

Safe Homes Teen Dating Violence Prevention Program Receives Award

The Verizon Foundation awarded \$20,000 to Safe Homes of Orange County to help prevent dating violence by promoting healthy relationships, engaging youth in leadership and advocacy and addressing the impact of technology. The Safe Homes Teen Dating Violence Prevention Program offers free education to schools and youth-serving organizations across Orange County, reaching thousands of teens each year.



Understanding that abusive behavior often begins between the ages of 12 and 18, Safe Homes is increasingly invested in prevention and education programs that help teens recognize the signs of unhealthy relationships, navigate healthy ones and take leadership to raise awareness and stop the violence.

"The Verizon Foundation grant award will support the implementation of critical programs and help us meet the increased demand from schools and youth organizations," said Kellyann Kostyal-Larrier, Safe Homes Executive Director.

In February, during Teen Dating Violence Awareness Month (TDVAM), Safe Homes will award a \$500 college scholarship to the winner of the "Safe Love Is..." Art Contest, sponsored by The Law Office of Benjamin Greenwald. The students' art work will be on display at 2 Alices Coffee Lounge located at 117 Broadway in Newburgh from February 4 through February 10. On Saturday, February 7, from 3-5 p.m., the artists will gather to talk about their work. The scholarship winner will be announced at 4 p.m. All are welcome.

For more information about how to support Safe Homes of Orange County and for other upcoming events, call 562-5365. For help, call Safe Homes' 24-hour hotline: 1-888-503-4673 (HOPE).

New Year, New Healthy Goals

"It's a new year and time to start new healthy goals," says Lili Hong Zhuang, owner of Zeng Natural Health. "High on almost everyone's list after the holidays is weight loss." With this in mind, Zeng Natural Healing is offering a 20 percent discount on a customized weight loss program to help participants keep their New Year's resolutions.



Lili Hong Zhuang

"There are many distractions that can undermine the choice to lose weight," says Zhuang. That is why she developed a uniquely customizable weight loss plan to address those distractions. "Stress, fatigue and rapid hunger often are the worst offenders," she says. To combat these Zhuang uses a combination of acupuncture and traditional Chinese therapies, as well as herbs, and cutting-edge scientific research.

"Using acupuncture to promote calm reduces stress-related binging, allows more efficient digestion, and better rest which can help with the body's ability to clear bloating and excess water during sleep," explains Zhuang. "Sometimes sudden overwhelming hunger cravings can appear. There are special points on the body that can be stimulated to reduce these cravings." She also uses acupuncture to energize the body so an individual does not feel sluggish and tired while on the program.

"This program is designed to keep you comfortable, relaxed, craving-free and energized to support you in achieving all your weight loss goals for the new year," adds Zhuang.

Location: 145 Main St., Ste. 1, Nanuet. For more information, call 598-1965. See Community Resource Guide listing, page 46.



Zeng Natural Healing

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