



HEALTH MANAGEMENT SERVICES

YMCA OF GREATER DES MOINES

Our Partnership with Community Health Partners (CHP) offers a wide range of health management services. Health care professionals who are licensed and/or certified in areas like pain management, neurological disease, heart health, diabetes, cancer recovery, and fall prevention work within our Y facilities throughout the Greater Des Moines area to ensure our members get the most out of their memberships and reach their health goals.

Health Navigator: Confidential and personalized support from our Health Navigator. Services may include addressing any mobility concerns, reviewing medication management, and regular health screens. Your CHP Health Navigator is an educator and advocate for you and your caregiver.

Better Your Health Sessions: Bi-annual event for members to receive free consultations, health screenings, nutrition guidance, and health education from the CHP Nurse Navigator, Dietitian, and Health Coaches.

Individualized Exercise Programs: Receive an individualized program designed to help you exercise safely with possible adaptations or modifications to equipment, environment, class participation, and monitoring exercise tolerance.

CHPconnect: Get logged in and track your progress, communicate with the CHP Health Navigator and other CHP staff, receive tips and other educational material to help you better manage your condition, eat healthier and be well!

Free Physical Therapy Screen: 30-minute session with a Physical Therapist to assess a condition or injury.

Cost: CHP services are included with your YMCA of Greater Des Moines membership!

515-512-9225 info@my-chp.com dmyymca.org/medical

Additional health services available; call CHP for more information

- **Physical and Aquatic Therapy services:** outpatient physical and aquatic therapy services. YMCA membership is not required and services are billed to your health insurance.
- **Nutrition services:** Ask about diabetes education, medical nutrition therapy or nutrition education options!
- **CHP Health Partnering program:** CHP offers a Health Partnering service to YMCA members being Health Managed. Our Health Partner Coaches specialize in pain management, neurological disease, heart health, diabetes, cancer recovery and fall prevention to help you manage your condition and reach your health and wellness goals. Take advantage of a complimentary 30-minute consultation with a Health Partner Coach to see how we can help you get started.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Indianola
306 E. Scenic Valley
Indianola, Iowa

- Aquatics to Restore Health
Tues/Thurs
12-1pm
- Diabetes Exercise and Education
Mon/Wed
10:30-11:30am
- Strength and Resilience
Wed/Fri
1-2pm
- Walk with Ease
Tues/Thurs
8:30-9:15am

South Suburban
401 E. Army Post Rd
Des Moines, Iowa

- Ai Chi
Fri
11:30am-12:15pm
- Aquatics to Restore Health
Mon/Wed
11:30am-12:15pm
- Healing Yoga
Tues
1-2pm

Walnut Creek
948 73rd St.
Windsor Heights, Iowa

- Delay the Disease
Tues/Thurs
2:15-3:15pm
- Healing Yoga
Wed
1:10-2:10pm
- Survivor Recovery and Beyond
Mon/Wed
2:15-3:15pm
- Walk with Ease
Tues/Thurs
10:30-11:30am

Waukee
210 N. Warrior Lane
Waukee, Iowa


- Aquatics to Restore Health
Mon/Fri
11:30-12:30pm
- Diabetes Exercise and Education
Mon/Fri
1-2pm
- Walk with Ease
Tues/Thurs
8:45-9:45am
- Ai Chi
Mon/Wed
8:45-9:45am

Wellmark
501 Grand Ave.
Des Moines, Iowa


- Healing Yoga
Thurs
6:30-7:30pm
- Mindful Meditation
Mon
4:45-5:20pm
- Moving Meditation
Wed
10:00-10:55am
- Survivor Recovery and Beyond
Tues/Thurs
11am-12pm
- Total Training Fitness
Thurs 5:15-6:15pm
Fri 11:45am-12:45pm
- Walk with Ease
Tues/Fri
10-11am

Class Descriptions

Ai Chi is used to improve core strength, movement and balance. Practicing slow movement techniques and diaphragmatic breathing increases relaxation and improves symptom management. Helps reduce risks for falls.

Aquatics to Restore Health improves daily functioning and endurance for those with pain conditions, joint/muscle stiffness, general weakness, neurological disease and cancer recovery. 

Delay the Disease uses exercise to improve daily functioning for people with Parkinson's and other chronic conditions.


Healing Yoga uses gentle yoga poses designed to relieve symptoms of chronic conditions. Builds hope and confidence in recovery. 


Mindful Meditation cultivates emotional and physical health, mindfulness and patience. Helps reduce stress, anxiety and pain. 

Diabetes Exercise and Education includes exercise, education and group support for people who have prediabetes and Type 2 diabetes.

Moving Meditation consists of slow, rhythmic and purposeful movements. Moving mindfully is about presence, awareness, moving slowly with intention and noticing physical sensations. Guided meditation and movements have the ability to be performed in a chair.

Strength and Resilience is used to practice movement against resistance to improve strength and mobility to perform activities of daily living.

Survivor Recovery and Beyond program for cancer survivors to build strength, balance, flexibility, and recover stamina through all stages of survivorship. 

Total Training Fitness is small group personal training for cancer survivors. Cardio, weight resistance, balance, yoga with goal setting and individualized training. 

Walk With Ease improves overall health by reducing pain, stiffness and fatigue, improving strength, balance and walking pace. It is also a great option for weight management.