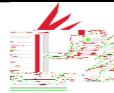




# Reaching Out

HELP FOR YOUR FAMILY AND YOU  
518-793-9768



**ADIRONDACK EAP**  
Service to our Community

\$ERXW SRRSOH ZLOO  
\$H[SHULHQFH D SDQLF DW  
WDFN GXULQJ WKHLU OLIHWLPH \$  
SDQLF DWWDFN FDQ VWULNH DQ\  
WLPH RU SODFH <RX FRXOG VXG  
GHQO\ DZDNHQ DW QLJKW WR  
VKHHU W\QURRU D, WHDUW  
DWWDFN EXW \RX PLJKW WKLQN  
\RX DUH KDYLQJ RQH ZLWK WRWDO IHDU  
LUUHJXODU KHDUWEHDW H[WUHPH DQ[LHW  
LQDELOLW\ WR FDWFK \RXU EUHDWK DUH  
RIWHQ UHVROYH LQ DERXW WHQ PLQXWH2X  
V\PSWRPDWLF RI DQ DQ[LHW\ GLVRUGHU RU  
6VWKHRUL]LQJ

5HDFKLQJ 2XW LV D SXEOLFDWLRQ R  
\$VVLVWDQFH 3URJUDP WR SURYLGHU  
XVH  
(\$3 LV DQ H-PSSORQWIRUHG EHQHILW SUR  
\RX DQG \RXU KRXVHKROG PHPEHUV  
(\$3 RIIHUV SURIHVVLRQDO TXDOLILHO  
UHVROYLQJ DOO W\SHV RI SHUVRQDO  
\$OO FROWDFWV ZLWK WKH (\$3 DUH VV  
I\XOCHWQJFROWDURQHDOORZHGSEGDZ V  
LQHVV DQG [LHWVXWHPEOLQJ GL]]LQHVV DQG  
FODVVLF V\PSWRPV 6\PSWRPV  
SKURHHV\WLRQED\WV\KSRUW QRWDP U  
GLVUXSWLRQ LQ VXSSRUW GXULQJ WKH  
GLVUXSWLRQ LQ VXSSRUW GXULQJ WKH

/HDUQ PRUH 0D\RFOLQF RUJ >VHDUFK 3SDQLF DWWDFN'@

## Poor Sleep and Type 2 Diabetes

RU VSHFXODWLQJ DERXW WKHLU GHFLV  
PHQW D PRUH WUXVWLQJ DQG KHOSIXO  
GLVFDUG WKLV KDELW ,QVWHDG SUDFW  
3DU\ WKDW ZDV D WRXJK GHFLVLRQ  
7KLV DSSURDFK ZLOO HOLFLW VWURQJH  
SV\FKRORJLFDO G\QDPLFV \RX EHOLHYH  
\RDO DYRLG \WRSUB\WROWLQJ PH

6OHHS TXDOLWQ VDXOHLFWV  
UHVVLVWDQFH DQG KDV DQ LP  
SDFW RQ JOXFRVH WROHUDQFH 'LG \R  
RUH EHDYK\NLDUFWRURKHOSELPFHWHV  
UHDXPZDQHQS\ZRWKHBTXHZONHFDXV  
SHLHRRPPSDWKV\WRKHH\BOSUHWR SRRU V  
RZGRVXKTHODERXW\WQJ DOO QLJKV  
PDLK\DM\SHRW\HUVXW\KHDQJ\ZKDWV  
VOHHS\&XOSUW\WVWVODWENLQJ \$Q[L  
RU FROG URRP WHPSHUDWXUH % HGW  
\$OFRKRO QLJKWFDSV &DIIHLQH ,  
([HUFLVLQJ EHIRUH EHGWLPI\DU\NSUQHLG  
URRP 6OHHS DSQHD

Source: www.niddk.nih.gov/VHDUFK 3SRR

\$UH \RX D @HULDOOWHU RQ \RXU  
\$1HZ <HDUHVROXWLRQV" \$Q HVWL  
PDWHG RI SHRSOH JLYH XS E\  
HEUXDUW 'RIQ D VWDWLWLF 7U\  
EHWWHU SODQ-QWLQXW @QHD@SHOO  
SURDFK LV WR VHW 6 0 \$ 5 7 JRDOV  
6 0 \$ 5 7 VWDQGV IRU PDNLQJ \RXU  
JR *Specific, measurable, achievable, realistic, DQ* *time-bound*, I \RXU  
UHVROXWLRQ LV WR UHGXFH \RXU SUH  
GLDEHWLF IDVWLQJ JOXFRVH \$ & VFRUH  
PDNH LW VSHFLILF )RU H[DPSOH V

Source: Centers for Disease Control

3URFUDVWLQDDM@R@Q SXWWLQJ RII WKH SDLQ RI VWDUWLQJ D SURMHFW \$ YL  
DGGV WR WKLV DYRLGDQFH 7R LQWHUYHQH IRFXV DZD\ IURP WKH YLVLQRQ  
FRPSOHQLRQ RU VXFFHVV 7KHQ YLVXDOL]H VPDOOHU VVHSV WR PDNH LW HD  
PRWLYDWLRQ GLYLGH VPDOO VVHSV LQWRXWVWHLVWHDQH @VWHDQH @VWHDQH @VWHDQH  
0RGLI\LQJ WKLV^XV\OR@WQURM@X6VW@D )HZ' @DQ XWOMLQ\WVNDLWVW \RX WR DFW VRRQH  
FRQWLQXLQJ RQ WR ILQLVK WKH MRE LV PRUH OLNHO\ 7U\ LW DQG GLVFRYH