

health fitness & Wellness

ryoung@buckscountyherald.com

Alcoholics Anonymous of Upper Bucks. If you want to drink, that's your business. If you want to stop, that's ours. Call 215-721-3656.

Bedminster Nar-Anon Family Group. for family and friends with loved ones struggling with addiction, meets 7:30 p.m. Tuesdays, at Deep Run West Mennonite Church, 1008 Deep Run Road, Perkasie, bedminster.naranon@yahoo.com

Family Education Program on Addiction meets 7 p.m. first three Monday evenings. Participate in free series to understand addiction, impact on family and develop next steps. Held in the Red Schoolhouse at The Presbyterian Church of Deep Run, Dublin. Register 800-221-6333.

FACES: Families and Communities Embracing Solutions. offering weekly education and peer-to-peer support for anyone, 18 years or older, who has a loved one struggling with addiction, 6:30-8 p.m. Thursdays at Summit Behavioral Health, 702 Hyde Park Road, Doylestown. Call 215-688-5886 or csullivan@summitbehavioral-health.com

GRASP (Grief Recovery After Substance Passing), support group for those grieving the loss of a loved one due to drugs, meets 7:30-9 p.m. first and third Thursdays at South Bucks Recovery Center, 1286 Veterans Highway, Bristol, graspbuckscounty@gmail.com

Narcotics Anonymous Drug Problem? We can help. Call 24-hour helpline, 844-624-3575, cpma.org

Parent/Family Support Group on Addiction, meets 7 p.m. first and third Wednesday in the Red School House, Presbyterian Church Deep Run, 16 Irish Meetinghouse Road, Perkasie (Bedminster Township). Helping others in confidential, safe place to find support, encouragement and resources. Contact Matt, bateshof5@yahoo.com for information.

Pennsylvania Polio Survivors Network, information and inspiration for survivors and their families, including support group listings. 215-858-4643, napolionetwork.org

SMART Recovery, self-empowering addiction recovery support groups, meets 6-7:30 p.m. Thursdays at 252 W. Swamp Road, Unit 12, Doylestown. Sponsored by The Council of Southeast Pennsylvania, Inc., councilsepa.org

S'Myelin Faces MS Support Group, meets 6:30-8 p.m. second Wednesday of the month at Good Shepherd Physical Therapy, Telford. Soudertongroup.ms@gmail.com; 215-723-8017

Women for Sobriety, an alternative self-help recovery group. Meets in Willow Grove and Phoenixville. Call 215-536-8026 or email womenforsobriety.org

Red Cross, Sport Clips partner to offer free haircut coupon to blood donors

Feel good, do good and look good this September by donating blood or platelets with the American Red Cross and get a free haircut coupon from Sport Clips Haircuts.

Blood and platelet donors of all blood types, especially type O negative and O positive, are urgently needed to replenish the blood supply following a critical summer blood shortage.

Those who come out to give blood or platelets Sept. 1 to 30 will receive a coupon for a free haircut via email several days after their donation. The coupon is valid through Nov. 11 at participating Sport Clips locations. Donors must have a valid email address on record to receive the coupon.

Donors are urged to make an

appointment to donate using the free Blood Donor App, online at redcrossblood.org or by calling 800-RED CROSS (800-733-2767). The Red Cross and Sport Clips encourage donors to use the hashtag #SavingLivesLooksGood to share their new looks and invite others to give.

Upcoming blood donation opportunities in Bucks County include:

Chalfont: Sept. 5, 2 to 7 p.m. at Chalfont United Methodist Church, 11 Meadowbrook Lane; Doylestown: Sept. 1, 10:30 a.m. to 3:30 p.m., Wesley Enhanced Living, 200 Veterans Lane; Sept. 7, 2 to 7 p.m., Central Bucks Ambulance, 455 East St.; Sept. 12, 2 to 7 p.m., The Intelligencer, 333 N. Broad St.; Sept. 15, 2 to 7 p.m.,

Doylestown Township Building, 425 Wells Road;

Dublin: Sept. 5, 2 to 7 p.m., Dublin Fire Company, 194 N. Main St.;

Furlong: Sept. 5, 2 to 7 p.m., Temple Judea, 38 Rogers Road;

Ivlyland: Sept. 7, noon to 5 p.m. at Donaldson Corporation, 85 Railroad Drive;

Langhorne: Sept. 1, 7:30 a.m. to 12:30 p.m., ARIA Health-Bucks Campus, 200 Oxford Valley Road; Sept. 10, 8 a.m. to 1 p.m., Sheraton Hotel, 400 Oxford Valley Road; Newtown: Sept. 13, 9 a.m. to 2 p.m., Bucks County Community College, Rollins Building, 275 Swamp Road;

Perkasie: Sept. 1, 2 to 7 p.m., First United Methodist Church, 501 W. Market St.; Sept. 15, 2 to

7 p.m., St. Matthew's Lutheran Church, 3668 Ridge Road;

Quakertown: Sept. 3, 10 a.m. to 3 p.m., Quakertown Farmer's Market, 201 Station Road; Sept. 12, 2 to 7 p.m., West End Fire Company, 1319 Park Ave.;

Richboro: Sept. 10, 9 a.m. to 2 p.m., Northampton Township Senior Center, 165 Township Road; Sept. 15, 2 to 7 p.m., Northampton Township Administration Building, 55 Township Road;

Richlandtown: Sept. 8, 2 to 7 p.m., St. John's Lutheran Church, 4 S. Main St.;

Southampton: Sept. 12, 2 to 7 p.m., Davisville Church, 325 Street Road;

Warrington: Sept. 5, 2 to 7 p.m., Warrington Township Building, 852 Easton Road.

Volunteers needed to answer helpline calls

Every 13 minutes, someone in the country dies by suicide, and for every person who dies, there are 24 more who attempt suicide.

Over the past three years, 249 Bucks County residents have died by suicide according to reports from the Bucks County Coroner's Office.

Fortunately, suicide is preventable. Each and every day, Family Service receives calls from people in distress via its Contact Helpline (215-355-6000) and the

National Suicide Prevention Lifeline (800-273-TALK). Trained staff and volunteers answer these calls for help and ultimately save lives.

Family Service seeks volunteers to answer the nearly 1,000 calls for help it receives each month. Volunteers are everyday citizens who undergo classroom and on-the-job training until they're comfortable answering calls on their own.

Not all calls are from suicidal

individuals. Some callers are struggling with the effects of anxiety or depression and don't know where to turn for help. Others have limited social interactions and just want someone who is willing to listen. All callers are seeking relief from distress.

Volunteers give a minimum of eight hours a month answering phones in call centers located in Bucks and Montgomery counties. Starting on Sept. 1, the call centers will have expanded hours and

will be open from 8 a.m. to 10 p.m., seven days a week.

The next series of training classes will take place 9:30 a.m. to 2 p.m. Mondays from Sept. 18 through Oct. 30 at Family Service's Langhorne office.

To register for training, contact Ellen Vinson, director of volunteer services, at volunteer@fsabc.org or 215-757-6916 x202, or complete the online application at fsabc.org/volunteer. Register by Sept. 13.

Lower Bucks YMCA offers program for veterans

Lower Bucks Family YMCA will offer free veterans wellness programming to the community beginning in September.

The Y will provide an organized program for veterans and their spouses who are looking to begin or continue a healthier lifestyle. The program includes guidance from Y staff and trainers and full access to the Newtown facility with access to all branches through the membership reciprocity program. Participants receive a free, eight-week Family membership to the YMCA and, upon successful completion of the program, an additional six-month adult membership at no charge.

The Veterans Wellness Program will be offered quarterly beginning with the fall session in September, meeting twice weekly for eight weeks. The program will include introductions to various forms of exercise including yoga, Tai Chi, group exercise, aquatic exercise, and training in the fitness center. In addition to physical activities, group instruction will include nutrition and



The Lower Bucks Family YMCA will offer a free veterans wellness programming to the community beginning in September.

mind/body wellness as well as time for personal reflection, storytelling and camaraderie.

The program is open to veterans of all ages and abilities, including current members of the Y.

According to the U.S. Census, more than 40,000 veterans reside in Bucks County and many veterans face obstacles to accessing the wellness support and social outlets they need. To begin serving this large county population, the Y's Veterans Pathway will provide programming to increase physical activity and strength, social connections and overall sense of well-being through this intensive wellness program and monthly follow-up meetings.

Visit lbymca.org or contact Donna Roberts, the veteran's outreach coordinator, at droberts@cbfymca.org or 215-348-8131 x3009.

N.J. hike combines "forest bathing," yoga

Soak in the peace and tranquility of the Wickecheoke Creek Preserve during New Jersey Conservation Foundation's Forest Bathing and Meditative Hike noon to 2 p.m. Sunday, Sept. 10. Led by Off the Grid yoga instructor Lauren Theis, the event will combine a "forest bathing" experience with a gentle yoga session and easy hike, suitable for both beginners and experienced practitioners.

Forest bathing, which originated in Japan 35 years ago, is the process of soaking up the sights,

smells and sounds of a natural setting to promote physiological and psychological health. The result of "shinrin-yoku," according to practitioners, is a feeling of relaxation that promotes a myriad of measurable health benefits, from lower blood pressure to a stronger immune system.

This will begin with a meditation and centering session, followed by a hike through the preserve. Yogis should bring their own mat (or a blanket or towel), along with water and suitable

shoes for walking.

The fee for the hike is \$20 per person, and advance registration is required.

To register online, go to donate.njconservation.org/2017-forest-bathing-hike. For information, contact Theis at 973-919-6807 or Bill Lynch at blynch@njconservation.org or 908-997-0725.

The Forest Bathing and Meditative Hike is part of New Jersey Conservation's "Step Into Nature" series of walks, talks and outdoor events.

Solebury Club hosts meditation class

Solebury Club invites community members to learn how to foster mindfulness that brings a deeper level of self-knowledge during a free one-hour class 6:30 p.m. Wednesday, Sept. 13.

Eighty percent of American adults say they want to meditate and research has shown the benefits of meditation to include lower blood pressure and blood sugar, better sleep, and less anxiety.



HILARY PEIRCE

It will be led by Hilary Peirce, who has extensive training in mindfulness meditation and has completed the teaching practicum for professionals at The Mindfulness Institute at Jefferson University Hospital in Philadelphia.

No registration is needed; walk-ins are welcome.

For those who wish to continue, there will be a six-week mindful meditation course 6:30 to 7:30 p.m. Wednesdays from Sept. 20 to Oct. 25. The cost is \$159.

For information, call The Solebury Club at 215-794-3494 or visit soleburyclub.com. The club is at 4612 Hughesian Drive, Buckingham.

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