



North Carolina's Statewide Resource Center for Evidence-Based Self-Management Programs

HEALTHY AGING NC

Established in 2016

ABOUT US

Healthy Aging NC **connects** people to programs and agencies that improve community health, **increases** the capacity of providers to offer these programs, **maintains** a website with program information and an online registration system, and **analyzes** data to report results.

OUR PROGRAMS

Our partners, including the 16 NC Area Agencies on Aging, are often able to leverage federal funding to offer these programs at low or no-cost to participants.



CHRONIC DISEASE SELF-MANAGEMENT

For patients who need tools and support in managing their symptoms of chronic health conditions through lifestyle modifications.



A MATTER OF BALANCE

For patients who need to address a fear of falling, identify solutions, build skills, and engage in gentle exercises.



TAI CHI FOR ARTHRITIS & FALL PREVENTION

For patients who need to improve mobility, balance, strength, flexibility, relaxation, and/or self awareness.



WALK WITH EASE

For patients who are not physically active and need support in safely increasing physical activity.

LEARN MORE & REFER PATIENTS



VISIT OUR WEBSITE

Check out our website at www.healthyagingnc.com to learn more about us, our programs, our team, and access healthy aging resources.



CALL US

Reach out at [828-258-7712](tel:828-258-7712) and we will connect you with the appropriate team member.



EMAIL US

Reach out at healthyagingncinfo@gmail.com and we will connect you with the appropriate team member.



REFER PATIENTS

Submit a brief HIPAA compliant and encrypted form on our website to refer patients to our programs.