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

<table>
<thead>
<tr>
<th>Author, Year</th>
<th>Design</th>
<th>Participants</th>
<th>Outcomes</th>
</tr>
</thead>
</table>
| 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 |