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

Pedaling for Parkinson’s
One hour, three times per week, 12 weeks

Powerful Tools for Caregivers
1.5 hours per week, six weeks

Self-Management Programs
2.5 hours per week, six weeks

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

Walk With Ease
.5 hour, three times per week, six weeks

Individual Programs

Asthma Services
Youth and their families only

Tobacco Cessation Services

Certified Diabetes Outpatient Educator

Certified Cardiovascular Disease Outpatient Educator

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