

Weight/Fitness Information and Resources – CVMC Area

Community Resources

-Phoenix Community: Free classes can be attended by any person who can commit to 24 hours of sobriety. More than 25 athletes and half a dozen volunteers offer a CrossFit program on Saturdays as well as Yoga & Strength Training during the week, with intensity options to fit any person's particular needs. This program is open to anyone committed to reinforcing/improving their health

-Locations available in Berlin, Barre, and Burlington

-Join and find locations at: <https://thephoenix.org/participate/>

-Walk The Long Trail – At Berlin Mall: From mid-January (MLK Day weekend) to late-April, the Berlin Mall welcomes walkers to an indoor version of The Long Trail, helping to raise funds for Green Mountain Club which donates funds to support The Long Trail, based on the number of miles logged by registered voters. All walkers receive a commemorative poster and milestone stickers to track progress, along with special offers and giveaways.

-Register onsite at the mall or online at www.theberlinmall.com/walk

-Washington County Mental Health Services (WCMHS): WCMHS offers resources/support to any community member looking to explore health, nutrition, exercise, or mindfulness meditation. These include Gentle Chair Yoga for Chronic Pain, Self-Care with Reiki, Yoga for Stress Relief, and more.

-Events, dates, and information at <https://www.wcmhs.org/event/>

-Local gyms: Online resources can help locate gyms that match an individual's location, equipment, and pricing needs. Patients should also inquire about 1-month free trial offers and membership deals.

-Popular local gyms: Snap Fitness, First In Fitness, Planet Fitness, etc.

-Veggie VanGo: No sign-up is required. Person shows up, takes what they need, and leaves. Offers fresh fruit & vegetables, with program sponsors often providing fresh milk, butter, and yogurt. Events take place primarily between January and October.

-Learn more and find dates at www.vtfoodbank.org or call **(802) 371-4100**

-Location: CVMC conference rooms 1 & 2 from 9-10:30 a.m. on designated dates

Hospital Resources:

-Fitness4Wellness: Is a 12-week program costing \$60 (cash or check) offered through the CVMC Rehab Center that operates over a 4-month period, exploring nutrition & exercise. Occupational therapy and rehab services are provided, and facilities include a therapy pool and fitness room with a variety of equipment. All participants must attend a brief 5-minute orientation before beginning.

-Ask your PCP for referral, or contact the program coordinator at Fitness4Wellness@cvmc.org or **(802) 225-5139**

-Community Assistance: Coordination of care is provided for - housing, social services (WIC, 3SquaresVT, fuel assistance), mental health support, transportation, food, insurance, pharmacy assistance, access to health care, application/paperwork assistance, connection to community/financial resources, advanced directives, applying for social security benefits (Retirement, Disability, and SSI), understanding/locating elder care support

-Call the CVMC Community Health Team Program: **(802) 225-5680**

-Health Care Share: The Vermont Youth Conservation Corps employs area youths to grow food that Health Care Share (HCS) members receive each week. Members receive a 12-15 pound box of fresh, locally grown vegetables, recipes, and nutrition resources for 15 weeks during the summer and fall. Member families are enrolled by their healthcare providers and pick up shares at their doctor's office.

-To find out more call **(802) 371-4100**

Diabetes Information & Resources – CVMC Area

Community Resources

- Diabetes Support Group:** A free support group for people with diabetes, their family, and caregivers. Participants learn from one another and discuss topics including blood sugar monitoring, healthy diet, eye care, dental care, foot care, local home health services, and exercise. Led by community volunteers with assistance from CVMC's diabetes education and community health staff
 - Learn more by contacting facilitator Claude Stone: (802) 279-7700 or claudio@morsefarm.com
 - Location: CVMC Conference Room 3
 - Support groups can also be found at <http://diabetes.boomja.com/Diabetes-Support-Groups--Vermont-1585.html>
- Dining with Diabetes:** This program is a useful way for new patients with Type 2 Diabetes to explore healthy cooking and eating options. Dining with Diabetes is sponsored by the Central Vermont Health and takes place in the Montpelier Senior Center.
 - Call (802) 223-2518 for event information
 - Dining with Diabetes brochures, presentations, recipes, and many other resources are found at <https://fcs.osu.edu/intranet/fcs-professionals/dining-diabetes>

Hospital Resources:

- Healthy Living Workshops:** Free workshops are available through the community health team regarding diabetes prevention, diabetes management, chronic disease management, chronic pain management, quitting smoking, and emotional wellness. These workshops also provide resources to attendees related to the workshop topic. Diabetes Self-Management Education programs include one-on-one counseling, diabetes group education, insulin pump therapy, insulin management, and continuous glucose monitoring.
 - Call the CVMC Community Health Team at (802) 225-5680 or visit <https://myhealthyvt.org/>
- Nutrition Education & Counseling:** This program includes counseling for both children and adults, encompassing a wide variety of health conditions. Dietitians available through the Community Health Team provide nutrition counseling and education tailored to each person's individualized needs.
 - Ask for a physician referral or call the CVMC Community health Team at (802) 225-5680
- Diabetes Care Services:** This service is available to patients with Medicare, Medicaid, or a private insurance who receives a physician's order for certified home health. This program helps with insulin administration, tracking blood glucose levels, managing changes in blood sugar, nutrition guidance, dietician consultation, medication review, and other services.
 - Ask your primary care provider if home health is right for you
 - For more information, call the director of services at (802) 224-2269

Online Resources:

- American Diabetes Association Website:** The ADA website has many resources for patients including recipes, meal planning tools, and nutritional information about various foods while creating a shopping list on their Diabetes Food Hub
- The **Diabetes Food Hub** can be found here <https://www.diabetesfoodhub.org/>