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| **Joy As A Tool For Training Links, Self-Care And Social Interaction - Xing Fu's Experience In Basic Health Unit(Bhu) Vila Piauí** |
| **Setting/problem**Although a human being is associated with a social being, there is a tendency for isolation whenever something in your life changes in a way that reduces functionality or decreases social status. Thereafter, there is an even greater and increasing decrease in their health, disposition and resocialization capacity. Depressive states, permanent disabilities and addictions further aggravate this situation thereafter.**Intervention**With the intention of reversing the social isolation and the reactivation of the bonds of friendship and interaction, the inclusion of groups of Integrative and Complementary Practices in Primary Care settings in São Paulo .Within the BHU Vila Piaui, The Exercices Group named Xing Fu was created just over 5 years ago, in exchange for training in Tai Chi Pai Lin. In addition, the group increased various health and social activities in the area of coverage.**Outcomes**The greatest difficulties are the need for a sheltered space for climate change on rainy days and more people committed to providing health support for activities.**Implications**In more than 5 years of history of Xing Fu, we see the benefits of growing the sense of belonging and joy in the group's weekly participation. What was built without a specific initial planning for it, was efficient to produce the users' adhesion to the group. It was observed a union based on friendship and coexistence, promoting, more and more, meetings of participants in varied situations with passion, joy and willingness to be in the group, taking advantage of exercise, improving the quality of life, social interaction, emotional and social support. In the organization of actions, this intentionality is revealed by the production of a specific and exclusive logo, planned in a cooperative way. The functioning of a Health Clinic has been established: it favors Joy and Health promotion, the prevention of injuries and even the reduction of damages associated with problems of various types, when there are questions of temperament, social condition, disorders mental and psychic. Although subjective and immaterial, JOY associated with physical activity in the Xing Fu Group proved to be an excellent facilitator of the socialization, health and friendship promoter. Since its inception, chained events have transfigured Xing Fu into an activity that serves as an address for a living entity: the Physical Activity Group of UBS.**Preferred presentation format**Poster  |