

For Our Native Patients

Public Health Diabetes and Tobacco Outreach Department

Together We Can (TWC)

- Program for Native American Youth at risk for diabetes
- Interactive home-based visits with a family Health Coach to improve education and social support for youth and their families.

Kwa Xho Community Garden

- Organic Garden Project for our Native American Community
- Garden Blessing Opening Event in May—Starter plants and compost grow bag giveaway
- Seasonal Garden Classes available to all LCTHC patients, every other Friday during garden season (May-October)
- Pick your own fresh produce at Legacy Garden, throughout the growing season
- Optional Veggie Box Distribution for qualifying Native patients
- Fun Fall Pumpkin Giveaway Event in October
- End-of-the-Year Garden Celebratory Brunch to review garden season

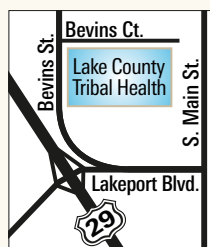
Digital Stories Workshop

- 3 day workshop guides participants in telling their story of wellness

Directory for Wellness Lifestyle Management (707) 263-8382

Program Manager	Ext 1601
BingoCize.....	Ext 1470
Diabetes Self-Management Workshop (DSME)	Ext 1470
Chronic Disease Self-Management Workshop (CDSME).....	Ext 1470
HomeMeds.....	Ext 1470
Walk with Ease.....	Ext 1470
Diabetes Prevention Program (DPP).....	Ext 1613
Tobacco Education Program	Ext 1634
Together We Can	Ext 1616
Kwa Xho Community Garden	Ext 1625
Digital Stories Workshop	Ext 1613
Nutritionists.....	Ext 1629 or 1617

925 BEVINS COURT, LAKEPORT, CA 95453



Phone: 707-263-8382
Fax: 707-263-7169
Website: www.lcthc.com



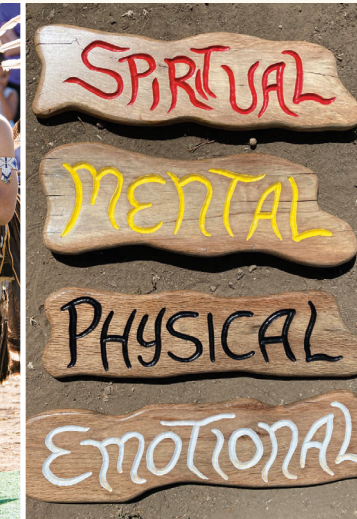
LCTHC Interactive Community



@LCTHC_Interactive_Community



LCTHC Interactive Community



Wellness Lifestyle Management PROGRAMS AND WORKSHOPS



Lake County Tribal Health

Modern Medicine  Personalized Care
925 Bevins Ct., Lakeport • www.lcthc.com

– OPEN TO ALL LCTHC PATIENTS –

Wellness Programs and Workshops



Diabetes Self-Management Workshop (DSME)

- FREE Workshop designed to help you learn skills to better manage your diabetes day to day
- You will learn tools for successful diabetes self-management, problem-solving, and action planning.
- Will meet with a Registered Dietitian Nutritionist before and after the workshop
- Will receive FREE program materials
- 7-Weekly in-person sessions led by a trained facilitator from Lake County Tribal Health
- Incentives and raffles of wellness products

**Registration is required*

Chronic Disease Self-Management Workshop (CDSME)

- FREE workshop supports self-management of ongoing health conditions such as arthritis, heart disease, diabetes, chronic pain, high blood pressure, obesity, lung disease, and cancer
- You will learn tools for successful self-management of your chronic condition, problem-solving, and action planning
- Will receive FREE program materials
- 7-weekly in-person sessions led by a trained facilitator from Lake County Tribal Health
- Incentives and raffles of wellness products

**Registration is required*

HomeMeds

- HomeMeds is an evidence-based intervention that identifies potential medication-related hazards for older adults
- This FREE assessment of prescription and over-the-counter medications will be conducted by a trained Lake County Tribal Health staff with you over the phone
- If there are any potential problems, a pharmacist will review the medication list and work with your doctor to ensure there are no medication-related hazards

**Only available to those who have participated in Diabetes Self-Management workshop or Chronic Disease Self-Management workshop*

Walk With Ease

- Walk With Ease (WWE) is a 6-week long evidence-based program that helps people with arthritis or other related conditions
- You will learn how to reduce pain, increase balance, increase strength, improve walking pace, and improve overall health
- Registered participants will receive a guidebook and Pedometer

**FREE to all LCTHC patients*

BingoCize

- BingoCize focuses on exercise-only, exercise and falls prevention, or exercise and nutrition by strategically combining the game of bingo, exercise, and/or health education
- Sessions are 1.5 hours once a week for 10 weeks
- Participants will benefit from exercise, socializing, and Bingo prizes

Diabetes Prevention Program (DPP)

- This year long program is designed to help you reduce your risk of type 2 diabetes, lose weight, and find a healthy lifestyle balance.
- Weeks 1-16: 1 hour weekly sessions.
- Following with monthly 1 hour sessions for the remainder of the year.

Tobacco Education Program

- One-on-one assessments and support to prepare the patient to quit their use of tobacco.
- Receive an individualized recommendation for medication to assist the patients attempt to quit their use of tobacco.
- 6-week, 1-hour sessions in-person or Zoom Tobacco Cessation Workshops
- Second Wind/First Breath culturally relevant curriculum.
- Youth Prevention Education
- Contact the Tobacco Health Educator Specialist at (707) 263-8382 ext. 1634. Contact Kick-IT California at 1-800-300-8086 for additional assistance attempt to quit.

**Open to all LCTHC patients.*

Individualized Nutrition Counseling

- Meet with a Registered Dietitian Nutritionist to help you find a meal plan that works for you.
- Call to schedule your appointment.