

## Programs & Target Diseases

### Blood Pressure Self-Monitoring Program

- *Target Disease: Hypertension*
- *No Cost*
- *No Membership Required*

### Cardiac Care Maintenance Program

- *Target Disease: Cardiovascular*
- *Fee*
- *Membership Required*

### Diabetes Prevention Program

- *Target Disease: Diabetes*
- *Fee*
- *No Membership Required*

### Enhance® Fitness

- *Target Disease: Arthritis*
- *Free for Members*
- *Fee for Non-Members*

### LiveSTRONG® at the YMCA

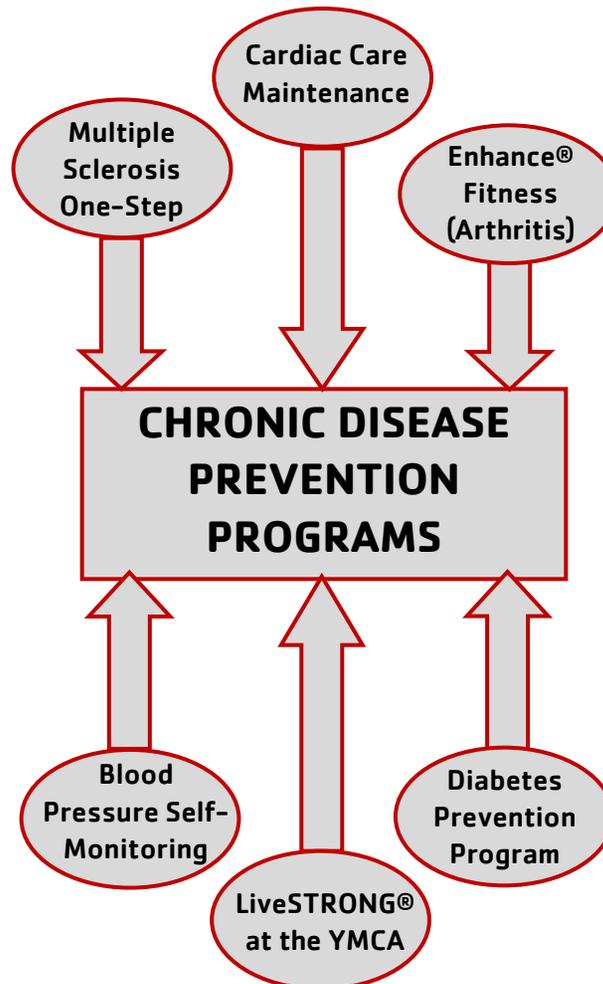
- *Target Disease: Cancer*
- *No Cost*
- *No Membership Required*

### MS One-Step Program

- *Target Disease: Multiple Sclerosis*
- *Free for Members*
- *Fee for Non-Members*



We're with you **EVERY** step of the way!  
LAKELAND HILLS FAMILY YMCA



For more information on any Chronic Disease Prevention program please contact:

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#### IMPACTABILITY (NOUN):

the likelihood that a patient will incur a specific future adverse event that can be prevented through engagement in an optimized, evidence-based intervention



# Chronic Disease Prevention Programs

Evidence-based health initiatives



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## Multiple Sclerosis One-Step Program

In partnership with the National MS Society, this is a 7-week wellness exercise program designed for adults medically diagnosed with MS. Participants are provided a comfortable and accessible environment to encourage therapeutic exercise addressing the issues of fatigue, mobility, weakness, and depression. Medical clearance required. Class is free for Y members; fee for non-members.

## Cardiac Care Maintenance Program



Program is designed to help heart patients maintain the best possible cardiovascular health following a heart attack or other cardiac procedures. Y membership and a signed clearance form from your doctor are required before starting this maintenance program. Annual fee.

## LiveSTRONG® at the YMCA



Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those af-

ected. The Y and LiveSTRONG® have joined together to create a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength, increasing flexibility and endurance, and improv-



ing confidence and self-esteem. By focusing on the whole person and not the disease, LiveSTRONG® at the YMCA is helping people move beyond cancer – in spirit, mind and body. Twelve-week sessions offered at no cost to cancer survivors and individuals currently undergoing treatment. Medical clearance mandatory. Y membership not required.

## Enhance® Fitness

This 16-week program helps older adults become more active, energized, and empowered for independent living. With aerobic, strength, flexibility and balance training, this program is especially beneficial for older adults living with arthritis.

Many programs claim to improve the health of older adults. Few can demonstrate real results based on sound scientific research. Our specially trained staff are committed to your successful outcome! Class is offered with a choice of two sessions. Free with membership; fee for non-members.



## Diabetes Prevention

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. The YMCA's Diabetes Prevention Program helps adults at risk for type 2 diabetes reduce their risk for developing the disease by tak-

ing steps that will improve their overall health and well-being. Program provides a supportive environment where participants work together to achieve goals for the purpose of reducing their risk for developing diabetes over the course of one year. It is led by a trained Lifestyle Coach in a group setting that offers motivation and support. Fee; Y membership not required.

## Blood Pressure Self-Monitoring Program

Four-month program includes 10-minute consultations with Healthy Heart Ambassador during drop-in office hours, weekly check-ins by phone, email or text, and monthly nutrition education programs. The support you receive will help develop the habit of self-monitoring to lower or better manage your blood pressure. Offered at no cost and no Y membership required. Each participant receives a personal blood pressure cuff at no charge.

