

HEALTHY LIVING



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 Robin Maginn, rmaginn@clcymca.org or 207-563-9622.

Healthy Weight and Your Child

This is an evidence-based program for **children with obesity**. The program includes 25 sessions delivered over 4 months. The family-based, weight-management program focuses on nutrition education and physical activity to encourage healthier eating habits and an active lifestyle to reach a healthy weight. In order to qualify for participation in the Healthy Weight and Your Child Program, the child must be 7-13 years old, carry excess weight, with a body mass index (BMI) of the 95th percentile or higher.

Child must receive clearance from a healthcare provider or school nurse to participate in physical activity. Parent/caregiver must attend all sessions.

New group forming soon!

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.

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 every Monday at CLC YMCA.**

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

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. Virtual or in person. **SIGN UP NOW!**



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. **Schedule an appointment to learn more! In-person and virtual groups available.**

Parkinson's/Movement Disorder Programs

The mission of our Parkinson's Programs is to improve the quality of life for those with Parkinson's disease and their caregivers. The CLC YMCA offers a **Virtual Exercise & Wellness Program, Pedaling for Parkinson's** and **Boxing for Parkinson's** classes.

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 or cycling experience is necessary and people of all ages are invited to participate.

**Boxing for Parkinson's
Tuesday & Wednesday**

**12:00-12:45pm
Begins April 27th**



Evidence-Based Health Intervention Programs Preliminary Registration Form

- | | |
|---|---|
| <input type="checkbox"/> Healthy Weight & Your Child | <input type="checkbox"/> Diabetes Prevention Program |
| <input type="checkbox"/> LIVESTRONG at the YMCA | <input type="checkbox"/> Enhance® Fitness |
| <input type="checkbox"/> Blood Pressure Self-Monitoring | <input type="checkbox"/> Parkinson's/Movement Disorder Programs |

Please note: Be sure to fill out all information as fully and clearly as possible in order for the Y 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? _____

Would you prefer to do your class in-person or virtual? _____

If virtual, do you need access to a device or tablet to participate? _____

Signature: _____ Date: _____