

Name of the Program

What is it?

- Describe the intervention's history or origins, including who developed it.
- Talk about the activities or topics covered.
 - You may need to use sub-bullets to list specific topics or activities.
 - [placeholder for sub-bullet]
 - [placeholder for sub-bullet]
 - [placeholder for sub-bullet]
- Tell how long each class lasts (e.g., 1 hour, 2 hours) and how often classes meet (e.g., once a week for 6 weeks).
- Give the qualifications of the instructors, including trainings and certifications.

Who is it for?

- Describe who the class is designed for—e.g., people who have specific health conditions or certain physical limitations.
- If there are multiple audiences for the class, break up the information into separate bullet points.

What are the benefits?

- Note the specific health benefits experienced by class participants. Focus on outcomes such as changes in:
 - Physical symptoms, like pain or fatigue
 - Psychological symptoms, like depression and anxiety
 - Quality-of-life factors, like independence and confidence in disease self-management
- If available, include other relevant findings like participant satisfaction with the class.

For More Information

- Organization Name
Web site address
- Organization Name
Web site address

Contact

Marketer Name, Title
Name of Agency or Organization
Name of Office or Division
Street Address
City, ST 00000
Phone: (###) ###-####
Fax: (###) ###-####
E-mail or Web Address

References

Last Name AB, Last Name CD, Last Name EF, et al. Title of journal article in sentence case. *Title of Journal*. Year;Vol(Issue):Page–Page. PMID: #####.

Last Name AB, Last Name CD, Last Name EF. Title of journal article in sentence case. *Title of Journal*. Year;Vol(Issue):Page–Page. PMID: #####.

Last Name AB, Last Name CD, Last Name EF. Title of journal article in sentence case. *Title of Journal*. Year;Vol(Issue):Page–Page. PMID: #####.

Summary of the Evidence

Author, Year	Design	Participants	Outcomes
Author AB, Author CD, Author E, et al. (YYYY)	Type of study Duration Outcomes reported	Number and type of participants	↓ symptom x ↑ symptom y Other outcomes as reported