

HealthyHolyoke

Our Health. Our Community.

One of great advantages of Workplace Wellness is that we partner with the community to offer you and your family a variety of programming through Healthy Holyoke.

YMCA



Diabetes Prevention Program: This program teaches you the skills needed to reduce your risk of developing Type 2 diabetes.

Self Monitored Blood Pressure with Support: Work with YMCA staff to measure and monitor your high blood pressure while receiving support from a Community Health Worker.



Holyoke Medical Center



Smoking Cessation: Classes are held at the Medical Center as well as brought to your place of work.

River Valley Counseling Center

Counseling: Speak to a counselor about issues interfering with your health such as stress, high blood pressure, tobacco use, poor diet, or a lack of physical activity.



Stress Management Classes: Learn stress management strategies in your place of work.

Chronic Disease Self-Management Program



Find support with others like you who are managing their own chronic diseases. Gain the skills and confidence to make choices that will support your health.

Speak with the Wellness Coach to see if you meet criteria for referral to these beneficial programs.