



MANAGING CONCERNS ABOUT FALLS

1 session/week for 8 weeks
2 hour sessions

A Matter of Balance: Managing Concerns About Falls

Designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

Bingocize

Fall Prevention | Nutrition | Exercise Only

An evidence-based health promotion program that strategically combines the game of bingo and health education. Program goals include helping older adults increase physical activity, improve and/or maintain mobility and independence, learn and use health information focused on falls reduction, nutrition, and other health related behaviors, and socially engage with older adults.



2 sessions/week for 10 weeks
1 hour sessions



2 sessions/week for 8 weeks
1 hour sessions

Tai Chi for Health

This evidence-based exercise program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance and its ease of use for older adults. Tai Chi for Health has been proven to improve chronic disease symptoms, arthritis, balance, and fall risk.



2 sessions/week for 6 months
1 hour sessions

Tai Ji Quan: Moving for Better Balance

A research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. The main objective of this class is to improve strength, balance, and mobility, and prevent falls in older adults and individuals with balance disorders

Powerful Tools for Caregivers

A workshop to help caregivers take better care of themselves while caring for a friend or relative. Topics discussed include stress management, self-care, managing emotions, communication skills, and more.



1 session/week for 6 weeks
1.5 hour sessions



**All Self-Management Programs are held
1 session/ week for 6 weeks | 2.5 hour sessions**

Chronic Disease Self-Management

Designed to help adults with chronic diseases learn how to manage and improve their health.

Topics include pain management, nutrition, exercise, medication use, emotions, and communicating with doctors.

For those who have been diagnosed with any chronic condition such as arthritis, heart disease, fibromyalgia, diabetes, Parkinson's disease, etc.

Chronic Pain Self-Management

Designed for any adult battling chronic pain.

Participants learn the skills to manage their pain on day to day basis through exercise, healthy eating, cognitive pain management, as well as how to deal with such concerns as fatigue, sleep problems, difficult emotions, weight loss, communicating with family, friends, and coworkers. Core self-management skills taught include action planning, problem solving and decision making.

Diabetes Self-Management

Recognized by the American Diabetes Association as a Diabetes Support Program. This is for adults living with type 2 diabetes or pre-diabetes.

Participants learn the skills to manage their diabetes on a day to day basis: exercise, healthy eating, symptom management (fatigue, sleep, stress, depression, hypoglycemia), weight loss, communication skills, how to manage sick days, importance of glucose monitoring and about other necessary tests. Core self-management skills include action planning, problem solving and decision making