

New virtual format available!

Participate from the safety and convenience of your own home!

Personal Action Toward Health (6 weeks)

Designed to provide skills and tools to help people (and their support persons) living with a chronic condition such as Hypertension, Arthritis or Depression live a healthier life. Learn about problem-solving techniques, ways to communicate more effectively with your health care team, healthy eating, physical activity, relaxation and how to improve your overall health. This program consists of 6 weekly sessions. Led by certified instructors.

Diabetes Personal Action Toward Health (6 weeks)

Designed to provide skills and tools to help people living with Type 2 diabetes (and their support persons) live a healthier life. Learn about problem-solving techniques, ways to communicate more effectively with your health care team, balancing your blood sugar, avoiding complications, managing symptoms and how to improve your overall health and increase your energy. This program consists of 6 weekly sessions. Led by certified instructors.

Chronic Pain Personal Action Toward Health (6 weeks)

Designed to help people living with chronic pain (and their support persons) learn techniques and strategies for day to day pain management. Learn about the mind-body connection, pacing and rest, emotions & depression, ways to communicate more effectively with your health care team, problem solving techniques, evaluating medication and treatments, physical activity and more. This program consists of 6 weekly sessions. Led by certified instructors.



To register for the next session visit classes.beaumont.org or call 800-633-7377.
For more information about classes email CommHlthPrograms@beaumont.org



One out of three adults have prediabetes and nine out of ten people with prediabetes don't even know they have it. Type 2 diabetes can be prevented.

Diabetes Prevention Program

This research-based program is for those who want to **prevent Type 2 diabetes**. The program focuses on lifestyle changes related to **healthy eating, physical activity**, problem solving and coping skills. The Diabetes Prevention Program has been proven to be **twice as effective as medication alone** at preventing Type 2 diabetes. This program consists of 16 weekly sessions, followed by monthly maintenance sessions. Led by certified instructors who are trained lifestyle coaches.

The United States Surgeon General has recognized walking as one of the single most important things you can do for your health.

Walk With Ease

Walk With Ease is an Arthritis Foundation program proven to reduce the pain of arthritis and improve overall health. Whether you need relief from arthritis or just want to be active, this six week program can teach you how to safely make physical activity part of your everyday life. Participants walk on their own schedule at their own pace with a goal of building to 30 minutes of walking at least three times weekly by the program's end. Studies show that Walk With Ease reduces pain, increases balance and strength, and improves overall health.



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