

Men's Healthy Living Group

Program Description

The QLS Healthy Men's Program is a program designed by the Men of QLS for the Men of QLS. Late life depression and chronic disease management are major indicators for quality of life issues for men as they age. QLS as an empowerment program for older adults continues to address improving the quality of lives for its program participants through unique programming. The QLS Healthy Men's Program is a male only health empowerment program.

The program focuses on physical and mental health issues specific to African American males aged 50 years and older. The program provides a "safe and trusted" environment for the men to discuss, learn and engage in several activities that empower the men to live happier and healthier lives. The program is funded through DBHDD/Office of Prevention (Georgia Department of Behavioral Health & Developmental Disabilities) Division of Addictive Diseases. The program provides free health screenings, diabetes self-management information, nutrition education and healthy cooking/eating sessions, referral information for mental health, and an educational lunch and learn series.

Mission Statement

To encourage senior men to be the best we can be.

To enjoy a healthy life style while enjoying the fellowship of likeminded brothers.

To be an example for young men to aspire to.

When

Wednesday @ 10:00 a.m. - 12:00 p.m.

Where

Anne Wood Room

Useful Information

Foods To Avoid

How Fatty Foods Can Ruin a Love Life

Downloads

Diabetes Detection Initiative

Health Monitor - Personal Health Log

PowerPoint Presentation

Preventive Services for Healthy Living

Links

[Substance Abuse and Mental Health Services Administration](#)

[Diabetes Association of Atlanta](#)

[AID Atlanta](#)

[Georgia Department of Behavioral Health and Developmental Disabilities](#)

[FamilyDoctor.org](#)

[Fulton County Government's Citizen Sense Sessions](#)

[Check out the Photo Gallery](#)