



COMMUNITY HEALTH

Helping individuals prevent, delay, or live better with chronic conditions.

Whether you're a cancer survivor, managing diabetes, or seeking to improve your overall health, we have a program for you.

OUR PROGRAMS



EXERCISE IS MEDICINE

A 12-week medically based program for adults with chronic health conditions, teaching how to reduce health risks and improve overall health by adopting healthy behaviors.



DIABETES PREVENTION

A year-long lifestyle change program addressing healthy eating, physical activity, and stress reduction, led by trained Lifestyle Coaches under the CDC's Prevent T2 Curriculum.



LIVESTRONG AT THE YMCA

A free 12-week exercise program for cancer survivors, focusing on cardiovascular conditioning, strength training, balance, and flexibility.



PARKINSON'S PROGRAMMING

Includes Rock Steady Boxing and Pedaling for Parkinson's, helping individuals fight their disease through specialized fitness classes.



BLOOD PRESSURE SELF-MONITORING

A 4-month program designed to help adults with hypertension manage their blood pressure through regular self-monitoring and individualized support.

For more information about our Community Health Programs, please visit www.faymca.org, scan the QR code, or email us at communityhealth@faymca.org.

FOOTHILLS AREA YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY