



Chronic Disease Prevention Programs at the Y

HYPERTENSION

Blood Pressure Self-Monitoring Program

Hypertensive patients will work with certified YMCA Healthy Heart Ambassadors for the duration of the four month program. During this time, participants will be encouraged to:

- Self-measure their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

This is an evidence based program in collaboration with the CDC. Participants are given a blood pressure unit for home use

Goal of the program is to help hypertensive patients learn the importance of monitoring their blood pressure by providing education and accountability.

LOCATIONS:

- Adagio Health (no cost for current patients)
- Butler YMCA (\$30 if own cuff, \$40 includes cuff)
- Community Health Clinic (no cost for current patients)
- Rose E. Schneider Family YMCA (\$30 if own cuff, \$40 includes cuff)

DIABETES

Diabetes Prevention Program

Pre-diabetic patients will work with a certified YMCA Lifestyle Coach for the duration of the one year program. During this time, participants will attend 16 weekly sessions followed by 8 monthly sessions. Participants receive:

- Skills needed to lose weight, be more physically active and manage stress
- CDC approved curriculum
- Support from other participants with the same risk

This is an evidence based program with CDC approved curriculum

Goal of the program is a 5% group weight loss.

LOCATION

Butler YMCA Cost: \$249

FALL PREVENTION/ARTHRITIS

Stay Active and Independent for Life (SAIL)

Participants 65 years of age or older will work with certified SAIL Group Exercise Instructors towards building:

- Cardiovascular endurance
- Strength
- Balance
- Friendships with other participants

Goal of the program is provide specific exercises that will help seniors stay active and reduce their chance of falling. The SAIL program is able to accommodate people with a mild level of mobility difficulty (people who are occasional cane users). SAIL exercises can be done standing or sitting. This is an evidence based program.

LOCATIONS: Butler YMCA, Rose E. Schneider Family YMCA, Tanglewood Senior Center, Westminster Church, Slippery Rock Senior Center and Cranberry Senior Center (Cost: no cost for Seniors 60 years of age or older)

PARKINSON'S DISEASE

Delay the Disease

Participants will work with a certified Delay the Disease Instructor. The program improves the physical, mental and emotional realities of Parkinson Disease diagnosed patients. Beginning exercise will take place from a seated position.

Care Partners are also encouraged to attend all classes. This is a research based program.

LOCATIONS:

- Butler YMCA
- Cost: \$45/1x week \$90/2x week
- Rose E. Schneider Family YMCA
- Cost: \$50/1x week \$100/2x week

OBESITY

Choose to Lose for Healthy Living

Participants will work with a certified Personal Trainer for the duration of the 10 week program. During this time, participants will:

- Learn how other people have lost/maintained weight
- Understand BMI and how it affects their health
- Personal assessment: pre and post program
- Weekly weigh in
- Weekly group exercise class
- Weekly group email
- Informational handouts

This is a research based program.

Goal of the program is 5% individual weight loss. Participants are encouraged to continue program after first 10 week completion.

LOCATIONS:

- Butler YMCA
- Cost: \$125
- Rose E. Schneider Family YMCA
- Cost: \$150

EXERCISE IS MEDICINE

<http://exerciseismedicine.org>



Sandra Ihlenfeld, Vice President, Organizational Advancement • sihlenfeld@bcfymca.org or 724.287.4733 x115

Butler County Family YMCA

Butler YMCA • 339 North Washington Street • Butler, PA 16001

Rose E. Schneider Family YMCA • 2001 Ehrman Road • Cranberry Township, PA 16066



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Tanglewood Senior Center

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