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Clinic receives community foundation grant for lifesaving program

Neighborhood Health Clinic has received a \$20,000 grant from Community Foundation Collier County in support of "Own Your Health," a newly designed program focused on teaching patients with chronic disease to take control of their health challenges. Through "Own Your Health," the clinic will actively help patients understand the complications and the health risks associated with hypertension, obesity and insulin resistance, and also provide an educational guide aimed at moving high-risk patients to a low- or no-risk state. A plan for "Own Your Health" will be detailed for each patient risk group, and is the primary objective of the program. The main focus will be based on patient-centered care and education. All classes are held at the clinic for current patients.

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