



Community Health Network

Your Connection to FREE & Low-Cost Health Programs



The Community Health Network (CHN) connects you to state-wide programs proven to help you take control of your health. Call **401-432-7217** or email **communityhealthnetwork@ripin.org** to connect with a Patient Navigator.



SCAN ME TO THE CHN:



ALZHEIMER'S & DEMENTIA:

Know the 10 Signs: Early Detection Matters

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

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.

Healthy Living for Your Brain and Body

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

Learn about lifestyle changes that researchers recommend for brain health. Identify what behaviors may be negatively impacting your cognitive health and learn how to manage and improve these behaviors.

The Empowered Caregiver Series

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

Caring for someone living with dementia brings a unique set of challenges and rewards. Caregivers can register for individual courses or complete the entire 5-part series. Topics include the role of a caregiver, using a person-centered approach, building a support team, managing stress, and more.

CANCER SURVIVOR FITNESS

LIVESTRONG

90-minute sessions, twice weekly, 12 weeks | Free | In-Person

The LIVESTRONG program is a research-based exercise and well-being program designed for adult cancer survivors. It is offered by the YMCA and focuses on strength, cardio endurance, balance, and flexibility. Pre-registration is required.

CAREGIVING (all types – see specific programs for caregiving related to Alzheimer's and Dementia above)

Powerful Tools for Caregivers

90-minute workshops, 6 weeks | Free | In-Person

This CDC-recognized program supports caregivers with self-care tools to reduce stress, communicate effectively, and make tough care-giving decisions while caring for someone else. The course includes 6 weekly sessions led by certified instructors in a small group setting.

CHRONIC DISEASE MANAGEMENT:

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.

Tools for Healthy Living

2.5-hour weekly sessions, 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 (National Diabetes Prevention Program)

1-hour weekly, 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. Facilitated by Lifestyle coaches.

FALL PREVENTION, BALANCE, & MOVEMENT:

A Matter of Balance: Managing Concerns About Falls

2-hour weekly sessions, 8 weeks | Free | Virtual or In-Person Options

A combination of education and light exercises.

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

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-hour weekly sessions, 7 weeks | Free | In-Person

A program to improve and build upon familial relationships, while helping young people avoid risky and dangerous behaviors. For families with children aged 10-14. Free dinner, childcare, transportation, and incentives.

Familias Unidas

2.5-hour weekly sessions, 12 weeks | Free | In-Person | Offered in Spanish Only

A program to improve and build upon familial relationships, while helping young people avoid risky and dangerous behaviors. For Latino families with children aged 10-17. Free dinner, childcare, transportation, and incentives.

HEART HEALTH:

Healthy Heart Ambassadors Blood Pressure Self-Monitoring

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.

PAIN MANAGEMENT:

Chronic Pain Self-Management Program

2.5-hour weekly sessions, 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:

QuitWorks Rhode Island

1-on-1 telephonic sessions | Free | Virtual | [QuitNowRI.com](https://www.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.