

## 1. Diabetes Prevention

**For people at risk of developing type 2 diabetes.** Attendees learn how to decrease their risk of developing diabetes through healthy eating, getting more physical activity, managing stress, and creating action plans that work for them. [Program length: One year; 16 weekly core sessions, plus monthly maintenance sessions](#)

## 2. Diabetes Management

**For people diagnosed with type 2 diabetes.** Attendees get the support they need from specially trained professionals, at least one who has diabetes, to eat better, exercise, problem solve, manage stress, handle sick days, and monitor blood sugar to lower their risk of serious health problems related to diabetes. [Workshop length: 6 sessions](#)

## 3. Quitting Smoking

**For people who currently smoke or use tobacco and looking to quit.** Attendees get the support and motivation they need to quit tobacco in a small group of other people trying to quit too. Attendees can also get free patches and gum or lozenges to help them quit. [Workshop length: Self-designed](#)

## 4. Emotional Wellness

**For people who are struggling with mental health challenges and their supporters and caregivers.** The Wellness Recovery Action Plan (or WRAP®) is a self-designed prevention and wellness workshop that anyone can use to get well, stay well, and make life the way they want it to be. Attendees get support, tips, and advice from people who are also working toward emotional wellbeing. [Workshop length: Self-designed](#)

## 5. Chronic Disease Management

**For people living with a chronic disease, such as arthritis, diabetes, cancer, obesity, or heart disease.** Attendees learn how to make choices to live healthier with chronic disease and lower their risk of related health problems. [Workshop length: 6 sessions](#)

## 6. Chronic Pain Management

**For people living with chronic pain for more than 3 to 6 months.** Attendees learn ways to reduce pain, deal with related issues, like having trouble sleeping, and more. [Workshop length: 6 sessions](#)

## 7. High Blood Pressure Management

**For people aged 40+ who have been diagnosed with hypertension or high blood pressure.** Attendees learn the basics of controlling high blood pressure, including making healthier choices and reducing stress levels. [Workshop length: 8 sessions](#)

## About self-management workshops

- There are many small steps we can take to improve our health over time.
- Vermont has FREE workshops to help people get started and provide the support they need to keep going.
- Learn how to make practical lifestyle changes with the support of a trained facilitator and a small group of other people looking to make a change too.
- People who complete the workshops say they see big improvements, like eating better, feeling less depressed, and having a better relationship with their doctors.
- To learn about workshops, find a workshop location, and hear stories from other Vermonters visit the My Healthy VT website, [MyHealthyVT.org](https://MyHealthyVT.org)

## More on MyHealthyVT.org

The My Healthy VT brand and website, [MyHealthyVT.org](https://MyHealthyVT.org), are the result of a partnership among the following Vermont organizations dedicated to helping Vermonters get the support they need to take control of their health. These partners created [MyHealthyVT.org](https://MyHealthyVT.org), an online hub connecting Vermonters to self-management workshops and contacts available in their communities.

- **Vermont Department of Health**, helping Vermonters live fuller, healthier lives from birth through old age—with a focus on prevention. [healthvermont.gov](https://healthvermont.gov)
- **Vermont Blueprint for Health**, bringing together healthcare providers, accountable-care organizations, social services, and more to incentivize research-based advanced primary care, and connect more Vermonters to its benefits. [blueprintforhealth.vermont.gov](https://blueprintforhealth.vermont.gov)