Community Health Network
Your connection to low-cost health programs

**Group Programs**

Diabetes Prevention Program
*One hour per week, 16 weeks; followed by six months of follow-up*

Matter of Balance: Managing Concerns About Falls
*Two hours per week, eight weeks*

Powerful Tools for Caregivers
*1.5 hours per week, six weeks*

Self-Management Programs
*2.5 hour group sessions, six weeks*

1. Diabetes Self-Management Program
2. Tools for Healthy Living - Chronic Disease Self-Management Program
3. Chronic Pain Self-Management Program

**Individual Programs**

Asthma Services
*Youth and their families only*

Tobacco Cessation Services

Certified Diabetes Outpatient Educator

Certified Cardiovascular Disease Outpatient Educator