

Take Charge of Your Health!

Let us help! The following free or low-cost programs are offered by the Rockland County Department of Health. These programs are scheduled throughout the year at various locations in Rockland County.

Are you ready to take a step towards a healthier you?

1. Better Choices Better Health: Managing Ongoing Health Conditions

Do you have arthritis, asthma, high blood pressure, heart disease or any other chronic health condition that is stopping you from living your life to its fullest? If yes, then this **free six-session workshop series** is for you. Trained facilitators will help you gain the skills you need to better manage your ongoing health conditions and improve the quality of your life. At the end of the program, you will feel more in control of your health!

2. Lose to Win Weight Loss Program

Ready to lose weight? Join the Lose to Win Weight Loss Program - **an eight-week series** that uses the latest guidelines to help you lose weight safely and successfully through healthy eating and daily exercise. There is a **\$10 fee** due at the time of registration.

3. A Matter of Balance

Our **free** fall-prevention program can help you learn to reduce your fear and risk of falling, increase your activity levels, make changes to reduce the risk of falls, and learn simple exercises to increase strength and balance.

4. Living Well With Type 2 Diabetes

Do you have type 2 diabetes or care for someone who does? This **free six-session workshop series** will help you: understand type 2 diabetes and learn how to prevent complications, keep track of your blood sugar, eat healthy, be more physically active, learn relaxation techniques to cope with stress, and take charge of your health. Receive the support of others with similar concerns. The group provides a place where mutual support and success can help build your confidence in your ability to manage your health and maintain an active and fulfilling life.

5. Diabetes Prevention Program

Do you have pre-diabetes or are at risk for getting type 2 diabetes? This **free** highly successful program, led by trained Lifestyle coaches, will help you prevent or delay type 2 diabetes. You will reduce your risk of type 2 diabetes by losing weight and developing a healthy lifestyle of improved food choices and daily physical activity. This program meets weekly for 16 weeks, then once monthly for 8 months. To be eligible to take this program, your A1C must be between 5.7%-6.4% and your BMI must be 24 or above.

For more information about these programs,
call the Rockland County Department of Health at 845-364-2501.



The Rockland County Department of Health
Patricia Schnabel Ruppert, DO, MPH, DABFM, FAAFP, Commissioner of Health
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Rockland County Health Department Calendar:
www.rocklandgov.com/departments/health/health-dept.-calendar/