

**FULTON COUNTY OFFICE OF HEALTHY BEHAVIORS
DECEMBER 2009**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Larry Johnson, Program Mgr. Office Healthy Behaviors Carolyn Atwater-Wooten, Safe Kids Coordinator Vivian Moore, SUCEED Coordinator Deborah Cherry, REACH for Wellness Coordinator Colet Odenigbo, REACH for Wellness Coordinator Joseph Little, Health Promotion Initiative Coordinator</p>	<p>404-730-1515 404-730-1309 404-730-1517 404-730-1513 404-730-1519 404-730-7331</p>	1	2 Aerobic Class Martin Street Church of God 148 Glenwood Ave. 5:30 pm	3 Aerobic Class Piedmont Towers 3601 Piedmont Road 3:00 pm	<p>Live Healthy Fulton!</p> <p>Fulton County Department of Health and Wellness Office of Healthy Behaviors is encouraging all Fulton County residents to take charge of their health.</p>	5 Winter Wonderland Children's Nutrition Education & Physical Activity Expo on Wheels B.E.S.T. Academy Benjamin E. Carson 1890 Donald Hollowell Pkwy 12:00 pm – 4:00 pm Nintendo Wii Gaming ~ Zumba Dance Classes ~ Cooking Demonstrations Game Drills with the Atlanta Thrashers ~ Hawks ~ Braves	
 <p align="center">Need to See a Doctor?</p> <p>Adults can now make an appointment for Primary Care Lite</p> <ul style="list-style-type: none"> ➤ Minor Illnesses ➤ Chronic Disease Screenings ➤ Hypertension & Diabetes (Early Treatment) ➤ Referrals ➤ Preventive care ➤ Health Maintenance <p>\$20 per visit</p> <p>Fulton County Department of Health and Wellness 99 Jesse Hill Jr. Drive, SE Atlanta, GA 30303</p> <p>To Schedule an Appointment 404-302-86250</p>	7 Aerobic Class Georgia Avenue Apts 174 Georgia Avenue 10:00 am	8 Child Seat Safety Workshop Lakewood Health Center 1853 Jonesboro Road 10:00 am	9 Aerobic Class Martin Street Church of God 148 Glenwood Ave. 5:30 pm	10 Family Empowerment West End Library 525 Peoples Street 11:30 am	<p>FEEL BETTER LOOK BETTER BE BETTER</p> <p><i>Get regular check ups, eat healthy meals, be active, quit smoking, control asthma, manage stress, reduce your risk for cancer and ensure the safety of all children.</i></p>	<p>19 9th Annual Winter Wonderland Holiday Health Fair College Park Health Center 1920 John Wesley Avenue College Park, GA 30337 9:00 am – 1:00 pm Health Screenings Food Entertainment Gifts Give Aways</p>	
	14 Aerobic Class Piedmont Towers 3601 Piedmont Road 2:00 pm	15 Aerobic Class Martin Street Church of God 148 Glenwood Ave. 5:45pm	16 Aerobic Class Martin Street Church of God 148 Glenwood Ave. 5:30 pm	17 Aerobic Class Cosby Spears Towers 355 North Avenue 3:00 pm			<p align="center"></p>
	<p align="center">Zucchini Bread</p> <p><i>3 cups whole wheat flour 1 tsp. non aluminum baking soda</i> <i>2 tsp. cinnamon 2 cups turbinado sugar</i> <i>1 tsp. nutmeg 3 cups shredded zucchini</i> <i>1 tsp. allspice 1 cup vegetable oil</i> <i>1 tsp. sea salt 1 tsp. vanilla</i></p> <p>1. Sift dry ingredient together. In a separate bowl, mix oil and sugar. 2. Add vanilla and zucchini 3. Add dry mixture and mix well. Bake in loaf pans at 350 degrees for 35 minutes or until done. Yield: 4 servings</p> <p align="center"><i>Compliments of "The New Soul Vegetarian Cookbook" From the Kitchens of Soul Vegetarian Restaurants – Yafah Asiel</i></p>		<p align="center">24 & 25 Christmas Holidays Thursday & Friday County Offices Closed</p>				<p align="center"> JANUARY 1 Happy New Year Fulton County Offices Closed</p>