



# Community Health Network

Your connection to low-cost health programs

## **Group Programs**

### **Diabetes Prevention Program**

*One hour per week, 16 weeks; followed by six months of follow-up* | Cost varies, primarily free  
Helps lower your risk of getting Type 2 Diabetes by eating healthier, increasing physical activity, and losing weight. The DPP is a program that focuses on lasting changes that are manageable for each patient. Participants must have a diagnosis of pre-diabetes from a physician, screen in based on the CDC screening tool, or have a history of gestational diabetes. In addition, must be medically safe to lose weight.

### **LIVESTRONG at the YMCA**

*75 – 90 minutes, twice per week, 12 weeks* | Free for YMCA members, \$68/month for nonmembers  
An evidence-based strengthening and conditioning program to help cancer survivors reclaim their health and well-being by improving their fitness, diminishing therapy side effects, and receiving peer support.

### **Matter of Balance: Managing Concerns About Falls**

*Two hours per week, eight weeks* | Free  
Group workshops that teach techniques to reduce fears of falling and increase activity levels.

### **Pedaling for Parkinson's**

*One hour, three times per week, 12 weeks* | Free for YMCA members, \$68/month for nonmembers  
A form of "Forced Exercise" indoors on a stationary bicycle. Participants complete a 10-minute warm up, followed by 40 minutes of active cycling, and a 10-minute cool down. Participants must have a diagnosis of Parkinson's Disease from a physician, as well as be able to safely hold themselves upright on a bicycle.

### **Powerful Tools for Caregivers**

*1.5 hours per week, six weeks* | Free  
Allows caregivers to develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate more effectively in challenging situations, make tough care-giving decisions, and more.

### **Self-Management Programs**

*2.5 hours per week, six weeks* | Free

#### **1. Diabetes Self-Management Program**

Teaches you to manage symptoms of diabetes such as fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear, and frustration. Participants must have a diagnosis of diabetes or have a family member, friend, or patient with diabetes that they are learning on behalf of.

#### **2. Tools for Healthy Living - Chronic Disease Self-Management Program**

Teaches you how to manage symptoms and medications, communicate with family and doctors, relieve stress, eat well, exercise, and set attainable goals.

#### **3. Chronic Pain Self-Management Program**

Provides you with the tools to manage medications, fatigue, frustration, proper nutrition, and communication skills, and teaches you to evaluate treatments and make an action plan.



**401-432-7217 | [ripin.org/events](http://ripin.org/events)**

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## Individual Programs

### **Asthma Services** / Free

Focuses on asthma at home, school, and healthcare centers. The program aims to lower asthma-related hospitalizations, emergency room visits, and missed days of work and school.

### **Tobacco Cessation Services** / Free

Quit smoking counseling sessions by phone. Eligible callers may also receive free nicotine replacement therapy (NRT) gum, patches, or lozenges in two-week supplies by mail while supplies last.

### **Certified Diabetes/Cardiovascular Disease Outpatient Educators** / Insurance co-pays vary

CDOEs and CVDOEs are Registered Nurses, Dietitians, and Pharmacists who can teach you how to manage your glucose, blood pressure, cholesterol, medication, and nutrition. Insurance is required to participate in this program. Participant must have a diagnosis of diabetes and a referral from a physician to participate.



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