

THESE PROGRAMS ARE OFFERED THROUGHOUT THE YEAR ON AN ONGOING BASIS.

LIVESTRONG® at the YMCA

What is it?

LIVESTRONG® at the YMCA is a small group program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. The goal is to help participants build muscle mass and strength, increase flexibility, endurance, improve energy levels and self-esteem.

- Meets for two times per week, 75-minute sessions, for 12 weeks
- A three-month membership is included

Who is this program for?

Any adult who is living with or beyond cancer treatments.



YMCA'S DIABETES PREVENTION PROGRAM

What is it?

The YMCA's Diabetes Prevention Program is an evidence-based, small-group education program that helps adults at high risk of developing type 2 diabetes.

- Meets for 16 weekly, one-hour sessions, then goes to bi-weekly sessions that lead into monthly sessions for a total of one year

Who is this program for?

Individuals at risk who have been diagnosed with prediabetes through a blood test or qualifying risk score based on a combination of risk factors.

DIABETES SELF-MANAGEMENT PROGRAM

What is it?

Developed by Stanford University and based on the Chronic Disease Self-Management curriculum, this program helps people with diabetes, fatigue, pain, and hyper/hypoglycemia learn appropriate exercise, medication usage, and healthy eating. Participants make weekly action plans, share experiences and help each other solve problems they encounter in daily life.

- Meets weekly for 2.5 hours for six weeks

Who is this program for?

Individuals diagnosed with diabetes.

ENHANCE FITNESS

What is it?

A group exercise program developed specifically for older adults. The exercises focus on the four areas of fitness: endurance, flexibility, strength, and balance. The program was originally designed to help with arthritis, but evidence has shown that the exercises also reduce the risk of falls in older adults.

- Meets three times per week for one hour, for 16 weeks

Who is this program for?

Older adults with arthritis or who are at risk of falling.

TAI CHI FOR HEALTHY AGING AND BETTER BALANCE

What is it?

The class uses the most beneficial practices from Tai Chi and other related arts to improve balance, reduce stress, reduce fear, and improve vitality.

- Meets weekly for one hour (ongoing)

Who is this program for?

Adults who want to improve balance and reduce stress.

WALK WITH EASE

What is it?

The Arthritis Foundation has created this six-week program to teach you how to safely make physical activity part of your everyday life. Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that this program is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength, and walking pace
- Build confidence in your ability to be active
- Improve overall health
 - Meets two times per week for one hour for six weeks

Who is this program for?

Individuals diagnosed with arthritis.

YMCA BLOOD PRESSURE SELF-MONITORING

What is it?

The YMCA designed this program to help adults with hypertension lower and manage their blood pressure. This program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management.

- Meet with a heart health ambassador two times per month for four months

Who is this program for?

Individuals diagnosed with high blood pressure who aren't regularly monitoring their blood pressure at home.

What do I need to know to register?

These programs improve health by promoting activities that address and prevent health conditions and complement traditional healthcare delivery. These programs are evidence-based, meaning they have shown quantifiable results.

To learn more, contact Jesse Potter: jpotter@metrowestymca.org 508-879-4420 x232

Most of these programs are free and offered on a rolling basis to anyone in the community.

PARKINSON'S WELLNESS PROGRAMS (PWP)

What is it?

The PWP is designed to help individuals with Parkinson's Disease, MS, or any other diagnosed neuromuscular condition to maintain and improve their quality of life. Each class includes balance, cognition, strength, and flexibility. All exercises can be modified to accommodate each individual's needs and abilities.

The goal of the PWP programs is to help participants

maintain their balance, mobility, and activities of daily living. Our classes include:

- Parkinson's Group Exercise
- Pedal for Parkinson's
- PWR!Moves for Parkinson's

Research has shown exercise can improve gait, balance, tremors, flexibility, motor coordination, and possibly slow disease progression.

Classes are FREE thanks to a generous grant by the Parkinson's Foundation.

MATTER OF BALANCE

What is it?

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Sessions include discussion and exercises to improve balance, strength, and flexibility.

- Meet weekly in two hour sessions for eight weeks

Who is this program for?

Anyone concerned about falls, or interested in improving balance, flexibility, and strength

REFERRAL to our PREVENTION AND WELLNESS PROGRAMS at the MetroWest YMCA

Provider/PCP Name: _____

Phone: _____

Date: _____

- Diabetes Self-Management
- Enhance Fitness
- LIVESTRONG® at the YMCA for Cancer Survivors
- Parkinson's Wellness Program
- Pedal for Parkinson's
- PWR!Moves for Parkinson's
- Tai Chi for Healthy Aging
- Matter of Balance
- YMCA'S Diabetes Prevention
- YMCA Blood Pressure Self-Monitoring
- Walk with Ease
- I am referring this patient with NO limitations
- I am referring this patient with the provided limitations:

Signature of Referring Provider: _____

EBHI-230125

RECLAIM HEALTH & REDUCE RISK

The MetroWest YMCA offers Evidence-Based Health Interventions (EBHI) to promote activities that address and prevent health conditions and complement traditional healthcare.

TO ENROLL OR LEARN MORE, PLEASE CONTACT:

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To learn more or to be notified when the next class is scheduled, scan here:



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PREVENTION AND WELLNESS at the MetroWest YMCA

EVIDENCE-BASED HEALTH INTERVENTION PROGRAMS

The MetroWest YMCA has an entire department devoted to supporting participants with chronic conditions to help them reclaim their health and improve their quality of life. We offer the programs listed within to help individuals prevent illness, support recovery, and manage health conditions for greater well-being. These programs are evidence-based, meaning they have shown quantifiable results and are meant to complement traditional healthcare delivery.

All of our instructors are certified in their specific evidence-based program. Our YMCA has classes that support people with diabetes, high-blood pressure, neuromuscular conditions, diabetes prevention, arthritis, cancer and fall prevention.

Most of these classes are FREE and offered on an ongoing basis.

Our Parkinson's Wellness Program includes five different classes per week. All of these classes are FREE thanks to a generous grant by the Parkinson's Foundation.

