



Community Health Network

Your Connection to Low Cost Health Programs

A Matter of Balance: Managing Concerns About Falls

2 hours per week, 8 weeks | Free | Virtual

A group workshop that teaches techniques to reduce fear of falling and increase activity levels.

Better Choices, Better Health

Self-paced, 6 weeks | Free | Virtual

This small group, online workshop helps people living with chronic conditions manage them better.

Certified Diabetes / Cardiovascular Disease Outpatient Educator

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

CDOEs and CVDOEs are registered nurses, dietitians, and pharmacists who can teach you how to manage your glucose, blood pressure, cholesterol, medication, and nutrition. Participation requires a diabetes diagnosis and physician referral.

Chronic Pain Self-Management Program

2.5 hours per week, 6 weeks | Free | Virtual

Provides you with the tools to manage medications, fatigue, frustration, proper nutrition, and communication skills, and teaches you to evaluate treatments and make an action plan.

DAPper Dancers (Dance for All People/Dance for Parkinson's)

1 hour per week, ongoing | Free | Virtual

This evidence informed dance program is tailored to meet the needs of people with neuro-degenerative disorders such as Parkinson's disease, but is open to all people of all mobility levels.

Diabetes Prevention Program

1 hour per week, 16 weeks; followed by 6 months of follow up | Free | Virtual

Helps lower your risk of getting Type 2 Diabetes by eating healthier, increasing physical activity, and losing weight. The DPP focuses on lasting changes that are manageable for each patient. Participants must have a pre-diabetes diagnosis, be screened in based on the CDC screening tool, or have a history of gestational diabetes. It must also be medically safe for them to lose weight.

Gait Way to Better Balance

30-minute Screening | Free | Virtual and In-Person

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

Healthy Eating for Successful Living in Older Adults

2 hours per week, 6 weeks | Free | Virtual

Teaches you how nutrition and lifestyle changes can promote better health. The program focuses on heart and bone healthy 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 Living for Your Brain and Body: Tips from the Latest Research

90-minute workshop | Free | Virtual and In-Person

Learn about research related to diet and nutrition, exercise, cognitive activity, and social engagement. Then use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



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Heart Healthy Ambassadors Blood Pressure Self-Monitoring

90-min. 1-on-1 meetings twice monthly, 1 hour monthly group seminars, 4 months | Free | Virtual and In-Person

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

Know the 10 Signs: Early Detection Matters

2-hour workshop | Free | Virtual and In-Person

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, and possible diagnostic tests and assessments. Also learn about Alzheimer's Association Resources.

Powerful Tools for Caregivers

1.5 hours per week, six weeks | Free | Virtual, as funding permits

Helps caregivers develop a wealth of self-care tools to reduce stress, change negative self-talk, communicate effectively in challenging situations, make tough care-giving decisions, and more.

Strong African American Families

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

Designed for youth aged 10-14 and their caregivers, SAAF improves familial relationships and builds on the strengths of each family while helping young people avoid risky and dangerous behaviors. Free childcare, transportation and gift cards provided.

Tai Ji Quan Moving for Better Balance

1 hour twice per week, 24 weeks | Free | Virtual and In-Person

Uses an 8 form Tai Ji Quan core to improve postural stability, mindful control of body positioning, functional walking, movement symmetry, coordination, range of motion around the joints, and lower extremity muscle strength.

Tobacco Cessation Services

1-on-1 telephonic sessions | Free | Virtual

Quit smoking counseling sessions by phone for Rhode Islanders 13+. Eligible callers over 18 may also receive free nicotine replacement therapy gum, patches, or lozenges while supplies last.

Tools for Healthy Living (Chronic Disease Self-Management Program)

1 hour per week, 6 weeks | Free | Virtual and In-Person

Teaches you how to manage symptoms and medications, communicate with family and doctors, relieve stress, eat well, exercise, and set achievable goals.

Understanding Alzheimer's and Dementia

90-minute workshop | Free | Virtual and In-Person

Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current available research and treatments for some symptoms; and Alzheimer's Association resources.

Walk With Ease

Self-paced, 6 weeks | Free | Virtual

Teaches you to safely make physical activity part of your everyday life to reduce pain or be more active.



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