

## Other Healthy Living Programs include:

- Your Health is Golden
- Strength & Balance Training
- Osteoporosis Prevention Program
- Yoga
- Tai Chi
- And much more.....



### Healthy Living Support Group

This is a monthly support group for past participants of all "Healthy Living" programs.

Share your knowledge and experiences with your peers, while learning current health practices. Topics will focus on group members' interests.

Take control of your health today! To register for this program call 508-799-1232.

Brochure printing funded in part by the



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[www.worcesterma.gov/ocm/elder-affairs](http://www.worcesterma.gov/ocm/elder-affairs)



A partner in the Massachusetts Disease Management Coalition

Explore our...



- My Life, My Health
- Healthy Eating
- Healthy Living Support Group
- A Matter of Balance
- Powerful Tools for Caregivers
- Tai Chi for Healthy Aging
- Tomando Control de su Salud



Please call 508-799-1232 for more information and scheduling.



### **A Matter of Balance**

A Matter of Balance acknowledges the risk of falling but emphasizes practical coping strategies to reduce this fear.

The workshop is conducted over eight sessions, meeting weekly, or twice weekly for two hours per session.

The program's goal is to reduce fear of falling, stop the fear of falling cycle, and increase activity levels and confidence among older adults.

A Matter of Balance is also conducted in Spanish and Vietnamese.

### **Tai Chi for Healthy Aging Program**

Tai Chi for Healthy Aging Program is based on the protocol of Tai Chi: Moving for Better Balance.

The program helps participants to: view falls and fear of falling as controllable, set realistic goals for increasing mobility and activity, foster greater understanding of fall risk factors, and increase strength and balance through exercise.

No prior experience required. The program is conducted for three consecutive 8 week sessions. Meetings are held 2 times a week, 1 hour each.

### **Tomando Control de su Salud (Chronic Disease Self-Management Program in Spanish)**

Tomando Control de su Salud is a workshop held for two and a half hours, once a week, for six weeks. Spanish-speaking people with different chronic health problems attend together.

All workshops are given in Spanish without translators. Topics are presented in ways that are culturally appropriate.

They include: healthy eating, appropriate exercise for maintaining and improving strength, flexibility, and endurance, managing depression, appropriate use of medications, communicating effectively with family, friends, and health professionals, relaxation techniques, appropriate use of the health care system, how to evaluate new treatments, and better breathing.



### **My Life, My Health**

My Life, My Health is a chronic disease self-management program which provides information and teaches practical skills for managing chronic health problems. The program also gives people the tools and motivation they need to manage the challenges of living with a chronic health condition.

The overall goal is to enable participants to build self-confidence to assume an active role in maintaining their health by managing their chronic health conditions.

The program is conducted for six weekly 2 ½ hour sessions .

### **Healthy Eating For Successful Living in Older Adults**



Healthy Eating is a program for older adults who want to learn more about nutrition and how lifestyle changes can promote better health.

Based on the USDA MyPlate, the main components of the program include: goal setting, problem solving, group support, nutrition education, self assessment and management of dietary patterns.

There are six consecutive 2 ½ hour sessions including a grocery shopping trip and a cooking demonstration.

### **Powerful Tools for Caregivers**

Powerful Tools for Caregivers is an education program to help family and friends caring for older adults with long-term health conditions (e.g., stroke, Alzheimer's, Parkinson's disease, and other).

The program helps caregivers develop skills and confidence to better care for themselves while caring for others.

The weekly topics range from reducing stress, to communicating in a challenging situation and mastering caregiving decisions. This program is held for 90 minutes for six consecutive weeks.

**Self-management programs are designed to complement, but not replace, your medical treatment.**