

Sunrise Special Services Foundation (SSSF)

A non profit 501(c)3 founded February 14, 2000 based in Lake County, California.

The SSSF mission is to provide advocacy, health/social services for some of the most important needs which challenge rural areas.

Services of SSSF include:

- Housing Stability Project– for those homeless or at risk for homelessness.
- Community Capacity Building which includes projects with local Tribes, churches and community volunteers.
- Pathways to Wellness– to bridge culturally competent services to Native American Victims of Crime.
- 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

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

\$20/ Eight weeks
or \$80 for groups of 5

How do I begin?
(888)876-8524ex4

"8 to 5" Eight wks- Groups of Five

- **Fall 2011 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
Or call (888) 876-8594ex4

