

EVIDENCE-BASED PROGRAMS

Diabetes Self-Management: Diabetes is associated with an increased risk for a number of serious, even life-threatening, complications. Good diabetes control can help reduce the risk of these complications. Topics include nutrition, exercise, stress management, foot care and more. 6 weekly sessions, 2.5 hours each session

Chronic Disease Self-Management: Chronic conditions, such as high blood pressure, heart disease, stroke, and arthritis are leading causes of disability in the U.S. You will learn to cope with the fatigue, frustration and pain that accompany chronic conditions, and exercises for improving strength and endurance, all which improve health and decrease hospital stays. 6 weekly sessions, 2.5 hours each session

Chronic Pain Self-Management: Chronic pain can be debilitating and may lead to isolation and depression. Better management of chronic pain can help you feel better, move better and improve quality of life. 6 weekly sessions, 2.5 hours each session

Prevent T2 (National Diabetes Prevention Program): This lifestyle change program can help you make lasting changes to reduce your risk of developing type 2 diabetes. Developed by the Centers for Disease Control, this 12-month program offers the skills you need to lose weight, be more physically active and manage stress. Trained lifestyle coaches guide and encourage you as well as having support from other participants. Must be prediabetic or demonstrate a high risk of developing type 2 diabetes. 20 weekly sessions plus 6 monthly sessions, 1 hour each session.

Matter of Balance: Many older adults restrict activities because of concerns about falling. This program provides an exercise routine to increase strength and balance, make changes to reduce fall risk at home, and develop self-management skills for safe activity. Sessions are 2 hours long and conducted twice a week for 4 weeks.

TO REGISTER

Call Community Outreach at 800-515-0044 OR register on line through the Calendar of Health Events.