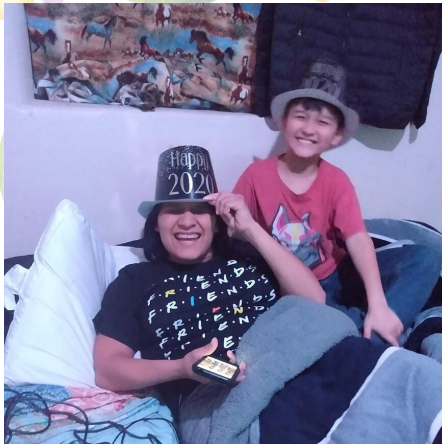


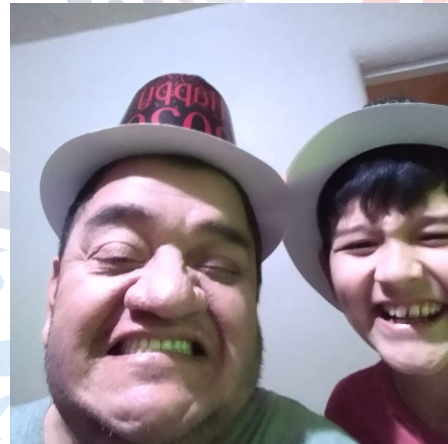
Welcome, 2020

HAPPY NEW YEAR

At Home Advocacy - January 2020



**Cheers! To a Happy
New Year!**



**What a year it
will be!**

Events

1/13/20 - Bowling at Silva Lanes

The best of times with the best of friends, don't miss out!

1/15/20 - BINGO

Competitive? Us? No...

1/17/20 - Albuquerque Comic Con

Are you interested in volunteering with the AHA Crew at this year's comic con? Contact the office for more details, we hope you can make it!

1/21/20 - Karaoke

Can't go wrong here! Grab life by the mic and go for it!

1/28/20 - Deb's Anime Club

Join your friend Debbie to discover a new interest in anime!

New Year - New You!

Top Ten Tips for Weight Loss and Staying Committed - From Your Peers and Supporters

1. Focus on the reason your goal is important to you and keep that in the front of your mind. - Isaac Mendez

2. Discipline and mindset. Make a big goal, then make small goals to reach that big goal. - Chrissy Fazio

3. Get involved in a group class or exercise group. Accountability helps you stay motivated. - Dax Neeld

4. Walk for an hour a day, it helps if it's somewhere you enjoy. - Matt Diaz

5. Stay away from soda and make sure there are plenty of vegetables in your diet. Pushing yourself at the gym makes it easier in the long run! - Sean Martin

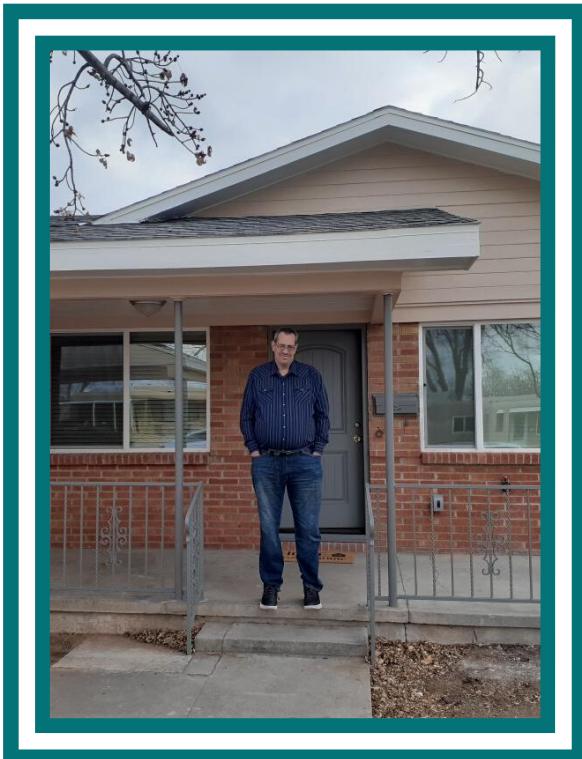
6. Drinking water throughout the day and logging your weight daily makes a huge difference. - Isaac Sandoval

7. Keep a food log and make cardio a priority when you exercise. If you're a pro, try intermittent fasting. - Alex Sena

8. Find an exercise you love, like zumba or dance fitness. It's not work if you're having fun! - Kameran Manuelito

9. Zumba changed my life! Walk as often as you can and eating healthy makes a huge difference. - Deb Richardson

10. Try your best to eat homemade food instead of fast food, definitely try to walk and exercise too.. - Alexis Hernandez



Meet David!

AHA's very first supported living client.

We now have two houses open and hope to open a third in March.

There are several positions with different hours available so if you're interested in joining the team let us know!!