

Education

The LIFE Program also has education programs available to assist you and your family with emotional adjustments, activity guidelines and making positive lifestyle choices

Programs Include:

- Heart to Heart
- LiveWell with Chronic Conditions
- Diabetes Education
- COPD Education



Partners of the LIFE Program



Optimizing Chronic Disease Management

The City of



If you would like to know more about the program call:

6828105



LIFE Program



Lifestyle Improvement through Fitness & Education

A program offering supervised exercise sessions, group support and education for individuals and their family dealing with chronic conditions



About the LIFE Program

The Humboldt LIFE Program is offered to individuals and families dealing with a chronic condition such as heart disease, diabetes, or a respiratory condition like Asthma and COPD.

The program offers Education and exercise from certified therapists to help and ultimately improve overall health.

The LIFE Program offers

- Instructed group classes
- Exercise tailored to your needs and abilities
- Fun and fellowship with others of similar conditions



Where is it ?

The LIFE Program is located the Humboldt Uniplex in Jubilee Hall Meeting Room 3 (for exercise).

When is it ?

The LIFE Program is held on Mondays, Wednesdays , and Fridays for 1 hour of exercise from 8:00am- Noon.

Questions ?

For questions contact Humboldt Therapies Department by telephone at 682-8105



Benefits of Exercise

- lowers blood pressure
- improves cholesterol profile
- assists with weight control
- helps with diabetes prevention and management
- lowers heart rate
- decreases stress level
- increases energy level
- strengthens bones



Optimizing Chronic Disease Management

Pillars of Chronic Disease Management Program Design

Exercise	Disease-Specific Management	Self-Management
<ul style="list-style-type: none">• Community based supervised exercise and rehabilitation programs providing personalized exercise prescription• Education sessions• Group and social support	<ul style="list-style-type: none">• working closely with individuals, their family, Family Physicians and Specialists.• Evidence-based optimal care delivery.	<ul style="list-style-type: none">• Peer-lead support classes through the LiveWell with Chronic Conditions Program• Enhance self-management skills