

# Healthy Lifestyle

## Classes and Programs

- **Doc Talk**

- Doc Talk takes place on the third Tuesday of each month, 5:30pm-6:30pm at the Active Living Center Conference Room at the Itasca County YMCA and open to the public. A free, light dinner will be served to all attendees. There is child care available at the Kid Zone free of charge to YMCA members and for the nominal fee to nonmembers

- **Walk with a Doc**

- Walk with a Doc takes place the 2<sup>nd</sup> Thursday of each month. The group will take a walk around the Itasca County Family YMCA outdoor trail or walk on the indoor track, weather dependent.

- **LIVESTRONG® at the YMCA**

- This is a free, twelve-week, small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal". The program is conducted outside of medical facilities to emphasize that **LIVESTRONG** at the YMCA is about health, not disease. Instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care.
- Classes and are held at the Itasca County Family YMCA. Preregistration is required. The program is free for all cancer survivors. For more information email [livestrong@ymcaitasca.org](mailto:livestrong@ymcaitasca.org) or call 327-1161.

- **S.A.N.E-Support, Accountability, Nutrition and Exercise**
  - A 14- week, small group wellness journey. This program is intended for all adults 18-55 years of all abilities. It is designed to move you toward the habits and behaviors of a healthy lifestyle. Both exercise and nutrition strategies will be addressed by professionals in each field. Two weekly workouts with certified personal trainers and one weekly session with our registered dietitian. Realistic goal setting based on your own wants and needs. Fee based course and preregistration is required.
  - **Contact** the YMCA at **327-1161** for more information
  
- **DPP: Diabetes Prevention Program**
  - We know that change is hard when it comes to making a lasting lifestyle changes and the Diabetes Prevention Program is here to help. With DPP you will improve your health, boost your energy, and have a group of people who are there with you every step of the way to support and motivate you. Classes are starting soon.
  - **Contact:** Kristin Klinefelter at [kristink@ymcaitasca.org](mailto:kristink@ymcaitasca.org)
  
- **Free Health Screenings**
  - Come get your free health screening (cholesterol, blood pressure, blood glucose, height and weight) provided by Grand Itasca on the 2nd Monday of each month, 8:30am-11:00am at the Active Living Center Conference Room at the Itasca County Family YMCA. Free and open to the public!
  - **When:** 2<sup>nd</sup> Monday of each Month
  - **Location:** Itasca County Family YMCA, Active Living Center
  - **Contact:** Brianne Solem, (218)999-1018
  
- **RSVP(Retired Senior Volunteers Programs)**
  - The RSVP Program provides an opportunity for volunteers to put their skills, talents, and life experiences into motion for others – and benefit our Minnesota communities in the process. Sharing the skills they have spent years developing, RSVP volunteers put those skills into practice to improve the lives of community members throughout the state. Whether building homes for the needy, preparing income tax reports for the elderly, or mentoring a child, RSVP volunteers strengthen our communities.

- **Website:** <http://www.mnseniorcorps.org/volunteering/how/rsvp.aspx>

## Support:

- **Elder Circle**

- Elder Circle's mission is **“to maintain the independence of seniors by linking them, their families and caregivers to services”**, thus enabling them to remain in their homes longer.
- **Where:** 400 River Road, Suite 1, Grand Rapids, MN 55744
- **Phone:** (218) 999-9233

- **Itasca Health and Human Services**

- The Mission of Itasca County Health and Human Services is to protect, promote and improve the health, independence, and self-sufficiency of all people, families and communities in Itasca County.
- **Where:** 123 NE 4<sup>th</sup> Street, Grand Rapids, MN 55744
- **Phone:** 218-327-7363
- **Website:** <http://www.co.itasca.mn.us/232/Health-Human-Services>

- **Kootasca Community Action Partnership**

- Kootasca is a non profit human service agency serving Itasca and Koochiching counties in Northern Minnesota. We serve low-income people providing ways for families to get connecting to the community with a place to get out of poverty. Our mission is “Building Community to End Poverty”. Our services include Housing programs, Head Start, and Crisis Services.
- **Where:** Itasca County Office:
  - 201 NW 4<sup>st</sup>, Suite 130
  - Grand Rapids, MN 55744
- Koochiching Office:
  - 2232 E 2<sup>nd</sup> Street
  - International Falls, MN 56649
- **Phone:** 218-999-0800 or 1-877-0687-1163
- **Website:** <http://www.kootasca.org/>

- **Advocates for Family Peace**

- Advocates for Family Peace creates awareness in our community by promoting safety, equality, and responsibility in intimate and family relationships.
- **Where:**
  - Itasca County Office:
  - 1611 NW 4<sup>th</sup> Street, Grand Rapids, MN 55744
- **Phone:** 218-326-0388 or 1800-909-8336
- **Website:** <https://stopdomesticabuse.org/>

**\*If you know of any programs or providers who should be on this list, please let us know! Go to the Contact Us page at [www.getfititasca.org/contactus](http://www.getfititasca.org/contactus) with the details!\***