



Improving Lives Through Healthy Minds
810-648-0330

InSHAPE Program

Whole-Body Wellness Program

What is InSHAPE?

InSHAPE is a wellness program at Sanilac County Community Mental Health designed for people who have a serious mental illness.

InSHAPE Goals:

- Improve physical health
- Increase quality of life
- Reduce the risk of diseases
- Enhance length of life
- Teach ways to reduce stress
- Support recovery from mental illness

The InSHAPE program helps you learn to set wellness goals. It teaches you simple ways to start moving and exercise no matter your abilities. InSHAPE also teaches how to prepare and eat healthy foods. InSHAPE helps you to be mindful of your health and your medical needs.

Sanilac County Community Mental Health is dedicated to delivering high-quality care to those it serves. We are committed to addressing the needs of each individual comprehensively to improve lives through healthy minds.



Talk To Us:

Sanilac County
Community Mental Health
227 E. Sanilac
Sandusky, MI 48471

☎ 810-648-0330 Assistance 24/7

🌐 www.sanilaccmh.org

📘 facebook.com/sanilaccmh

Help is available; you are not alone.

If you need assistance for yourself or a loved one,
we are here for you 24/7.

If a situation is potentially life-threatening,
call 911 immediately.

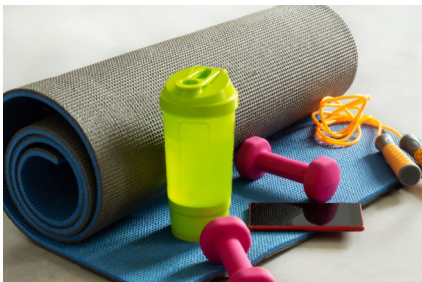


Services Provided:

Exercise

A Health Mentor will:

- Monitor your exercise program.
- Create a home exercise program.
- Show how to use exercise equipment.
- Go with you to the gym.
- Teach about home exercise equipment.
- Show how to perform low impact exercise without equipment.



Nutrition

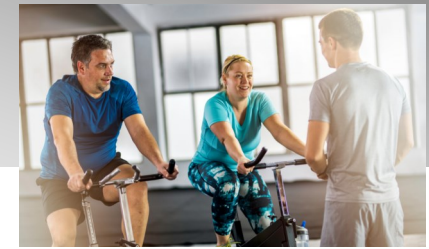
A Health Mentor will:

- Show how to make a healthy shopping list.
- Teach how to shop and cook.
- Review your weekly food log.
- Teach healthy eating habits.

How InSHAPE Supports Recovery:

- Offers a choice for a wellness program.
- Encourages personal control and skill over one's physical health.
- Each person feels valued, welcomed and accepted.
- Core values of hope, choice and personal responsibility.
- Focuses on the link between physical and mental healthcare.

If you or someone you know is interested in the InSHAPE Program, talk to your Care Manager or Clinician.



Program Requirements

To join InSHAPE you must:

- ◆ Be enrolled in services at Sanilac CMH
- ◆ Be 18 years or older
- ◆ Have been diagnosed with a serious mental illness
- ◆ Have one or more of the following:
 - Cardiovascular Disease
 - High Blood Pressure
 - High Cholesterol
 - Diabetes (Type I or II)
 - Obesity (BMI 30 or greater)

