



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH SHORE YMCA HEALTH EDUCATION & LIFESTYLE PROGRAMS

For more information on upcoming program dates or questions regarding our Medical Wellness programs, please contact Katelyn Szafir, Director of Medical Wellness, at kszafir@ssymca.org or 617-479-8500 ext. 8228 or visit ssymca.org.

KEY



Education



Physical Activity

FALL PREVENTION & SENIOR WELLNESS



A MATTER OF BALANCE This **free 8-week program** is based on Fear of Falling: A Matter of Balance. This program emphasizes practical strategies to manage falls. You will learn to: view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance. **Ages 65+ or anyone with a fear of falling.**



TAI CHI Noncompetitive, self-paced program of gentle exercise, stretching and deep breathing. The class meets once a week (50 cumulative hours recommended). **Ages 18+. Included with SSYMCA membership. Free to A Matter of Balance participants up to 50 hours.**



FALL PREVENTION The focus of this class is on strength training and balance. Based on Dr. Wayne Wescott's research to achieve strength gains and better balance. He is the leader in his field in regards to research on the benefits of strength training. Enjoy the expertise and motivation of the staff as they lead you through an individualized program. **Quincy Branch only.**



ENHANCEFITNESS This senior fitness and arthritis management program improves endurance, strength, balance and flexibility and reduces arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere. **Quincy Branch only. Meets three times a week.**



WALK WITH EASE An exercise program to help **individuals with Arthritis or other related conditions** reduce pain. Increase balance, strength and walking pace, and improve overall health. **Meets three times per week.**

DIABETES MANAGEMENT



MY LIFE, MY HEALTH: DIABETES SELF-MANAGEMENT EDUCATION Free 6-week workshop developed by Stanford University Medical Center. An evidence based self-management program for those living with or caring for someone with diabetes or pre-diabetes to learn skills to prevent, manage and cope with the disease. **Ages 18+.**



YMCA'S DIABETES PREVENTION PROGRAM This program provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing their physical activity in order to reduce their risk for developing diabetes. The program, which is led by a trained Lifestyle Coach in a classroom setting, **is delivered over a 12-month period, beginning with 16 weekly sessions followed by monthly maintenance (the class is one hour in length). Ages 18+. Included with SSYMCA membership. Free for non-members upon physician referral (\$429.00 value).**



DIABETES/PRE-DIABETES This program is for individuals living with diabetes or pre-diabetes. This class will provide structured workouts based on individual needs. Each participant will meet one-on-one with a trainer to design an exercise plan for strength and cardiovascular work. **Meets once a week.**

HEALTH EDUCATION



HEALTHIER YOU! This **6-week nutrition course** gives you the information to make healthy food choices, consume appropriate food portions and make low-cost meals to keep you and your family healthy! **Ages 18+. Fee-based for members and non-members.**

STRUCTURED EXERCISE



PRE/POST OP This program provides each individual with a specific exercise program designed to restore your state of health whether it be recovering from an injury or injury prevention. **A great step for people before and after physical therapy.** Exercise benefits include decreased pain, increased joint range of motion, increased wound healing, overall muscle tone and weight loss. **Emilson only.**

CANCER SUPPORT



LIVESTRONG AT THE YMCA This **free program is a 12-week**, small group program designed for adult cancer survivors. This program fulfills the important need of supporting adult cancer survivors physically and emotionally to return to their normal life or their "new normal." This program meets **twice a week for 90 minutes**, conducted outside of medical facilities to emphasize that Livestrong at the YMCA is about overall health, not disease. **Ages 18+.**

CARDIAC MAINTENANCE



CARDIAC & PULMONARY TRANSITIONS For individuals transitioning from cardiac rehabilitation. This class will provide structured workouts based on individual needs. Each participant will meet with a trainer to design an exercise plan for strength and cardiovascular work. Small group setting provides social support and more concentrated attention from your instructor. **Emilson Branch only.**



BLOOD PRESSURE SELF-MONITORING An evidence-based program that features **personalized support** for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

TOBACCO CESSATION



FREEDOM FROM SMOKING The American Lung Association's Freedom From Smoking program includes **free eight sessions designed to help smokers gain control over their behavior** through topics such as stress management, lifestyle changes, coping strategies, medication and more. It is delivered by a Lung Association-trained facilitator in a small group setting, so participants receive personalized attention in addition to support from their peers. Participants are given a self-help manual that provides additional reinforcement, motivation, and information they need to quit.

South Shore YMCA | ssymca.org

Emilson YMCA
75 Mill Street
Hanover, MA 02339

Quincy YMCA
79 Coddington Street
Quincy, MA 02169

ZoneWellness
141 Longwater Drive
Norwell, MA 02061