

TAHOE FOREST CENTER FOR HEALTH

*Get
Support*

Learn how to manage chronic conditions to improve health and quality of life.

The Wise Mind Series

Did you know that your brain starts to change up to 20 years prior to any outward signs of problems? There are some things we cannot change and there are lots of things that we can! Join us every month in lively discussions, guest speakers and fun games, as we explore these modifiable lifestyle changes that can help slow and prevent decline. The first Tuesday of every month 4:00 - 6:00pm. Free!

Prevent T2 - Diabetes Prevention Program

One out of three adults have prediabetes and 90% of them don't know it. We are proud to offer Prevent T2, which has been shown to help at-risk adults cut their risk for developing type 2 diabetes by 58%. The prevent T2 lifestyle change program can help you lose weight, become more physically active, and reduce stress. A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months. Prevent T-2 is covered by Medi-Cal and Medicare. If not covered by insurance, the annual program is \$450, plus a \$100 refundable deposit for those who complete the program in full.

Be Heart Smart - Heart Disease Prevention

Did you know that heart disease is the number one killer of both men and women in the US? You are invited to an interactive and informative workshop to learn tips and tricks to keep your heart as healthy and strong as possible. Join our Cardiac Rehab Dietitian, Lisa Fligor, MS, RDN as we break it all down for you in simple easy to follow terms. We will discuss a variety of topics including healthy fats, exercise recommendation, sodium intake, sleep needs and stress management techniques. Leave with clarity and direction regarding lifestyle habits that will improve your heart health and leave you feeling confident on how to take control of your health.

2-hour class; \$25 - includes one additional family member.

**We recommend (but don't require) you bring a recent (within the past 6 months) lipid panel to class with you. Talk to your primary care or visit Affordable Lab Tests event.*

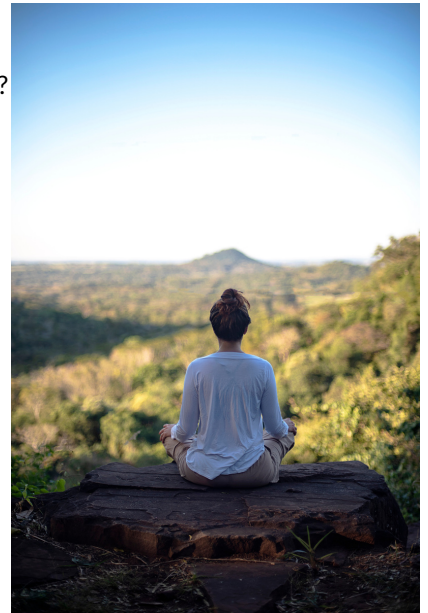
Caregiver Support Group

Come share in a safe and supportive setting and learn ways to ease the stress of caregiving, as well as strategies and skills to solve problems. Learn how to maintain your own health while providing the best care for a loved one. Facilitated by Jackie Griffin, Care Coordinator, and held every 3rd Friday from 11:00am - 12:30pm in **Eskridge Conference room at Tahoe Forest Hospital**.

Please call to pre-register for this free support group.

Chronic Disease Self Management 6-Week Series

Learn techniques and strategies for the day-to-day management of ongoing health conditions. We will discuss effective communication with friends, family, and healthcare professionals, as well as healthy eating, managing sleep fatigue, and safe and effective stretching and strengthening exercises. Free, pre-registration is required.



Call to register or
make an appointment
530-587-3769
or email
centerforhealth@tfhd.com



SCAN ME

10833 Donner Pass RD, Suite #102, Truckee
(530) 587-3769 | centerforhealth@tfhd.com

[TFHD.com/wellness-events](https://www.tfhd.com/wellness-events)



TAHOE FOREST
HEALTH SYSTEM

TAHOE FOREST CENTER FOR HEALTH

*Get
Support*

Learn how to manage chronic conditions to improve health and quality of life.

Weigh to Go! Weight Management Program

Join us to jump start healthy weight loss and refresh your wellness habits. Our goal is to help you develop sustainable changes that will promote a lifetime of well-being.

We will take a deep dive into:

- Eating habits
- Exercise patterns
- Our relationship to food and weight

People are more successful at making healthy lifestyle changes with support. Call today to join our group to get expert coaching, peer support from like-minded individuals and accountability that will make a difference! \$150 for 11-week program.

Parkinson's Support Group

A community support group in where members can share their experiences, knowledge, and coping strategies. Research has overwhelmingly supported the benefits of social support in the management of chronic disease.

First Friday of each month from 1:00 - 2:15pm.

Free! Registration is not required for this support group. For more information, please call Ellen Roumasset at (650) 759-3666, email dr.eroumasset@gmail.com

Building Better Caregivers 6-Week Series

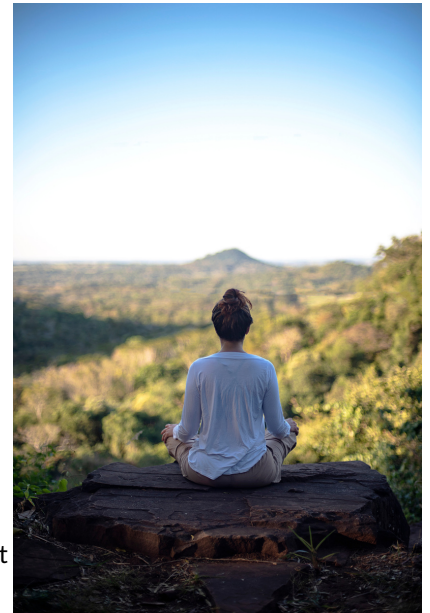
Join us for 6 weekly classes and learn skills to support stress reduction for caregiver and partner, self-care methods to improve caregiver's health, how to handle difficult emotions, managing troublesome care partner behaviors, planning for the future, ways to improve communication, and other resources. Free!

Diabetes Self Management 6-Week Series

Participants in this program are better able to manage their symptoms and report improved health and quality of life. You will learn to understand symptoms, exercise tips, healthy eating, managing your medications, and much more! Free!

Freedom from Smoking: Tobacco Cessation Group Program

Join us for a 7 week, 8 session, closed group (spots are limited and capped) highlighting the American Lung Association's Freedom from Smoking program. This is an evidence based program that can help you quit all tobacco products, including e-cigarettes and vaping devices. This program will help you develop a personalized plan of action to prepare you for your quit day and offer the support you need to remain tobacco-free for life! \$10 for educational materials.



Call us to register or
make an appointment
530-587-3769,
or email
centerforhealth@tfhd.com



SCAN ME

10833 Donner Pass RD, Suite 102, Truckee
(530) 587-3769 | centerforhealth@tfhd.com

TFHD.com/wellness-events



TAHOE FOREST
HEALTH SYSTEM