



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.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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

**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](http://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!

