



## ***A Training and Education service of the Area Agency on Aging 1-B***

# UPCOMING HEALTH & WELLNESS WORKSHOPS

### **Aging Mastery – 10 weeks**

Sterling Heights Senior Center – 40200 Utica Rd. Sterling Heights, MI

- Mondays: February 27, 2023 – May 1, 2023 from 2:30 PM – 4:00 PM

### **A Matter of Balance: Managing Concerns About Falls - 8 Weeks**

Virtual Class Using Zoom

- Mondays: January 23, 2023 – March 20, 2023 from 1:00 PM – 3:00 PM

Village of Warren Glen - 2950 E Twelve Mile Rd. Warren, MI

- Wednesdays: March 1, 2023 – April 19, 2023 from 1:00 PM – 3:00 PM

Independence Township Senior Community Center - 6000 Clarkston Rd. Clarkston, MI

- Tuesdays: March 7, 2023 – April 25, 2023 from 1:30 PM – 3:30 PM

### **Chronic Pain PATH - 6 Weeks**

Virtual Class Using Zoom

- Tuesdays: January 17, 2023 – February 21, 2023 from 1:00 PM – 3:30 PM

### **Diabetes PATH - 6 Weeks**

Virtual Class Using Zoom

- Tuesdays: November 15, 2022 – December 20, 2022 from 1:00 PM – 3:30 PM

Virtual Class Using Zoom

- Thursdays: January 12, 2023 – February 16, 2023 from 10:00 AM – 12:30 PM

### **Powerful Tools for Caregivers - 6 Weeks**

Huntington Woods Library - 26415 Scotia Rd. Huntington Woods, MI

- Tuesdays: January 11, 2023 – February 15, 2023 from 7:00 – 8:30 PM

Virtual Class Using Zoom

- Mondays: January 16, 2023 – February 20, 2023 from 6:00 PM – 7:30 PM

Costick Center - 28600 Eleven Mile Rd. Farmington Hills, MI

- Tuesdays: April 18, 2023 – May 23, 2023 from 1:00 PM – 2:30 PM

**Pre-Registration is required for all workshops. For additional information or to register for a workshop please contact the Area Agency on Aging 1-B at 1-833-262-2200 or email [wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org)**

# WORKSHOP DESCRIPTIONS

*The Area Agency on Aging 1-B Health and Wellness Programs are available to older adults and their family members or caregivers. Led by people like you, they are held both virtually using Zoom and at community venues throughout S.E. Michigan. There is no cost to attend a workshop, but donations are appreciated and help offset class costs.*

- ◆ **Aging Mastery Program**

This program is designed to provide baby boomers and older adults with tools to improve their well-being and celebrate longevity. The program encourages individuals to set personal goals around many aspects of their lives including: exercise, nutrition, finances, medication management, advanced care planning, community engagement and healthy relationships.

- ◆ **A Matter of Balance: Managing Concerns about Falls**

These workshops are designed to reduce the fear of falling and increase physical activity among older adults. Topics discussed throughout the workshop include: assertiveness, recognizing fall-typing habits, fall hazards in the home and environment and confidence building. Balance and flexibility exercises are also part of the program.

- ◆ **Chronic Pain PATH**

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of chronic pain. Individuals with chronic pain and/or their caregiver are encouraged to participate. Topics discussed include: dealing with difficult emotions, communicating effectively, evaluating new treatments, pacing activity and rest and appropriate use of medications.

- ◆ **Diabetes PATH**

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of type 2 diabetes. Topics discussed include: techniques to deal with the symptoms of diabetes, dealing with difficult emotions, working effectively with health care providers, healthy eating and exercises for maintaining and improving strength and endurance.

- ◆ **Personal Action Toward Health (PATH)**

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of chronic conditions such as arthritis, heart disease, COPD, stroke, etc. Topics discussed include: techniques to deal with problems such as frustration, fatigue, pain and isolation, appropriate use of medications, communicating effectively, nutrition, decision making and evaluating new treatments.

- ◆ **Powerful Tools for Caregivers**

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Topics discussed throughout the workshop include: communicating effectively with family and health care providers, reducing stress and taking care of yourself, reducing feelings of guilt, anger and depression, making tough decisions and relaxation techniques.