



HEALTHY AGING NC

# WELLNESS PROGRAM GUIDE

## HEALTH COACHING

Health & wellness coaches partner with clients looking to enhance their well-being through self-directed lasting changes, aligned with their values. HealthyAgingNC works with a network of certified health coaches in NC who offer individual sessions

**APPROPRIATE FOR:** ★★☆☆

## CHRONIC DISEASE SELF MANAGEMENT EDUCATION

Living Healthy with Chronic Disease, Persistent Pain, or Diabetes, also known as Chronic Disease Self-Management Education (CDSME) Programs were developed by Stanford University. Participants learn ways to manage their conditions on a daily basis including healthy eating, physical activity, symptom management, and communication techniques. Core self-management skills taught include action planning, problem-solving and decision making.

**MEETS 2 HRS, 1X WEEKLY FOR 6 WEEKS**

**APPROPRIATE FOR:** ★★☆☆

## PROGRAMS ENCOURAGING ACTIVE REWARDING LIVES (PEARLS)

The Program to Encourage Active, Rewarding Lives (PEARLS) helps participants with depression symptoms to gain self-confidence in their ability to recognize their symptoms and learn how to solve problems affecting their lives. PEARLS focuses on increasing physical activity, social connections, and enjoyable hobbies. PEARLS is designed to complement clinical services.

**1:1 6-8 WEEK SESSIONS**

**APPROPRIATE FOR:** ★★☆☆

## SOCIAL BRIDGING PROJECT

The Social Bridging Project connects individuals with trained callers to address social isolation and provide referrals to other resources.

**APPROPRIATE FOR:** ★★☆☆

[www.healthyagingnc.com](http://www.healthyagingnc.com)

## HOW DO I KNOW WHO IS APPROPRIATE FOR A PROGRAM?

- ★ **ADULTS 18+ INTERESTED IN IMPROVING HEALTH**
- ★ **ADULTS 18+ WITH CHRONIC ILLNESS/PAIN**
- ★ **ADULTS 60+ WITH CHRONIC ILLNESS/PAIN/MILD MOBILITY/BALANCE CONCERNS**
- ★ **ADULTS 55+ WITH SEVERE MOBILITY ISSUES/FEAR OF FALLING**

## A MATTER OF BALANCE

Developed by MaineHealth, A Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults.

**MEETS 2HR, 1-2X WEEKLY, 4-8 WEEKS**

**APPROPRIATE FOR:** ★★☆☆

## TAI CHI FOR ARTHRITIS & FALL PREVENTION

Developed by Dr. Paul Lam at the Tai Chi for Health Institute (TCHI), Tai Chi is proven to have many health benefits, including increasing strength, balance & awareness, which can help reduce the possibility of a fall.

**MEETS 1HR, 1-2X WEEKLY, 8-16 WEEKS**

**APPROPRIATE FOR:** ★★☆☆

## WALK WITH EASE

Walk With Ease was developed by experts at the Arthritis Foundation to provide tools and techniques to build and maintain a successful walking program.

**MEETS 1HR, 1-3X WEEKLY FOR 6 WEEKS**

**APPROPRIATE FOR:** ★★☆☆

Programs are offered at low or no cost to participants and are taught by certified instructors.

Scan or click the QR Code to find classes near you!

