



# MEETING YOU WHERE YOU ARE

## Evidence Based Health Intervention Programs

The Y serves as a place for people of all abilities to find a program for them-- from Arthritis to high blood pressure, we have a class for you.

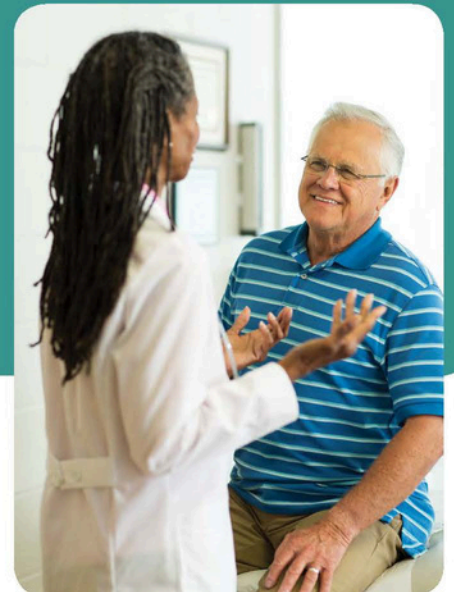
**Our programs are all evidence based**, meaning each one has a strict curriculum that the instructors follow to track each participant's progress. Each program is run differently, but all are designed to show you how far you've come on your journey with the Y. Not only can you see physical changes, but **these programs are proven to help with social engagement, nutrition, and an overall feeling of being welcome and safe.**

Gaston County Family YMCA  
GastonYMCA.org | 704 830 9622

**DO YOU  
or someone  
you know  
SUFFER FROM...**

- Chronic disease
- Arthritis
- Post/current cancer issues
- Obesity or extra weight
- Fear of falling
- Weakness

**We have just the  
program for you!**



# Evidence Based Health Intervention Programs



## Enhance®Fitness

Enhance Fitness is geared toward older adults. Those with a chronic condition such as arthritis, need not worry; they will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace. Participants also report improvement in depression and socialization as well as lower medical bills.

**Who Qualifies:** For older adults at all fitness levels and is especially beneficial for older adults living with arthritis.

**Session Length:** 16 weeks

**Cost:** \$100 YMCA Members  
\$180 Program Participant



## LIVESTRONG

LIVESTRONG at the YMCA is a program that helps adult cancer survivors reclaim their health and wellbeing following a cancer diagnosis. At no cost, cancer survivors in our community will have the opportunity to meet twice each week during the 12-week program to engage in a proven physical activity program under the guidance of qualified, trained instructors. LIVESTRONG is proven to help with social engagement, nutrition, and an overall feeling of being welcome and safe.

**Who Qualifies:** Cancer survivors. Must have referral from physician.

**Session Length:** 12 weeks

**Cost:** Free



## Moving For Better Balance

Moving For Better Balance is a group exercise program developed by researchers at the Oregon Research Institute. The program, based on the principles of Tai Chi, is led by a qualified instructor and teaches eight movements modified especially for falls prevention. The program works to improve balance, muscle strength, flexibility and mobility to enhance overall physical health, which leads to better functioning in daily activities. Some Participants also report better mental health, reduced stress, improved memory and cognition, and increased self-esteem.

**Who Qualifies:** Individuals 65 years or older, physically mobile, with impaired stability and/or mobility and individuals 45 years or older with a condition that may impact stability and/or mobility.

**Session Length:** 12 weeks

**Cost:** \$90 YMCA Members  
\$130 Program Participant



## Blood Pressure Self-Monitoring

The program responds to a critical need in the community: High blood pressure affects 75 million Americans. The condition can lead to an increased risk of heart disease and stroke – two leading causes of death in the US, and it is known as a “silent killer” because there typically are no warning signs or symptoms.

**Who Qualifies:** To qualify for the program, participants must:

- Be at least 18 years of age
- Be diagnosed with high blood pressure
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

**Session Length:** Four-month Y program is offered in-person or virtually

**Cost:** \$169 YMCA Members  
\$199 Program Participants

**ENROLL IN THE NEXT SESSION TODAY AT [GASTONYMCA.ORG](http://GASTONYMCA.ORG)**