

HEALTHY LIFESTYLE PROGRAMS

You have Options!



Diabetes Education

If you have diabetes, you know how challenging it can be to manage. A Diabetes Educator will work with you to develop a plan to stay healthy and give you the tools and ongoing support you need. **Call 218-878-2190 to schedule an appointment at MNAW or CAIR.**

The DPP offers people with prediabetes, and those at risk for diabetes, a lifestyle change program that has been shown to help participants prevent or delay diabetes. **Call Chris 218-878-3721.**

**For those with prediabetes, gestational diabetes, or positive diabetes risk test*

Diabetes Prevention Program

Cardiometabolic Clinic

Trained pharmacists can help you manage high blood pressure, high cholesterol, or diabetes and make adjustments to your medication. **Call 218-878-2157 for an appointment at MNAW or CAIR.**

**For patients with high blood pressure, diabetes or high cholesterol*

Do you feel you need to make some lifestyle changes but don't know where to start? A Health and Wellness coach can help you connect the dots from where you are now to where you want to be in your health and well-being. **Call Chris 218-878-3721.**

Health and Wellness Coaching

Nutrition Counseling

A registered dietitian, or RD, provides nutrition counseling for a variety of medical conditions. After learning about your health history, favorite foods, and eating habits, the RD will help you develop a safe and realistic eating plan that you can stick with. **Call 218-878-2190 to schedule an appointment at MNAW or CAIR.**

Yoga is a relaxing exercise that involves slow stretching movements that will increase flexibility and balance. Great stress reliever! **Call Chris 218-878-3721 for more information.**

• **Wednesdays** | 12 pm - 1 pm
Lake Superior Rm | CAIR

• **Thursdays** | 12 pm - 1 pm
Dottie Tibbetts | MNAW

Yoga

Must meet program eligibility requirements.
Fond du Lac Human Services Division

WELL-BEING ACTIVITIES

{July – September 2023}



Car Seat Education

Education will be provided on proper seat installation, as well as how to safely secure the child in the car seat. After education is completed a car seat can be purchased for a reduced fee. In addition, car seat clinics for proper installation are offered once a month at Perch Lake and Cloquet Fire Station. **For more information, call 218-878-2126.**

Caregiver's Program

The caregiver's program can assist you in caring for your loved ones by providing education, training, support, and referrals for respite services. Those eligible for caregiver services include someone taking care of a Native elder, individuals taking care of a Native person of any age with Alzheimer's disease or a related disorder, Native elders who provide care to a child under the age of 18 who is not their child by birth or adoption, and Native elders caring for an adult with a disability. **For more information, call 218-878-3693.**

Community Health Representatives (CHRs)

Community Health Representatives (CHRs) provide transportation for individuals only after all other transportation resources are exhausted. Transportation for appointments should be scheduled 48 hours in advance. **For more information, call 218-878-2128.**

Doula Services

Our Doulas are American Indian women from the community who are specially trained in supporting families in the birth and postpartum period. All FDL Doulas have given birth and have experience with breastfeeding. **For more information, call 218-878-3732.**

Elder Exercise

Please join Community Health Services for our weekly elder exercise program. Light exercise and a healthy snack will be provided. **For more information, call 218-878-3790.**

*Wednesdays | 9 am - 10 am
Cloquet Community Center*

Elder Fall Prevention Classes

Tai Ji Quan *Starts Sept. 5*
Moving for better balance is a researched-based program designed to improve strength, balance, and mobility to prevent falls in older adults and individuals with balance disorders. Join this fall prevention class to increase balance and strength, and to improve postural control. **For more information, call 218-878-2126.**

Public Health Nursing

Public Health Nurses meet with expecting mothers and parenting families with children under the age of two. Visits can take place at a time and place convenient to the family. Visits may include childbirth education, nutrition, breastfeeding and infant feeding, growth and development, positive parenting, and much more. **For more information, call 218-878-3705.**

Smoking Cessation

Get the support you need to quit smoking! One on one coaching, free medication and other helpful tools.

- MNAW Pharmacy
218-878-2157
- CAIR Pharmacy
218-279-4142
- Quit Partner
1-800-784-8669

WIC Program

The WIC program is a nutrition program for eligible pregnant, postpartum and breastfeeding women, infants and children up to age 5. WIC provides benefits to obtain nutritious foods to supplement the diet and will provide education and information on nutrition and healthy eating. **For more information, call 218-878-2115.**