



Healthy Living

You may be interested in participating in one or more of these **free** healthy living workshops. These are evidenced based programs that can help you maintain your independence and help manage your life. Applications are also available if you are interested in becoming a trained facilitator.

For more information contact Luann at 715-394-3611 or e-mail DeputyDirector@seniorconnectionswi.org

Healthy living is about education and action!



Matter of Balance

Reduces the fear of falling and increases activity levels in older adults.

Participants learn to view falls and fear of falling as controllable, set realistic goals for increased activity, change their living space to reduce fall risks, and promote exercise to increase strength and balance

Meets for 2 hours once a week for 8 weeks.



Living Well with Chronic Conditions

Gain control through manageable action plans, support from peers. Covers dealing with pain and fatigue, eating better, getting better sleep, using medications properly, communicating effectively with healthcare team, family, and friends, and evaluating treatment options.

Meets 2 1/2 hours weekly for 6 weeks



Healthy Living with Diabetes

You will learn how to manage your symptoms, communicate with your Doctor, reduce your frustration, fight fatigue, make daily tasks easier, control your diet and exercise, manage your blood sugar and more.

Meets 2 1/2 hours weekly for 6 weeks



Balance your life Take care of yourself

Learn to reduce stress, improve self-confidence, better communicate feelings, increase ability to make tough decisions and locate helpful resources.

Meets 1 1/2 hours weekly for 6 weeks.