

Ask your healthcare provider to refer you to a program, or call 401-222-5960 / RI Relay 711 to sign up.

Rhode Island Department of Health

COMMUNITY HEALTH NETWORK



“The most helpful thing for me is... just being there and listening to other people. They know exactly what you’re going through.”



Rhode Island Department of Health
3 Capitol Hill, Providence, RI 02908
HEALTH Information Line, 401-222-5960 / RI Relay 711
health.ri.gov/communityhealthnetwork

Do you have asthma, arthritis, cancer, diabetes, heart disease, lung disease, chronic pain, or another long-term illness?

Do you want to reduce your chances of getting one of these illnesses?

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health.ri.gov/communityhealthnetwork

Community Health Network programs give you the tools you need to feel better and improve your health.

They help you learn how to stay active, eat well, solve everyday problems, deal with stress, and talk more easily with your family and healthcare providers about your concerns. They also allow you to meet others like you who want to improve their health.



"For the first time in years, I felt comfortable enough with my balance to dance at a wedding!"

These programs are offered in many communities in Rhode Island. Most are free or low-cost. Programs offered in Spanish are noted on the website.



"In the program, you give and get encouragement from others as you learn practical ways to take control of your health."

- A Matter of Balance: Managing Concerns about Falls
- Arthritis Foundation Exercise Program
- Arthritis Foundation Walk With Ease Program
- Certified Cardiovascular Disease Outpatient Educator Program
- Certified Diabetes Outpatient Educator (CDOE)
- Chronic Disease Self-Management (Living Well Rhode Island)
- Chronic Pain Self-Management (Living Well Rhode Island)
- Diabetes Prevention Program (YMCA)
- Diabetes Self-Management (Living Well Rhode Island)
- Draw a Breath Asthma Program
- EnhanceFitness (YMCA)
- Health Smart Behaviors (YMCA)
- Healthy Lifestyles Behavior Change Program (YMCA)
- Healthy Lifestyles for Teens and Young Adults
- LIVESTRONG at the YMCA
- Peer Resource Specialists (Rhode Island Parent Information Network)
- QuitWorks-RI
- Rhode Island Smokers' Helpline (1-800-QUIT-NOW)
- Salsa, Sabor Y Salud (YMCA)

For more information, an updated program list, or to sign up for a program call **401-222-5960** / RI Relay 711 or visit **health.ri.gov/communityhealthnetwork**