



# Healthy Aging NC



## Living Healthy (Chronic Disease Self-Management) Programs

### Living Healthy Chronic Disease Self-Management Program

For individuals who:

- Face any type of chronic disease
- Are interested in tools to cope with symptoms
- Can make weekly action plans, share experiences, and help others solve problems they encounter

The Living Healthy Chronic Disease Self-Management Program is a small group workshop, led by 2 trained facilitators, that meets 1 time per week for 2 ½ hours over a period of 6 weeks.

### Living Healthy Diabetes Self-Management Program

For individuals who:

- Have Type 2 Diabetes or have been told they have “pre-Diabetes”
- Are interested in tools to deal with the symptoms of diabetes
- Can make weekly action plans, share experiences, and help others solve problems they encounter

The Living Healthy Diabetes Self-Management Program is a small group workshop, led by 2 trained facilitators, that meets 1 time per week for 2 ½ hours over a period of 6 weeks.

### Living Healthy Chronic Pain Self-Management Program

For individuals who:

- Experience chronic pain
- Are interested in tools to cope with frustration, fatigue, poor sleep, and isolation
- Can make weekly action plans, share experiences, and help others solve problems they encounter

The Living Healthy Chronic Pain Self-Management Program is a small group workshop, led by 2 trained facilitators, that meets 1 time per week for 2 ½ hours over a period of 6 weeks.

### Walk With Ease Program

For individuals who:

- Have arthritis
- Are interested in reducing pain, increasing balance and strength, and increasing physical activity
- Would benefit from educational sessions combined with stretching and walking time

Walk With Ease meets 3 times a week for 6 weeks. Each session consists of a health education piece, stretching activities, and a 10-35 minute walk. A self-directed version is available online.

Visit <http://www.healthyagingnc.com> for class listings, online registration, and more information.



Please contact [healthyagingncinfo@gmail.com](mailto:healthyagingncinfo@gmail.com) with questions.



# Healthy Aging NC

## Community Based Fall Prevention Programs



 <b>A MATTER OF BALANCE</b>	 <b>TAI CHI FOR ARTHRITIS AND FALL PREVENTION</b>
<p><b>Who should attend?</b></p> <p>The program is for older adults who:</p> <ul style="list-style-type: none"><li>• Are worried about falls</li><li>• Have fallen in the past</li><li>• Limit activities because of a fear of falling</li><li>• Are interested in improving balance, strength, and flexibility</li><li>• Live on their own</li><li>• Can problem solve</li></ul> <p><b>What do you learn?</b></p> <p>You learn to:</p> <ul style="list-style-type: none"><li>• View falls as controllable</li><li>• Set goals for increasing activity</li><li>• Make changes to reduce your risk of falling at home</li><li>• Exercise to increase strength and balance</li></ul>	<p><b>Who should attend?</b></p> <p>The program is for older adults who:</p> <ul style="list-style-type: none"><li>• Want to maintain and improve balance, strength and flexibility</li><li>• Want to reduce stress and improve awareness</li><li>• Live on their own</li><li>• Are interested in meeting new people</li><li>• Want to maintain progress made in physical therapy</li></ul> <p><b>What do you learn?</b></p> <p>You learn to:</p> <ul style="list-style-type: none"><li>• Improve balance, strength, flexibility</li><li>• Move with ease and awareness</li><li>• Improve relaxation</li><li>• Decrease pain</li><li>• Prevent falls</li></ul>

Please visit <http://www.healthyagingnc.com> for class listings, online registration, and more information.  
Any questions? Please contact [healthyagingncinfo@gmail.com](mailto:healthyagingncinfo@gmail.com)!