

**Putnam Family & Community Services**  
**PROSper**  
**Group Protocol**

**Date:** December 6, 2010

**Title:** Get Off Your ...

**Component:** Community Rehab and Support (CRS)

**Service:** Wellness Self Management (WSM)

**Population:** Any member of PROSper community

**Frequency:** 1 time per week

**Duration:** 50 minutes

**Description:** Group members will engage in activities and discussion on healthy lifestyle choices. Group members will develop a better understanding of current lifestyle choices and how change can affect their overall wellness and ability to achieve recovery goals.

**Mode of Work:**

- A. **Purpose:** To educate group members about healthy lifestyle choices and to engage group members in activities that promotes this.
  
- B. **Group Framework:** Group will include interactive activities, education (including but not limited to worksheets, skill building, questionnaires, and videos), and discussion regarding making healthier lifestyle choices and changes.

**Expected Outcome:** Members will be able to make healthy lifestyle choices which will help them to increase their overall wellness and functioning. As a result, members will experience improved quality of life and increase the ability to pursue recovery goals.