

# Stay Healthy While Staying Home!

## Arthritis Foundation Exercise Program

Participate in low-impact exercises and gentle activities to help increase joint flexibility and range of motion, and to help maintain muscle strength. Sessions take place for 1 hour twice per week for 6 weeks. All you need is an internet-connected device with a camera to participate.

## Bingocize

Try Bingocize at home to exercise and connect with others! It's a 10-week online health promotion program combining Bingo with fall prevention exercises and health education. Bingo games are twice per week for 1 hour. All you need is an internet-connected device to get the fun started!

## Diabetes Prevention Program

If you have prediabetes, there's good news! Prediabetes can be reversed. Access a personal health coach and meet with a small group to get support on how to make healthier food choices, be more active, and lower your risk of type 2 diabetes. This is a 1-year online workshop with 1-hour sessions (16 weekly, 2 bi-weekly, then 8 monthly meetings). All you need is internet, a connected device and a diagnosis of prediabetes from your physician to participate.



## Healthier Living

This program teaches practical everyday skills like problem-solving, nutritious eating, and relaxation techniques that help those living with chronic conditions. This online workshop consists of 2 1/2-hour sessions, once per week for 6 weeks. All you need is an internet-connected device to participate. If you have Chronic Pain or Diabetes you can participate in a tailored version of this workshop.

## Healthier Living Tool Kit

Have a chronic condition but no access to a computer or internet? This workshop is for you! Participants receive a mailed tool kit that walks them through information focused on better managing their health. Participate through small group phone calls for 30 minutes, once per week, for 6 weeks. All you need to participate is a phone. If you have Diabetes or Chronic Pain you can participate in a tailored version of this workshop.

**To learn more or register for one of these classes**

**Call Partners Community Wellness at: 818-403-5452**

**Or email us at: [ebprograms@picf.org](mailto:ebprograms@picf.org)**

Sponsored by Partners' Community Wellness Department in conjunction with these organizations:



\*The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming.\*



An SMRC Evidence-Based Self-Management Program originally developed at Stanford University.



Partners in Care Foundation  
Community Wellness Dept.  
732 Mott St • Suite 150  
San Fernando, CA 91340  
818.837.3775 • [www.picf.org](http://www.picf.org)