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What does
this program
offer?





A Healthy New Start

- ♥ Risk Factor Reduction And Education
- ♥ Active Lifestyle/Social Engagement
- ♥ Nutrition Education
- ♥ Tobacco Cessation
- ♥ Mindfulness Practice
- ♥ Helping Your Provider With Your Medical Management And Adherence To Treatment

What you can expect

- ♥ Sense of Community—interaction with like-minded individuals
- ♥ Educational Classes
 - Live and Virtual” lectures
 - Small group activities
- ♥ Exercise Program
 - Individual- cardiovascular
 - Small group- str training, tai chi
- ♥ Mindfulness Practice
- ♥ Informal Sessions
 - Experts in many areas
- ♥ Social events/cooking demos....and MORE



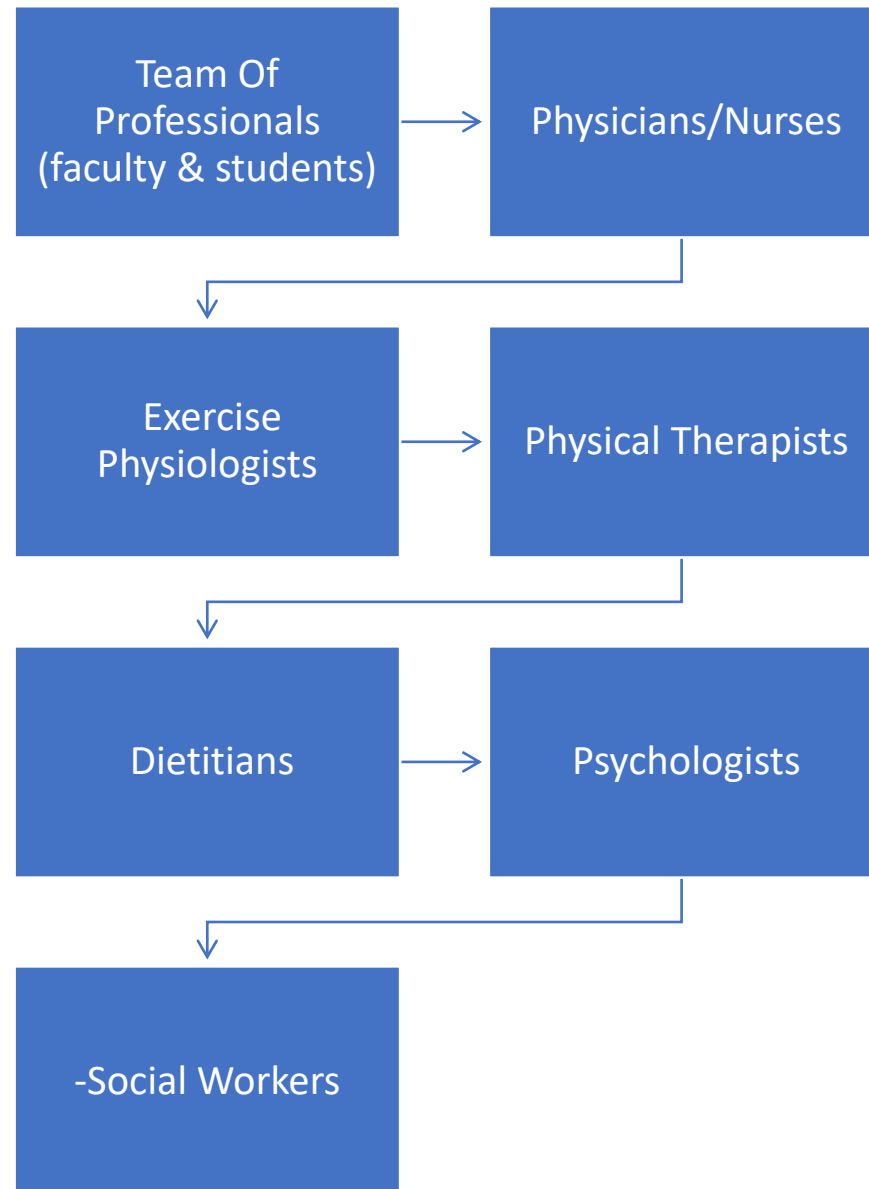


Keys to your Success

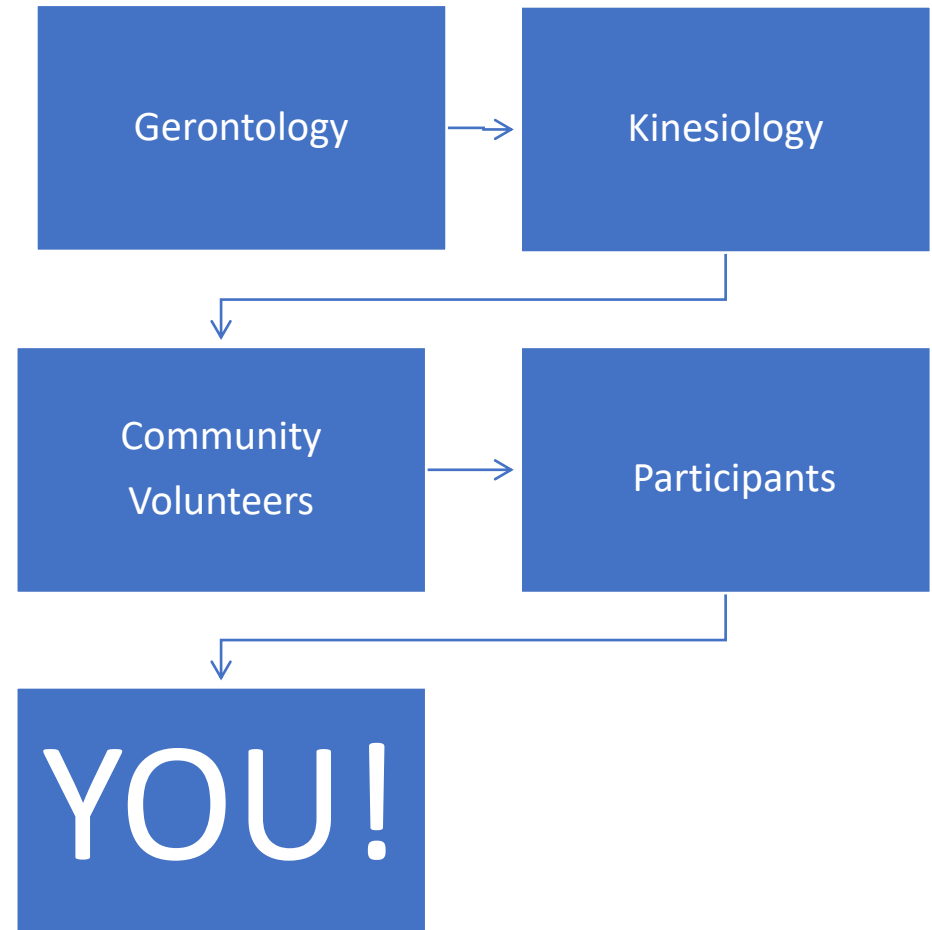
- ♥ Attendance
- ♥ Participation
- ♥ Optimize use of team
- ♥ Tap into resources
- ♥ Set realistic goals
- ♥ **Advocate For YOUR needs**



Who is on the Team

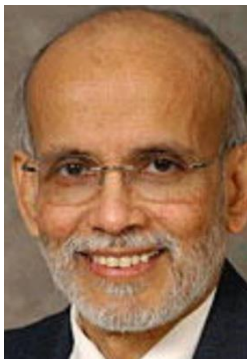


Who is on the Team



You are the captain
steering this boat!

Getting connected to our community



Benefits of Community

1

Enable participants to manage change

2

Provide access to new knowledge

3

Foster trust and a sense of common purpose

4

Add value to participants lives

Why are social connections important to seniors?



- Studies support that a **social community** has been associated with:
 - Better health outcomes
 - Higher levels of activity
 - Elevated moods with fewer psychiatric and depressive disorders
- On top of that, having a social network can also provide seniors with a sense of purpose and a support network in the event of loss or health issues.

Shared Emotional Connections

The "definitive element for true community" includes

- shared history
- shared feeling that members belong
- members matter to one another and to the group
- a shared faith that members' needs will be met through their commitment to be together

Social isolation

Older adults are at a [higher risk for loneliness and social isolation](#)



Seniors who experience prolonged social isolation are at significantly higher risk for dementia, heart disease, stroke, and death.



Predicting future quality of life

- Risk of losing
 - Independence due to failing health
 - Being able to access things that make us happy
 - Facing a decline in the number of friends

A low-angle photograph of a man with dark, curly hair and a beard, wearing a black shirt, standing on a white ladder. He is reaching up with his right arm towards a cylindrical black light fixture mounted on a white ceiling. The light fixture is illuminated, casting a warm glow. The background is a plain, light-colored wall.

I have some thought-provoking questions

- Do you know who will change your light bulbs?



- Do you know how you will get an ice cream cone?



- Do you know who you will have lunch with?

What does your future look like?

Welcome to the Cardiovascular Wellness program and our community



What questions do you have for me?

Thank you