



Community Health Network

Your Connection to FREE & Low-Cost Health Programs



The Community Health Network connects you to programs proven to help you take control of your health.

Programs are located throughout Rhode Island. Call 401-432-7217 or email communityhealthnetwork@ripin.org to learn more.

Check out our calendar at www.ripin.org/chn for upcoming classes!



ALZHEIMER'S & DEMENTIA:

Know the 10 Signs: Early Detection Matters

Conozca las 10 Señales: La Detección Temprana es Importante

2 hour workshop | Free | Virtual or In-Person Options | Offered in English or Spanish

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

Understanding Alzheimer's and Dementia | Entender el Alzheimer y la Demencia

90-minute workshop | Free | Virtual or In-Person Options | Offered in English or Spanish

Learn about the impact of Alzheimer's Disease, the difference between Alzheimer's Disease and dementia, stages, risk factors, current research and treatments, and resources.

CHRONIC DISEASE MANAGEMENT:

Tools for Healthy Living | Tomando Control de Su Salud

2.5 hours per week, 6 weeks | Free | Virtual or In-Person Options | Offered in English or Spanish

Hone your disease management skills including, managing symptoms and medications, communicating with family and doctors, managing stress, eating well, exercising, and setting achievable goals.

DIABETES PREVENTION:

Ready for Health (formerly National Diabetes Prevention Program)

1 hour per week, 16 weeks; and 6 months thereafter | Free | Virtual or In-Person Options | Offered in English or Spanish

Lower your risk of getting Type 2 Diabetes by eating healthier, increasing physical activity, and losing weight. Participants must have a pre-diabetes diagnosis, be screened with the free *Centers for Disease Control and Prevention* screening tool, or have a history of gestational diabetes, and be medically safe to lose weight. Sessions are facilitated by trained Lifestyle coaches.

FALL PREVENTION, BALANCE, & MOVEMENT:

A Matter of Balance: Managing Concerns About Falls

2 hours per week, 8 weeks | Free | Virtual or In-Person Options

A combination of education and light exercises.

DAPpers – Dance for All People

1 hour class | Free | Virtual or In-Person Options

Increase coordination and flexibility, improve balance, release body tension, increase body awareness, and socialize. Open to people of all ages and abilities and designed for people with movement challenges. Caregivers welcome.

Gait Way to Better Balance

30-minute screening | Free | Virtual or In-Person Options

Participate in a series of physical tests and receive recommendations on how to improve your balance and reduce falls. Physical tests are completed by a licensed rehabilitation therapist or doctorate physical therapist student.

Tai Ji Quan Moving for Better Balance

1 hour twice per week, 6 months | Free | Virtual or In-Person Options, depending on provider

This program is run by multiple providers. *Carelink* registrants participate in a balance screening prior to enrollment and closes registration after the first 3 weeks. Improve postural stability, mindful control of body positioning, functional walking, movement coordination, range of motion around the joints, and lower extremity muscle strength. Includes fall risk screenings for balance, strength, and mobility.

FAMILY LIFE:

Strong African American Families

2.5 hours per week, 7 weeks | Free | In-Person

Designed for youth aged 10-14 and their caregivers, this program improves familial relationships and builds on the strengths of each family while helping young people avoid risky and dangerous behaviors. Free dinner, childcare, transportation, and a \$500 cash incentive per family provided upon program completion.

HEART HEALTH & HEALTHY EATING:

Certified Diabetes / Cardiovascular Disease Outpatient Educator

Number of sessions vary | Requires insurance, copay applies | Virtual or In-Person Options

Registered nurses, dietitians, and pharmacists teach you how to manage your glucose, blood pressure, cholesterol, medication, and nutrition. Participation requires a diabetes diagnosis and physician referral.

Healthy Eating for Successful Living

2 hours per week, 6 weeks | Free | Virtual or In-Person Options

This program focuses on healthy heart and bone nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression. Healthy Eating uses the USDA's *MyPlate* as a framework.

Healthy Heart Ambassadors Blood Pressure Self-Monitoring – *coming soon!*

10-minute 1-on-1 meetings 2x monthly, 1-hour monthly group meetings, 4 months | Free | Virtual or In-Person Options

Teaches individuals how to accurately measure their own blood pressure and encourages using this skill to communicate with physicians manage their health better.

Walk With Ease

Self-paced, 6 weeks | Free | Virtual

This is a community-based physical activity and self-management education program. While walking is the central activity, the program also includes health education, stretching and strengthening exercises, and motivational strategies. Includes a guidebook and a walking schedule to get you safely moving toward better health.

PAIN MANAGEMENT:

Chronic Pain Self-Management Program | *Vivir una Vida Sana con Dolor Crónico*

2.5 hours per week, 6 weeks | Free | Virtual or In-Person Options | Offered in English or Spanish

Provides tools to manage medications, fatigue, frustration, proper nutrition, and communication skills, and teaches participants to evaluate treatments and make action plans.

TOBACCO & NICOTINE CESSATION SERVICES:

Rhode Island Nicotine Helpline

1-on-1 telephonic sessions | Free | Virtual | QuitNowRI.com | 1-800-QuitNow | Multiple Languages

Smoking counseling sessions by phone for Rhode Islanders aged 13+ with certified Tobacco Treatment Specialists. Medically eligible callers over 18 may also receive free nicotine replacement therapy gum, patches, or lozenges. No income eligibility requirement and people insured and uninsured may participate. Open day and night with translation services available in over 200 languages.