



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.

Healthy Living for Your Brain and Body: Tips from the Latest Research

90 minute workshop | Free

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Know the 10 Signs: Early Detection Matters

Two hour workshop | Free

Learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

LIVESTRONG at the YMCA

75 – 90 minutes, twice per week, 12 weeks | Free

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.



401-432-7217 | ripin.org/chn

CommunityHealthNetwork@ripin.org



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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.

Understanding Alzheimer's and Dementia

90 minute workshop | Free

Learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Walk With Ease

.5 hour, three times per week, six weeks | Cost varies, free or \$15

Teaches you to safely make physical activity part of your everyday life to reduce pain or to be more active.

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 Educator Services | 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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