

EAT more, WEIGH less!: Do you still feel hungry and not satisfied after eating?

March/April 2019

*Sentara Living*

News for Living



## **EAT more, WEIGH less!**

### **Have you tried to lose weight by cutting down the amount of food you eat?**

Do you still feel hungry and not satisfied after eating? Or have you avoided trying to lose weight because you're afraid of feeling hungry all the time? If so, you are not alone. Many people throw in the towel on weight loss because they feel deprived and hungry when they eat less.

[Click here to view the registration form.](#)

FYI...

## **We Love Our Volunteers!**

**National Volunteer Week ~ April 7–13, 2019**

Join our Volunteer Team!

Call 757-306-2828 for Volunteer Opportunities at:

⇔ Sentara Nursing & Rehabilitation Centers

⇔ Sentara Village Assisted Living (Virginia Beach)

⇔ Sentara PACE (Norfolk & Churchland)

⇔ Mobile Meals (Norfolk: 757-892-5211 or Churchland: 757-392-2654)

[Click here for more information.](#)

## **MARK YOUR CALENDAR**

[Click Here for MARCH Programs:](#)

**WARNING SIGNS OF FRAUDS AND SCAMS**

MARCH 11<sup>TH</sup> & 20<sup>TH</sup>

[Click Here for APRIL Programs:](#)

**CONVERSATIONS BEFORE THE CRISIS: ADVANCE CARE PLANNING**

APRIL 8<sup>TH</sup> & 17<sup>TH</sup>

[Click Here for North Carolina Programs:](#)

**WARNING SIGNS OF FRAUDS AND SCAMS**

MARCH 7<sup>TH</sup>

**APRIL**

**CONVERSATIONS BEFORE THE CRISIS: ADVANCE CARE PLANNING**

APRIL 4<sup>TH</sup> & 9<sup>TH</sup>

---

## SENTARA LIVING NEWS

### **EAT more, WEIGH less!**cont'd

#### **What foods will fill me up?**

To be able to cut calories without eating less and feeling hungry, you need to replace some higher calorie foods with foods that are lower in calories and fat and will fill you up. In general, this means foods with lots of water and fiber in them. The charts below will help you make smart food choices that are part of a healthy eating plan.

[Click here to read more information](#)

---

## EXCURSIONS

[2nd Annual D.C. Cherry Blossom Tour](#)

[Monday, April 8, 2019](#)

[Destination 18th Century - Fabulous Fredericksburg](#)

[Thursday, May 9, 2019](#)

[Best of Savannah and Charleston Southern Sojourn](#)

[April 16-20, 2019](#)

[Click here for more information.](#)

---

## COMMUNITY CALENDAR

[Click Here for Southside Events](#)

Caregivers' Support Group  
Diabetes Support ... and more.

[Click Here for Peninsula Events](#)

Bereavement Support  
Grocery Store Tour ... and more.

[Click Here for North Carolina Events](#)

Breast Cancer Support,  
Depression Support... and more.

## DID YOU KNOW...

### **FAMILY CAREGIVERS MAY RECEIVE UP TO \$400 FOR RESPITE CARE**

Are you caring for a relative in your household who has a disability or chronic condition? Learn how to apply for up to \$400 in reimbursement for respite services.

[Click here to more!](#)

## THE LAST WORD

“There’s an enormous difference between living your truth and speaking your truth.” ~~ Christine Carter

Does living our truth require us to speak it always? Although we have the right to speak our minds, we also have a responsibility to recognize and own the impact of our words.

[Read more.](#)

Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844-809-6648。

*ATTENTION: Language assistance services are available to you free of charge. Call 844-809-6648.*

*Sentara complies with applicable Federal Civil Rights Laws and does not discriminate on the basis of race, color, national origin, age, disability, c*

