

Chronic Condition/Weight Management Programs

| WEIGHT MANAGEMENT (Adults): | Description: | Who to Refer: | Contact Information: |
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| Healthy Steps to a Healthy Weight Management | Comprehensive weight management program with emphasis on developing healthy habits and applying them to everyday life. This program is facilitated by a Registered Dietitian and a Certified Personal Trainer. | Adults | P-574.364.2855 nmonik@goshenhealth.com |
| Center for Weight Reduction - Managed Weight Loss – provider referral preferred | Integrated approach to medically managed weight loss including dedicated providers, dietitians, and personal trainers. | Adults BMI ≥35 | P-574.537.8326 F-574.537.1034 www.goshenquickguide.com |
| Center for Weight Reduction-Weight Loss Surgery – provider referral preferred | Offers weight loss surgery to those who have been unsuccessful with other weight loss programs, are morbidly obese, have co-morbidities, and an increased risk of having a shorter life span. | Adults 100 lbs. over ideal body weight; BMI between 35-39.9 with 2 diagnosed co-morbidities; and/or BMI ≥40 | P-574.537.8326 F-574.537.1034 www.goshenquickguide.com |
| Medical Nutrition Therapy (MNT): Nutrition Counseling-Individual by provider referral | Individual counseling for weight management, developing life-long healthy eating habits/lifestyle. | All ages | Questions: P-574.364.2679 Appointments: P-574.364.2400 www.goshenquickguide.com |
| WEIGHT MANAGEMENT (Children/Adolescents): | Description: | Who to Refer: | Contact Information: |
| Fit Together | Free program for kids and parents focusing on healthy lifestyle habits with emphasis on nutrition and physical activity. | Children from 5-11 years old at risk for type 2 diabetes | Wendy Cornell P-574.364.2496 www.GoshenFitTogether.org |
| Medical Nutrition Therapy (MNT): Nutrition Counseling-Individual by provider referral | Individual counseling for weight management and co-morbid diseases, i.e. diabetes, HTN, high cholesterol, etc. | All ages | Questions: P-574.364.2679 Appointments: P-574.364.2400 www.goshenquickguide.com |
| NUTRITION MANAGEMENT: | Description: | Who to Refer: | Contact Information: |
| Medical Nutrition Therapy (MNT): Nutrition Counseling -Individual by provider referral | Individual counseling with a Registered Dietitian Nutritionist for weight management and co-morbid diseases, i.e. diabetes, HTN, high cholesterol, etc. | All ages | Questions: P-574.364.2679 Appointments: P-574.364.2400 www.goshenquickguide.com |
| CO-MORBIDITY MANAGEMENT: | Description: | Who to Refer: | Contact Information: |
| Medical Nutrition Therapy (MNT): Nutrition Counseling-Individual by provider referral | Individual counseling for weight management and co-morbid diseases, i.e. diabetes, HTN, high cholesterol, etc. | All ages | Questions: P-574.364.2679 Appointments: P-574.364.2400 www.goshenquickguide.com |

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| Diabetes Prevention Class | Free class offered quarterly to those at risk for developing type 2 diabetes. Information given about nutrition, weight loss, stress reduction and exercise. | Adults | P-574.364.2852 Amber Kaehr, MA, RDN,CD akaehr@goshenhealth.com |
| Diabetes Education – by provider referral <ul style="list-style-type: none"> • Insulin Resistance • Metabolic Syndrome • Pre-Diabetes • Type 1 Diabetes • Type 2 Diabetes • Gestational Diabetes • 3 to 5 Day Continuous Glucose Sensing | Individualized diabetes education program designed to help either newly diagnosed patients or patients whose diabetes is not well controlled. | All ages | P-574.364.2746 sdoherty@goshenhealth.com or 574-364-2852 akaehr@goshenhealth.com or P-574.364.2747 tbowers@goshenhealth.com |
| Diabetes Seminar and Support Monthly Meetings | Free monthly seminars on various topics of diabetes. Offered in Goshen and surrounding geographic areas. | Adults | P-574.364.2747 tbowers@goshenhealth.com or 574.364.2852 akaehr@goshenhealth.com or P-574.364.2746 sdoherty@goshenhealth.com |
| Insulin Pump with or without CGM | Certified insulin pump trainer on staff. | All ages | P-574.364.2746 sdoherty@goshenhealth.com |
| THRIVE | Free program for adults with chronic diseases that focuses on discovering new ways to improve their quality of life with emphasis on health and wellness. | Adults | Wendy Cornell P-574.364.2496 wcornell@goshenhealth.com |
| ENGAGE | Free workshop for adults to learn how to better manage their own health. Program covers a variety of topics including, but not | Adults | Wendy Cornell P-574.364.2496 |

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| | limited to, eating well, physical activity, relaxation and pain management. | | wcornell@goshenhealth.com |
| FITNESS CLASSES: | Description: | Who to Refer: | Contact Information: |
| Fitness Classes – all levels | Many classes are available for all fitness levels. Personal training provided upon request. | Adults | P-574.364.2855 nmonik@goshenhealth.com |
| Fitness Classes – deconditioned patients | Classes are geared towards patients dealing with illness or chronic conditions to gently increase activity level. | Adults | P-574.364.2855 nmonik@goshenhealth.com |
| Exercise Readiness Assessment | <ul style="list-style-type: none"> • 8 week Exercise Prescription. • Measures cardiovascular response to exercise. • Exercise Specialist consultation • \$45 | <ul style="list-style-type: none"> • Patients starting exercise, including those with comorbid conditions • Patients may self-refer | To schedule or with questions: 574-364-2587 |
| TOBACCO CESSATION | Description: | Who to Refer: | Contact Information: |
| Cessation Counseling (individual or group options) | Requires a physician order (can be written on script) faxed to 574-364-2531 | Adults | Fax order to 574-364-2531 Questions: 574-364-2587 |
| Tobacco Cessation Support Group | No cost. Meets Tuesdays 5:30-7pm on the second floor of the Heart & Vascular Center (no referral needed) | Adults | 574-364-2587 |