

# Sunrise Special Services Foundation (SSSF)

A non profit health and social services agency based in rural Lake County, California.

The SSSF mission is to improve the quality of life for those with special needs including the poor, elderly and minority populations.

Services of SSSF include:

- Housing Stability Project– for those homeless or at risk for homelessness.
- Community Capacity Building which includes grant writing, management training for local Tribes, churches and community organizations.
- Healing Village—8 One BR/ One Bath Apts., on Clearlake. Beachfront, pier for fishing. 24/7 services as needed. Resident staff on site.
- ReachOut—Access to prevention of Type 2 Diabetes and achievement of optimum level of wellness.



P. O. Box 479  
Upper Lake, CA 95485

SUNRISE  
SPECIAL SERVICES FOUNDATION  
"...For the Quality of Life"

" 8 to 5 "  
National  
Health Campaign  
Eight Weeks  
for  
Groups of Five



# ReachOut



# A healthier tomorrow starts today!



## Reach Out

Services to achieve your personal optimum level of Wellness:

- Walking Groups
- Healthy Eating Consultant
- Weight Loss Support
- Healthy Cooking Classes
- Youth Team Sports
- Fun Physical Activities
- Dance: Zumba to Jazzercise
- Health Fairs and linkage to health and clinical resources

Call for the activities in your community  
(888)876-8524 ext 4

or

[www.sunrisespecialservices.org](http://www.sunrisespecialservices.org)

### INCOME QUALIFICATION

Family Size	Child Age 0-1	Child Age 1-5	Child Age 6-18
1	\$1,806-\$2,257	\$1,202-\$2,257	\$904-\$2,257
2	\$2,430-\$3,036	\$1,616-\$3,036	\$1,216-\$3,036
3	\$3,053-\$3,815	\$2,031-\$3,815	\$1,527-\$3,815
4	\$3,676-\$4,594	\$2,445-\$4,594	\$1,839-\$4,594
5	\$4,300-\$5,373	\$2,860-\$5,373	\$2,151-\$5,373
6	\$4,923-\$6,153	\$3,274-\$6,153	\$2,462-\$6,153
7	\$5,546-\$6,932	\$3,689-\$6,932	\$2,774-\$6,932
8	\$6,170-\$7,711	\$4,103-\$7,711	\$3,086-\$7,711
9	\$6,793-\$8,490	\$4,518-\$8,490	\$3,397-\$8,490
10	\$7,416-\$9,289	\$4,932-\$9,269	\$3,709-\$9,269

**Scholarships for Income Eligible Families**

**\$50/ Ten classes**

**Zumba - Lake County**

**See Website for Activities**

**Monthly Schedule**

**How do I begin?**

**(888)876-8524ex4**

**"8 to 5"  
Eight wks- Groups of five**

- **Fall 2012 Campaign**
- **Group wellness goals**
- **One Leader or Promotora**
- **Be physically active each day—30 mins. for adults  
60 mins. for 6yrs-17yrs.**
- **Be conscious of what you eat , know the nutritional value. Eat half of your usual portion.**
- **Make it last—8 weeks**

**Activity Logs to:**

**[sunrisespecialservices.org](http://sunrisespecialservices.org)**

**Or call (888) 876-8594ex4**

