery and apples.
6. Always keep a bottle of water near you. It will keep you hydrated and help you avoid headaches.
7. Walk at least 30 minutes per day. Walk one hour if you've eaten a large meal.
8. When you are a party—dance—you can have fun and exercise at the same time!
9. Limit the amount of fast food you eat.
10. Learn to say NO when friends and relatives insist that you eat more.



MEDICINE PICK UP DAYS MONDAY AND FRIDAY 1-5 P.M. ONLY

When you order medicine refills over the phone (703-979-0333), your medicine will be ready **one week** after you call (the Monday or Friday after one week has passed). For example, if you order medicine on Wednesday, September 21, do not come to pick up your medicine until **Friday**, September 30. Do not come to the clinic to pick up your medicine earlier. Mark your calendar so you will know when it is time to pick up your medicine.



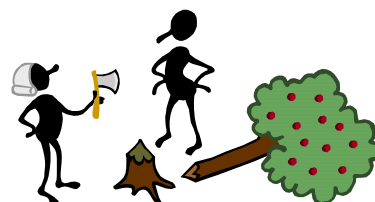
Funny stuff....

The child comes home from her first day at school. Mother asks, "What did you learn today?"

The girl replies, "Not enough. I have to go back tomorrow."



Teacher: George Washington chopped down his father's cherry tree, but also told the truth about it. Now, Louie, do you know why his father didn't punish him?



LOUIE: Because George still had the axe in his hand.

Introducing Sheila

Sheila has been with the Clinic for seven years. She started as a volunteer in 2004 and was hired to be a staff nurse in 2006. She was promoted to Director of Clinical Services in 2009, which means that Sheila oversees all clinical aspects of AFC. Sheila is married and has three beautiful and fun-loving daughters and enjoys reading, traveling and running in her spare time.

Thank you Sheila for all your hard work on behalf of AFC patients!

