



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA 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.

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

Better Your Health Sessions: Weekly opportunities for members to receive free consultations, health screenings, nutrition guidance, and health education from CHP Physical Therapists, Nurses, 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.

CHPwell: Get logged into CHPwell and track your progress, communicate with the Nurse 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 dmymca.org/medical

Additional health services available; call for more information

- **Physical and Aquatic Therapy Services**
- **Health Coaching:** Free consult with Health Coach to assess your health & wellness needs.
- **Health Partnering:** Do you need physical assistance to exercise?
Ask about health partner services.





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HEALTH MANAGEMENT SERVICES

Indianola
306 E. Scenic Valley Ave.
Indianola, Iowa

- Aquatics to Restore Health
Tuesday & Thursday
1—2pm
- Heart Healthy Living
Monday & Wednesday
10-11am
- Move Well Today
Monday & Wednesday
11am—12pm

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

- Aquatics to Restore Health
Monday & Friday
11:30am—12:15pm
- Heart Healthy Living
Tuesday & Thursday
1—2pm
- Health Management Pool
Time
Tuesday
12—12:45pm

Walnut Creek
948 73rd St.
Windsor Heights, Iowa

- Delay the Disease
Tuesday & Thursday
2:15—3:15pm
- Move Well Today
Monday & Wednesday
6:30—7:30pm
- Tai Chi for Fall Prevention
Monday
1:15—2:15pm
- Walk With Ease
Wednesday & Friday
2:30—3:30pm

Wellmark
501 Grand Ave.
Des Moines, Iowa

- Healing Yoga
Sunday
2:30—3:45pm
- Mindful Meditation
Monday
4:45—5:20pm
- Survivor Recovery & Beyond
Tuesday & Thursday
11—11:50am
- Total Training Fitness
Thursday 5:15—6:15pm
Friday 11:34am—
12:45pm

Waukee
210 N. Warrior Lane
Waukee, Iowa

- Aquatics to Restore Health
Monday & Friday
1—2pm

Coming Soon
Stay tuned for more classes
and locations. Learn more
about YMCA Health
Management Services at
dmymca.org/medical

Aquatics to Restore Health:
water-based exercise to improve daily functioning for those with pain conditions, joint/muscle stiffness, neurological disease and cancer recovery.

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

FES Bike:
Functional Electrical Stimulation technology allows individuals who have significant limb weakness or paralysis experience the many health benefits of being physically active.

Health Management Pool Time:
for members who may need the guidance and supervision of specially trained staff to help with independent water exercise program.

Healing Yoga:
find your healing journey with gentle yoga poses designed to relieve symptoms of chronic conditions and emotional trauma. Builds hope and confidence in recovery.

Heart Healthy Living:
people of all ages who have heart conditions or risk for heart disease and need assistance with adapting a heart healthy lifestyle. Meets cardiac rehab protocol for long term prevention.

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

Move Well Today:
exercise, education and group support for people who have Type 2 diabetes.

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

Tai Chi for Fall Prevention:
exercise to improve strength, balance and decrease fear of falling.

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

Walk With Ease: improve overall health, reduce pain, stiffness and fatigue, improve strength, balance and walking pace. Great for weight management!

