Center for Healthy Living Evidence Based Programs

Center for Healthy Living staff is certified to teach nine evidence-based workshops and one workshop that is science based which incorporates elements from an evidence-based program (Total Memory Workout). CJE Staff is also certified to teach Chair Yoga.

Current workshops are described below and include:

- Total Memory Workout
- Healthy Eating for Successful Living
- Take Charge of Your Health
- Take Charge of Your Diabetes
- Take Charge of Your Arthritis
- Arthritis Foundation Exercise
- Matter of Balance
- Active Living Every Day
- Healthy Steps for Older Adults
- Healthy Steps in Motion

We are looking forward to working with you to bring these programs on-site. Fees may apply.

**Total Memory Workout** was developed by Dr. Cynthia Green based on her own research. Dr. Green founded The Memory Enhancement Program, an innovative workshop designed to improve memory fitness in healthy adults of all ages, at Mount Sinai School of Medicine. The program emphasizes the interaction of body, mind and spirit. CHL staff has also incorporated into the curriculum elements from *Boost Your Brain and Memory*, an evidence-based program created by Mather Lifeways.

**Healthy Eating for Successful Living** is a 6-week workshop with 2.5-hour sessions about lifestyle changes for better nutrition and health. The overall goal of Healthy Eating is to increase self-efficacy and general well-being by improving participants’ knowledge of nutritional choices that focus on heart and bone healthy foods as well as supportive physical activities. Based on the USDA MyPlate, the classes include goal setting, problem solving, group support, nutrition education, and self-assessment.

**Take Charge of Your Health** is a Stanford University evidence-based program that educates individuals with any type of chronic illness. With two certified leaders the class meets for 2.5 hours over six weeks for interactive discussion. Subjects covered include: 1) dealing with fatigue, pain stress, and emotional problems such as depression, anger, fear and frustration, 2) exercise for strength and endurance, 3) healthy eating, 4) medication, and 5) effective communication with health care providers. Participants make action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

**Take Charge of Your Diabetes** is a Stanford University evidence-based program that educates individuals already diagnosed with Type 2 diabetes. With two certified leaders (one who has diabetes), the class meets for 2.5 hours over six weeks for interactive discussion. Subjects covered include: 1) dealing with fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration, 2) exercise for strength and endurance, 3) healthy eating, 4) medication, and 5) effective communication with health care providers. Participants make action
plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

**Take Charge of Your Arthritis** is based on the Stanford University Take Charge of Your Health training for which CHL staff is certified. The 6-week series with 2.5 hour sessions focuses on chronic arthritis with action plans, relaxation techniques, exercise, and advice for communicating with physicians. Participants share tips and aid to help in dealing with arthritis.

**Arthritis Foundation Exercise Program** was created in 1986 and updated in 2009 by the Arthritis Foundation as a community-based program for group exercise. Its goals are to reduce pain and stiffness and improve or maintain mobility, muscle strength and functional ability. Participants who regularly perform the exercises have been shown to experience significant benefits.

**Matter of Balance**, created by the Roybal Center at Boston University, is one of most popular evidence-based programs. CJE staff is certified to teach this program through Maine Health. The workshop consists of eight 2-hour sessions and requires two trainers for each session. Desired outcomes for participants include 1) increased strength and balance through exercise, 2) understanding how to change one’s environment to reduce fall risk factors, 3) goal setting for increasing one’s activity, and 4) learning to view falls and fear of falling as controllable. The measures include pre/post surveys about falls management and exercise levels.

**Active Living Every Day** uses group-based problem solving methods to integrate physical activity into everyday living. The program goal is help individuals make positive changes that improve health and well-being. The class meets 12 weeks for an hour each week. Interactive teaching methods are enhanced by available on-line support, tools and reading to support the individual.

**Healthy Steps for Older Adults** is a 5 hour assessment and education program focused on fall prevention and home safety. CJE is the first agency outside of the State of Pennsylvania to be trained in this program and its companion program, Healthy Steps in Motion. The program can be administered at one time or broken into two, 2.5 hour sessions. It includes a falls risk assessment with a classroom session on falls prevention methods and overall health, making a home safe, talking to your doctor, managing medications and eating well.

**Healthy Steps in Motion** is an exercise program that is designed for people of all fitness levels. The program is developed is a one-hour session twice a week for eight weeks to improve balance and enhance overall flexibility and strength and is taught by certified instructors. There are three levels so participants can continue Healthy Steps in Motion as long as they like.

**Bone Density Screening and Education**
Done density is an important topic for men and women! This one-time educational program can include a heel ultrasounds screening if requested.