

# Programs to Improve Your Health

You do not need a referral from your doctor to participate in any of these programs.

## Chronic Pain Self-Management Program

Chronic Pain Self-Management Program is a free six-week workshop for adults who want to learn ways to better manage their pain. The workshop participants meet once a week for 2 ½ hours.

[www.mainegeneral.org/preventioncenter](http://www.mainegeneral.org/preventioncenter)



## Living Well for Better Health

Living Well for Better Health is a free six-week workshop for adults who want to learn ways to better manage their chronic health concerns. The workshop participants meet once a week for 2 ½ hours.

[www.mainegeneral.org/preventioncenter](http://www.mainegeneral.org/preventioncenter)



## A Matter of Balance

A Matter of Balance helps reduce fear of falling, stop the "fear of falling cycle," and help older adults be more active. The program includes eight two-hour classes.

[www.mainegeneral.org/balance](http://www.mainegeneral.org/balance)



MANAGING CONCERNS ABOUT FALLS

## Move More

Move More is a free program for people who want to be more active. The key to the Move More program is a group of "Movers" or champions in the community or workplace who provide support to people who join.

Move More also offers:

- A pedometer
- Nutrition Guide
- Physical activity log sheets
- Lists of indoor walking spaces
- Physical Activity Guide
- Maps of outdoor walking trails
- Physical activity resources

[www.movemore.org](http://www.movemore.org)



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## National Diabetes Prevention Program

National Diabetes Prevention Program is a free workshop for people who are at high risk for getting diabetes. The class meets weekly for 16 weeks, then monthly for the next six months. This workshop helps participants reduce their risk of developing type 2 diabetes by:

- Losing weight through healthy eating
- Being more physically active
- Identifying and addressing barriers to healthy eating and physical activity

[www.cdc.gov/diabetes/prevention/about.htm](http://www.cdc.gov/diabetes/prevention/about.htm)



## Call MaineGeneral's Prevention Center at 872.4102.

They have trained health educators that can help you decide which program(s) fit your needs.



Your resource for life.

**MaineGeneral**  
Medical Center

[www.mainegeneral.org](http://www.mainegeneral.org)