

# Refer patients for FREE Health and Wellness Programs



The Healthy Here Wellness Referral Center (WRC) connects patients (adults and children) to free health, wellness, and education classes. No insurance or documentation is required to participate. Please talk to your patients about the various resources listed below:



## SELF-MANAGEMENT EDUCATION

### Chronic Disease Self-Management Programs (English and Spanish)

These 6-week small group programs are for adults managing one or more chronic health conditions. Classes are highly participatory and supportive to build confidence in managing health.

- Diabetes
- Chronic Pain
- Cancer
- Chronic Disease - for adults with one or more chronic health conditions, including arthritis, chronic pain, asthma, cancer, HIV, diabetes, high blood pressure or heart disease

### Diabetes ReCharge Program

This 4-week program is for adults diagnosed with diabetes. It offers diabetes education through small group classes and targeted management support for individuals.

### Diabetes Prevention Program

This lifestyle change program, offered by The Solutions Group, is for adults diagnosed with prediabetes or at risk for type 2 diabetes. Classes are once a week for 16 weeks and twice a month for the remainder of the program year.

### YMCA's Blood Pressure Self Monitoring Program

This program offers personalized support as participants develop the habit of monitoring their blood pressure. Participants attend bi-weekly consultations with a Healthy Heart Ambassador and monthly nutrition seminars.

## Social/Emotional Wellness

### Mindfulness Mashup

This program offers different mindfulness practices including breathwork, movement, and art centered activities to increase wellbeing and support healthy quality of life.

To refer patients to these programs and classes through EPIC, search "wellness" or use referral order #183 for CDS and #186 for RDS.

### Wellness Referral Center

Phone: (505) 445-5332

Email: [info@WellnessReferralCenter.com](mailto:info@WellnessReferralCenter.com)

*The Healthy Here Wellness Referral Center (WRC) is operated by Adelante Development Center. Presbyterian Healthcare Services Community Health, a founding partner and funder of the WRC, engages and trains participating clinics to make referrals using the system. Made possible with funding from the Centers for Disease Control & Prevention.*

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## NUTRITION AND HEALTHY FOOD ACCESS

### **Presbyterian Food Farmacy**

This service is a referral-based food pantry program in Albuquerque that provides healthy and fresh foods at no cost to patients who are experiencing food insecurity.

### **Virtual Cooking Classes**

A variety of classes are available to adults, family and children, including a class in Spanish. Class topics vary and always include food and nutrition education and a cooking demonstration to help participants build healthy cooking confidence. Recipes are provided for each class.

### **Virtual Emotional Eating Classes (Spanish)**

Explores the emotional and mental aspects that affect our health and how participants can use this information to optimize the way they eat for the best health and wellness.

## PHYSICAL ACTIVITY

### **Virtual Yoga**

A stretch-based exercise for adults, teens and children.

### **Virtual Zumba!, Dance, and Cardio Classes**

Virtual Cardio and dance classes for children, teens and adults, including Zumba, are offered as a way to have fun and be active.

### **Walking & Running Programs**

Includes self-managed walking programs, such as Prescription Trails, and Walk with Ease, an Arthritis Foundation walking program for better health, improved fitness, and less pain. Also includes virtual running programs like Running Medicine.

### **Water Aerobics and Swimming**

Adult lap swimming and water aerobics in local community pools. Great for individuals who are looking for low impact exercise to improve flexibility, agility, balance, strength and cardiovascular fitness. Availability may vary based on current public health regulations. The WRC will help patients determine if a pool is available in their area.

## PEDIATRIC SPECIFIC RESOURCES

**Virtual Dance Classes** – available for preschool through age 15.

**Virtual Yoga Classes** – available for kids and teens.

**Virtual Family Gardening Classes** – focused on a variety of topics for growing food at home.

**Virtual Kids Cooking Classes** – focused on cooking skills and nutrition. Available in Spanish and English.

**Virtual Fun Cardio Classes** – available for kids age 8 and older.

*WRC programs and classes are available for free to participants, in part, through funding by Presbyterian Community Health and Presbyterian Healthcare Foundation.*

