

Take Charge, Feel Better! **Healthy Living Programs**



MY LIFE, MY HEALTH: CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

My Life, My Health is designed for adults and their caregivers who live with the daily challenges of one or more ongoing health conditions. Participants will learn methods for managing health and lifestyle conditions.

****TOMANDO CONTROL DE SU SALUD**

Culturally appropriate Spanish version of the Chronic Disease Self-Management Program.

BETTER CHOICES, BETTER HEALTH

Online version of the Chronic Disease Self-Management Program designed for adults and caregivers who are unable to attend weekly, in-person workshops.

DIABETES SELF-MANAGEMENT PROGRAM

Adults living with diabetes and their caregivers learn health and lifestyle skills to better manage their medical condition.

****LIVING LA VIDA DULCE**

Culturally appropriate Spanish version of the Diabetes Self-Management Program.

HEALTHY EATING FOR SUCCESSFUL LIVING IN OLDER ADULTS PROGRAM

This program is for older adults looking to improve nutrition and increase physical activity. The program promotes heart and bone health and aids in the prevention and management of chronic health conditions through goal setting and nutrition education.

SAVVY CAREGIVER PROGRAM

This program is for caregivers actively caring for a friend or family member living with Alzheimer's Disease or Related Dementia in the community. The goal of this informative and interactive program is to increase caregiver knowledge, skills, self-efficacy, and well-being.

****CUIDANDO CON RESPETO**

Culturally appropriate Spanish version of the Savvy Caregiver Program.

POWERFUL TOOLS FOR CAREGIVERS

This is an educational program to help family and friends caring for older adults with long-term health conditions. This workshop helps caregivers develop skills to cope with the everyday demands of caregiving and improves confidence for better self-care.

BUILDING BETTER CAREGIVERS

This workshop includes skills that may lead to stress reduction for caregiver and the care partner, self-care methods to improve caregiver's health, dealing with difficult emotions, managing difficult care partner behaviors, planning for the future, information about resources, and increasing communication skills.

Please turn over for more information.

****Our programs are offered in a variety of languages addressing the challenges and barriers to managing your health and making positive lifestyle changes that you desire! Call for more information.**



HEALTHY IDEAS (IDENTIFYING DEPRESSION EMPOWERING ACTIVITIES FOR SENIORS)

A community program designed to detect and reduce the severity of depressive symptoms in older adults with on-going health conditions and functional limitations.

The program ensures adults receive the assistance needed to manage symptoms of depression while living a fuller life.

ENHANCEWELLNESS

An individualized program where people receive personalized health action plans that identify a person’s health risks and the steps needed to improve health and well-being. The goal is to promote positive behavior change and to minimize health risks while maintaining or increasing functional status in the community.

MATTER OF BALANCE

Encourages participants to see falls as controllable through increased activity and awareness of fall hazards. Exercises are included to improve balance, flexibility, and strength.

TAI JI QUAN: MOVING FOR BETTER BALANCE (TJQMBB)

Tai Ji Quan is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. Although its origin can be traced

to the contemporary simplified 24-form Tai Ji Quan routine, TJQMBB represents a significant paradigm shift in the application of Tai Ji Quan, moving the focus from its historical use as a martial art or recreational activity to propagating health by addressing common but potentially debilitating functional impairments/deficits.

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Chronic pain and discomfort limit activities adults may enjoy. This workshop teaches adults suffering from chronic pain simple techniques to better manage their pain, improve sleep, increase energy, eat healthier, and develop an exercise regimen for pain management.

We offer Healthy Living Evidence Informed Programs

For more information or to view our inspiring video and hear about the personal success stories from former participants go to www.healthyliving4me.org or contact us at 978-946-1211.



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