



COMMUNITY HEALTH SERVICES OF LAMOILLE VALLEY

HEALTHY LIVING WORKSHOPS



Diabetes

A workshop specifically designed for people with type 2 diabetes. People who complete the program say they see big improvements, like eating better, feeling less depressed, and having a better relationship with their doctors. The program is designed to help you with:

- Problem solving and action planning
- Healthy eating
- Exercise
- Monitoring blood sugar
- Managing stress
- Handling sick days

Chronic Disease

For people living with a chronic disease such as arthritis, diabetes, cancer, obesity, or heart disease. Includes support to help people with chronic diseases manage and improve their health. The program focuses on topics that come up when dealing with any chronic condition, such as:

- Problem solving and action planning
- Nutrition
- Exercise
- Medication use
- Emotions
- Talking with doctors

Chronic Pain

For people living with chronic pain for more than 3 to 6 months. Chronic pain conditions include: musculoskeletal pain (neck, shoulder, back pain, etc.), fibromyalgia, postsurgical pain that lasts beyond 6 months, neuropathic pain, and post-stroke pain. This workshop can also benefit people with persistent headaches, Crohn's disease, irritable bowel syndrome, and diabetic neuropathy. Workshops provide support and education, including:

- Techniques to deal with problems such as frustration, fatigue (feeling tired), isolation, and poor sleep
- Exercises to improve your strength, flexibility, and endurance—and instructions on how to pace yourself between activity and rest
- Tips for talking with your family, friends, and health care professionals about pain

All Healthy Living Workshops are given over a period of 2 ½ hours, once a week, for 6 weeks.

Diabetes Prevention Program

This program is focused on lifestyle changes to prevent type 2 diabetes. You will get the skills you need to lose weight, be more physically active, and manage stress.

Timing: Participants meet once a week for the first 16 weeks, and then meet every other week, and then monthly for a total of 25 sessions over a year.

Who: For people at risk for developing type 2 diabetes.

Vermont Quit Partners Smoking Cessation

When you're ready to quit tobacco, 802Quits has local Vermont Quit Partners ready to help you set up a plan and succeed in being tobacco-free. There are free workshops available with Vermont Quit Partners all across Vermont providing support, free gum, lozenges or patches, and motivation to help you through the quitting process.

Timing: Participants meet one hour, once a week, for four weeks.

Who: For current smokers or tobacco users looking to quit.

**To register for any workshops or if
you have any questions, please call
Erica at 802-888-6035**



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