



HEALTH HAPPENS at the Y!

Programs to improve overall well-being

SIGN-UP DAY: May 9th, 2023 / 10am – 3pm

LOCATION: The Bangor Region YMCA

CANCER CARE & SUPPORT FREE 12-WEEK PROGRAM for anyone who has been diagnosed with cancer.

LIVESTRONG® at the YMCA is an evidence-based program which helps cancer survivors gain back **STRENGTH, STAMINA and CONFIDENCE. FREE for 12 weeks.** Start Dates: June 6th and July 31st



DIABETES PREVENTION PROGRAM is a year-long program designed to help you **LOSE WEIGHT and IMPROVE YOUR HEALTH.**

Be a part of the evidence-based program that has 91% percent of participants saying they have improved their health, reduced their risk of diabetes by over 50%, and lost a minimum of 5-7% of body weight! **Start Date: May 18th**



NEURO HEALTH PROGRAM for PATIENTS and THEIR CARE PARTNERS to help improve quality of life.

Our holistic program focuses on helping families impacted by Neuro Health diseases like **Dementia**, including **Alzheimer's, Parkinson's** and other cognitive issues to improve physical, emotional and social health, all while potentially reducing disease symptoms & care partner burden. **This is an Ongoing Program**



ARTHRITIS and BONE HEALTH PROGRAMS are designed to help improve your **STRENGTH, FLEXIBILITY, MOVEMENT and BALANCE!**

The Bangor Region YMCA offers special group fitness classes, like Enhance® Fitness, Tai Chi and various aquatics classes, carefully designed to reduce pain and increase range of motion in all joints throughout the body. **These are Ongoing Programs**



IMPROVE HEART HEALTH

CARDIAC REHABILITATION focuses on **EXERCISE to Improve Heart Health.**

Our trained instructors and volunteer nurses will guide participants through an exercise regimen designed to reduce the impact of their cardiovascular disease, reduce risk of a cardiac event and live a healthier lifestyle. **This is an Ongoing Program**



BLOOD PRESSURE SELF-MONITORING PROGRAM. Take Action to Improve Your Heart Health!

This evidence-based program helps participants reduce blood pressure through small lifestyle changes that make a **BIG** impact on their heart health. A personal blood pressure cuff and nutrition education is included. **Start Date: May 30th**



Contact Mark Rice-Schoon, Healthy Living Specialist: mschoon@bangorY.org

We are part of American Specialty Health (ASH) Active and Fit, Renew Active by United Healthcare and Medicare/Medicaid One Pass Networks.

Financial Assistance Available