

# Your health prescription

*Serving Valley residents since 1929*

## Heart Health

*Call 559-450-3628*

- Cardiac Rehab & Lifestyle** is a program that helps patients learn to improve their heart health through monitored exercise and education. It is covered by some insurances and low-cost payment options are available.
- Heart & Soul** is a no-cost 12-week program designed specifically for women to improve heart health, lose weight, lower total cholesterol, begin an exercise routine and adopt a healthier diet.

## Type 2 Diabetes & Pre-Diabetes (no-cost)

*Call 559-244-4554*

- Diabetes Education and Empowerment Program** is a 6-week class that empowers people with type 2 diabetes to successfully manage their disease and avoid health complications.
- Diabetes Prevention Program** is a 1-year lifestyle and weight-loss program to help adults prevent the onset of type 2 diabetes. Classes meet weekly for 16 weeks, then every other week for 2 months and finally monthly for the last 6 months.

## Emotional Support (no-cost)

- Mom-to-Mom Support** is a support group for mothers, both new and experienced, to talk and ask questions about the first weeks and months with their new baby. Groups meet every Wednesday, from 10 a.m.-Noon, at the Saint Agnes Administrative Center.
- Grief Support** is a support group for adults who have recently experienced the death of a loved one. Although it is common for people to want to seek their own way in grieving, grief support can make a remarkable difference.

*Call 559-450-BABY*  
*maternityclasses@samc.com*

*Call 559-450-3158*



## Lung Health

- Smoking Cessation Program** is a no-cost program that prepares smokers to quit smoking by providing a space in which participants can share their experiences. Trained instructors create personalized cessation plans and offer guidance for stress management.

*Call 559-450-COPD*
- Better Breathers Club** is a no-cost support group offered to give people with chronic lung disease, the tools they need to better manage their symptoms.

*Call 559-450-5596*  
*lungclub@samc.com*
- Pulmonary Rehabilitation** is an education and exercise program that meets 3 times per week for 4-6 weeks, to improve quality of life for both obstructive and restrictive lung disease patients. A physician referral is required, and is covered by most insurances.

*Call 559-450-5596*  
*lungclub@samc.com*
- Quit for Life** is the nation's leading tobacco cessation program. Participants receive phone coaching and online learning support to achieve a smoke-free lifestyle. It is also covered by most insurances.

*Call 1-866-QUIT-4-LIFE*

## Nutrition Education & Food Assistance (no-cost)

*Call 559-273-0851*

- Catholic Charities** offers healthy recipe tasting and mini courses called EatFresh. EatFresh courses take place every month and cover topics on reading nutrition labels, portion sizes, healthy eating, and more. Catholic Charities also offers a Food Pantry for families in need of food assistance.

## Other Resources (no-cost)

*Call 559-450-7770*

- Saint Agnes Health Resource Hub** helps individuals and their families connect to community resources to help with transportation, stable housing, food security, chronic disease management, access to care and more.

