MY HEALTHY VERMONT

My Healthy Vermont offers **free, statewide programs** to people across Vermont looking to build skills to manage their health and feel better day-to-day. Programs are available for people managing ongoing health conditions like diabetes, chronic pain, or high blood pressure, and those looking to be more active, reduce stress, eat well, prevent diabetes, and heart disease, or quit using tobacco.

Workshops are held in-person or online using zoom and led by trained coaches. They are designed to be friendly, supportive, and judgement-free. Participants learn practical strategies, connect with others, and get encouragement every step of the way. Make a referral, learn more, or find workshops starting soon at MyHealthyVT.org.

Upcoming workshops:

Quit Smoking

- Feb. 17, 2026–Mar. 17, 2026
- Mar. 10, 2026–Mar. 31, 2026

Diabetes Self-Management

- Feb. 10, 2026–Mar. 24, 2026

Chronic Disease Management

- Mar. 17, 2026–Apr. 28, 2026

Diabetes Prevention

- Feb. 11, 2026–Jan. 6, 2027
- Feb. 26, 2026–Jan. 14, 2027
- Mar. 19, 2026–Feb. 4, 2027

High Blood Pressure Management

- Feb. 23, 2026–Apr. 20, 2026
- Mar. 12, 2026–May. 7, 2026