The Canyon Ranch Institute Life Enhancement Program is an evidence-based, multi-disciplinary program using an integrative approach to health. The CRI Life Enhancement Program is grounded in the best practices of health literacy to prevent, diagnose, and address chronic disease in underserved communities.

CRI works with local partners to collaboratively customize the CRI Life Enhancement Program in a manner that is culturally and linguistically relevant to each community. The CRI Life Enhancement Program has been conducted with adults at eight diverse locations in the United States: South Bronx, NY; Pittsfield, MA; Milan, MO; Savannah, GA; Great Barrington, MA; Cleveland, OH; and two sites in Tucson, AZ. The communities in the South Bronx and in south Tucson are predominantly Hispanic/Latino.

Prior to starting a CRI Life Enhancement Program, comprehensive formative research is conducted to tailor program materials, including the development of community-specific stories depicting realistic and locally relevant healthy changes that are integrated into participant guides and facilitator training.

This formative research also informs the selection and training of interdisciplinary teams of health care professionals drawn primarily from the health care partner’s staff. These teams provide participants at least 40 hours of community-based participatory and hands-on group sessions (in English or in Spanish), fitness instruction, live cooking demonstrations, social support, nutritionist-guided grocery store trips, and hour-long one-on-one consultations with each core team specialist.

The CRI Life Enhancement Program participates are offered regular post-graduation reunions and take part in food demonstrations.