



HEALTH EDUCATION COURSE LIST

DIABETES

Diabetes Class and Support Group (offered in English and Spanish)

Do you have diabetes? Do you have a family member with diabetes? This five-week course covers the basics of diabetes. It provides tips for managing symptoms. Participants learn how diet and exercise affects blood-sugar levels. The class covers cooking and eating for better diabetes control. All participants will learn how to monitor blood glucose, or sugar, levels. Participants also receive a free glucometer, which measures blood glucose levels.

A diabetes support group meets each month. The group is led by Midwestern University pharmacy students and a Certified Diabetes Educator.

LUNG HEALTH

Quit Smoking Counseling (offered in English and Spanish)

Thinking about quitting smoking but don't know where to start? CommunityHealth offers free counseling to help you quit smoking for good. A specially trained health educator will talk to you about medications, such as a nicotine patch, that can help you quit. The educator will also provide the support you need to finally kick the habit.

Asthma Education

Is your asthma getting in the way of your daily activities? Are you using your rescue inhaler every day? Meet with a health educator to learn what triggers your symptoms. Then, learn steps you can take to keep your asthma under control.

COOKING AND NUTRITION

Nutrition Counseling

Do you have diabetes, high blood pressure or high cholesterol? Do you have questions about how to eat better? Meet with one of our Registered Dietitians for one-on-one counseling. The dietitian will help create a healthy eating plan just for you. Together, you can set goals to improve your health.

Nutrition & Healthy Cooking Classes

Learn how to eat right with these cooking classes. The group classes are led by a nutritionist and professional chef. They will help you plan and prepare healthy and delicious meals on a tight budget.

FITNESS

Exercise Classes

CommunityHealth offers a variety of exercise classes to help people get active and have fun. The classes include low-aerobic workouts like Zumba, walking, dancing, weight-lifting, stretching and more. All fitness levels are welcomed.

Yoga Classes

Yoga is a physical and mental exercise that combines strength and flexibility. The focus is on low-impact stretching and relaxation methods. These classes are taught by experienced yoga instructors.

WELL-BEING

Depression Education & Support (offered in English, Spanish and Polish)

Everyone feels sad from time to time. But intense feelings of sadness or hopelessness that last for days or weeks are signs of depression. If you or someone you love is experiencing depression, help is available. We offer depression support groups that meet monthly. Led by certified counselors, the groups offer support and advice for managing symptoms.

Healthy Mind & Body

Life can be stressful. Learn relaxation and stress-management techniques to help cope with daily life. The class is led by Dance/Movement therapy students from Columbia College.

Art Therapy (offered in English)

This class helps patients explore their emotions through art. At each session, participants create an art piece. The group then discusses the piece. The group is open to current CommunityHealth patients only -- but you don't need to be receiving individual counseling or psychiatric services to participate.

Women's Manual Arts Group (offered in Spanish)

Paso a Paso, the women's manual arts group, is an opportunity for Spanish-speaking women to meet and discuss topics important to their lives as they work on craft projects.

CHRONIC DISEASE

Chronic Disease Self-Management Program

Are you living with a chronic disease like diabetes, high blood pressure or heart disease? This program can help you learn to manage your condition. Some of the topics covered include:

- how to deal with frustration, fatigue, pain and isolation
- what exercises can help you improve and maintain your strength and flexibility
- how to properly use medications
- how to communicate with family, friends and health professionals
- healthy eating
- how to evaluate new treatments

The program can help people living with chronic disease maintain an active, fulfilling life.