



# CHRONIC DISEASE MANAGEMENT & PREVENTION

## Improving our COMMUNITY through HEALTHY LIVING

In partnership with LincolnHealth, Central Lincoln County (CLC) YMCA and Boothbay Region (BR) YMCA offers community evidence-based health intervention (EBHI) programs to assist in chronic disease management and prevention. For more information or to see if you're eligible for any of the EBHI programs, please contact Casey Clark Kelley, [cclarkkelley@clcymca.org](mailto:cclarkkelley@clcymca.org) or 207-350-7026.



### Evidence-Based Health Intervention Information Sessions

Tuesday, September 11, 11:00 am  
CLC YMCA Multi-Gen Room

Tuesday, September 18, 10:30 am  
BR YMCA

Tuesday, September 18, 5:30 pm  
CLC YMCA Multi-Gen Room

Learn more about the programs we offer to help manage and prevent chronic diseases. Programs include Diabetes Prevention Program, Blood Pressure Self-Monitoring, Livestrong at the YMCA for cancer survivors, and Enhance Fitness for falls prevention and arthritis management. **Program information will be provided followed by a Q&A session.**

### LIVESTRONG at the YMCA

LIVESTRONG at the YMCA is a research-based physical activity and well-being program designed to help adult **cancer survivors** reclaim their total health. This 12-week program meets twice a week for 75 minutes in small groups and allows cancer survivors to regain their physical, emotional, and spiritual strength by way of safe and effective physical activities and a supportive environment that fosters unique and positive relationships. **Program starts September 4 at CLC YMCA and September 25 at BR YMCA.**

**LIVESTRONG**

**AT THE YMCA**

### Enhance® Fitness

As a 16-week fitness program focused on **falls prevention and arthritis management** proven to help older adults become more active, energized, and empowered, Enhance® Fitness will address the need for arthritis management in our community through lifestyle intervention. With safe, low-impact exercises, older adults of all fitness levels will grow stronger, improve balance, increase flexibility, boost activity level, relieve arthritis symptoms, and elevate their mood. **Enrollment is every Monday starting September 10 at CLC YMCA.**

Enhance Fitness I - Monday, Wednesday, Friday, 10:30-11:30 am

Enhance Fitness II—Monday, Wednesday, Friday, 1:30-2:30 pm

### Blood Pressure Self-Monitoring

The YMCA's Blood Pressure Self-Monitoring is a 4-month program that offers personalized support as participants develop the habit of **monitoring** their **blood pressure**. Research shows that the process of recording blood pressure at least twice a month over a period of four months can lower blood pressure in many people with high blood pressure. Participants will take and record their blood pressure at least two times per month, attend two consultations a month with a Healthy Heart Ambassador, and attend monthly nutrition education seminars. **Program starts October 15 at CLC YMCA & BR YMCA**



### Diabetes Prevention Program

If you're **at risk for developing type 2 diabetes**, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. This 12-month group-based program consists of 16 core sessions, followed by monthly maintenance sessions led by a trained lifestyle coach who facilitates a small group of people with similar goals. Discuss topics such as healthy eating, increasing physical activity, reducing stress, problem solving, and much more. Stay motivated to maintain progress towards program goals with group support. Classes are scheduled based on participant availability. **New class starting October 2018 at CLC YMCA and BR YMCA.**

### Rock Steady Boxing

Rock Steady Boxing improves the quality of life for people battling **Parkinson's disease** through non-contact, boxing inspired fitness training. Training classes include an exercise program that attacks Parkinson's at its vulnerable neurological points, while focusing on overall fitness, strength training, reaction time and balance. No boxing experience is necessary and people of all ages are invited to participate. **Program session starts September 4 at BR YMCA and meets Tuesdays & Thursdays 10:30-12:00 pm.**





# Evidence-Based Health Intervention Programs Preliminary Registration Form

- LIVESTRONG at the YMCA
- Blood Pressure Self-Monitoring
- Diabetes Prevention Program
- Enhance® Fitness
- Rock Steady Boxing

Please note: be sure to fill out all information as fully and clearly as possible in order to get accurate information to you.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Age: \_\_\_\_\_ Health Concern: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Preferred Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Primary Care Provider: \_\_\_\_\_

Clinic: \_\_\_\_\_

Phone: \_\_\_\_\_

How did you find out about this program: \_\_\_\_\_

When is the best day and time to contact you? \_\_\_\_\_

What is your preferred method of contact? \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



Aligned with Harbor Fest in the Boothbay Region, each year the race helps to raise money to support the YMCA Evidence-Based Health Intervention Programs listed above, in partnership with LincolnHealth.