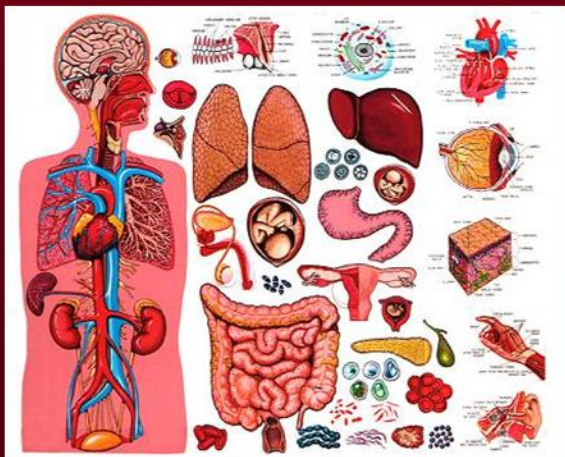


Project HOPE offers
Workshops and Classes:

- Fitness and Exercise Classes
- Health Information Workshops
- Healthy Cooking and more...



Deaf Health Survey

- Do you feel tired all the time?
- Do you want to lose weight?
- Do you need help understanding your prescriptions?
- Do you want to learn how to cook healthy meals?
- Do you want to protect yourself from getting HIV/AIDS or STDS?
- Do you feel stressed?
- Do you want to quit smoking?
- Do you want to stop drinking?
- Do you have high blood pressure or high cholesterol?
- Do you want to feel better, happier and healthier?

Answer: YES!!!

*Contact Project HOPE staff
and we'll help you!*



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Project HOPE

Health Support Services for
Deaf, Hard of Hearing,
DeafBlind and Late-Deafened
Communities.



DEAF, Inc.
215 Brighton Ave.
Allston, MA 02134

617-254-4041 (TTY/V)
617-254-7091 (fax)
projecthope@deafinonline.org
www.deafinonline.org



Project HOPE offers *health support services* including prevention and education, case management and peer support to the Deaf, DeafBlind, Hard of Hearing and Late-Deafened Communities.

Support with:

- Obesity
- Cholesterol
- Fitness
- Blood Pressure
- HIV/AIDS
- Cancer
- Diabetes
- Quitting Smoking
- Substance Abuse
- Addiction
- Healthy Aging
- Oral Health
- Healthy Relationships
- Heart Disease
- Nutrition
- Healthy Eating
- Environmental Health
- Hunger Prevention
- Emergency & Disaster Safety



Nutrition Facts	
Serving Size 1 large apple (242g / 8 oz.)	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 260mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 25g	
Protein 1g	
Vitamin A 2%	Vitamin C 8%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

and more...

What are Health Support Services?

- Case Management Services.
- Information and Referral to other health and medical service providers.
- Education material regarding health issues in both 1:1 and group workshop settings.
- Services specifically designed for and by Deaf people.
- Advocacy within the medical care system.
- Peer Support for health-related issues.
- Food stamp and health insurance assistance.



Be Healthy with Project HOPE!

We Support Deaf Health!!



Who can benefit from our health support services?

We provide services to the Deaf, DeafBlind, Hard of Hearing and Late-Deafened communities in the Boston, Salem, Taunton and New Bedford areas of Massachusetts.

We provide support to medical care providers & health professionals, educating them to become more accessible to our communities by learning how to use a TTY, requesting and working with ASL interpreters as well providing them with important information about Deaf culture.

We provide trainings for ASL interpreters on health-related topics to keep them informed and up to date on public health information so that they are better prepared to interpret within these fields.

