



# Michigan Area Agencies on Aging

## October - December, 2023 On-Line Workshop Schedule

### Evidence-Based Programs:

- Cancer PATH
- Chronic Pain PATH
- Diabetes PATH
- PATH: Personal Action Toward Health
- Workplace PATH
- Aging Mastery Program
- Matter of Balance
- Powerful Tools for Caregivers
- Arthritis Foundation Exercise Program
- Enhance Fitness



### **CANCER PATH: A 6-week on-line workshop using Zoom**

For individuals with any kind of cancer. Whether newly diagnosed, in active treatment, or living beyond active treatment, this program helps survivors improve how they manage their situation to cope and feel better. Topics include: dealing with difficult emotions, managing pain and fatigue, getting better sleep, eating healthy, staying active, and living with uncertainty or fear of recurrence. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

**Tuesday Evening Series:      October 3 – November 7, 2023      4:00 pm - 6:30 pm**

**TO REGISTER call (517) 592-1974 or email [livingwellprograms@wellwiseservices.org](mailto:livingwellprograms@wellwiseservices.org)**

**PROVIDER REFERRALS can be faxed to (517) 592-1975 Attn: Cancer PATH**



### **CHRONIC PAIN PATH: A 6-week on-line workshop using Zoom**

An Interactive workshop that helps individuals with chronic pain improve how they manage their situation to cope and feel better. Topics include: pacing and planning for optimal energy, dealing with difficult emotions, managing pain and fatigue, getting better sleep, eating healthy, staying active, and positive thinking. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

**Thursday Mornings:              October 12 – November 16, 2023              10:00 am - 12:30 pm**

**TO REGISTER, CALL (313) 833-7080 Ext. 223 or email [a.kanakar@stpatrctr.org](mailto:a.kanakar@stpatrctr.org)**

**Monday Afternoons              February 19 – March 25, 2024              1:00 pm – 3:00 pm**

**TO REGISTER, CLICK HERE OR CALL (989) 358-4616 or email [mainveilleb@nemsca.org](mailto:mainveilleb@nemsca.org)**



## **DIABETES PATH: A 6-week on-line workshop using Zoom**

An Interactive workshop that helps individuals with pre-diabetes or Type 1 or Type 2 Diabetes improve how they manage their situation to cope and feel better. Topics include: monitoring and balancing blood sugar, creating meal plans, decreasing stress, dealing with difficult emotions, and preventing complications. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

**Thursday Afternoons**

**October 12 – November 16, 2023**

**1:00 pm – 3:30 pm**

**TO REGISTER, CALL (269) 982-7759 or email [julieschwarz@areaagencyonaging.org](mailto:julieschwarz@areaagencyonaging.org)**

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## **PATH (Personal Action Toward Health): 6-week on-line workshop using Zoom**

An Interactive workshop that helps individuals with any kind of chronic condition improve how they manage their situation to cope and feel better. Topics include: healthy eating, being active, managing difficult emotions, managing pain and fatigue, getting better sleep, and preventing falls. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

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## **Workplace PATH: A 6-week on-line workshop using Zoom**

An Interactive workshop for employees with any kind of chronic condition to improve how they manage their work/life balance to cope regain a sense of control over their life and health. Topics include: ways to reduce pain, fatigue, stress, and anxiety plus time management tips to maximize energy and balance demands at work, at home, and with their own health. Sessions meet 1 hour twice a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Send inquiries about costs and arrangements to [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)

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## **Aging Mastery Program®**

*National Council on Aging*

10-Session Webinar Series aims to help baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. Expert speakers present on topics including exercise, fall prevention, sleep, financial fitness, advance care planning, healthy eating, medication management, healthy relationships, and community engagement. Sessions meet twice a week for 3 hours on Zoom.

**Wednesday Evenings**

**October 4 – November 8, 2023**

**5:00 pm – 7:00 pm**

**TO REGISTER, CALL (313) 446-4444 Ext. 5340 or email [whitecr@daaa1a.org](mailto:whitecr@daaa1a.org)**



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

An Interactive workshop where people who have concerns about falling learn to view falls and fear of falling as controllable. They set goals for increasing their activity levels and make changes to reduce their risk of falls. Participants learn and practice exercises to help with their balance. Sessions meet twice a week for 2 hours each via Zoom. Participants will need a webcam and a microphone to participate.

**Monday & Wednesday Afternoons** Oct. 23 – November 15, 2023 3:00 pm – 5:00 pm  
TO REGISTER, CALL (517) 592-1974 or email [livingwellprograms@wellwiseservices.org](mailto:livingwellprograms@wellwiseservices.org)

**Tuesday & Thursday Afternoons** January 9 – February 6, 2024 9:30 am – 11:30 am  
TO REGISTER, CLICK HERE OR CALL (989) 358-4616 or email [mainveilleb@nemsca.org](mailto:mainveilleb@nemsca.org)



## POWERFUL TOOLS for CAREGIVERS: A 6-week on-line workshop using Zoom

Whether you are helping a parent, spouse, friend, or someone who lives at home or in a nursing home, this workshop will focus on self-care for you. This program teaches caregivers how to reduce stress, relax, make tough decisions, reduce guilt, anger, and depression, and communicate effectively with family, providers, and care staff. Sessions meet once a week for 2 hours via Zoom.

**Thursday Afternoons** September 21 – October 26, 2023 2:00 pm – 3:30 pm  
TO REGISTER, CALL (517) 887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)

**Wednesday Afternoons** November 8 – December 13, 2023 3:00 pm – 4:30 pm  
TO REGISTER, CLICK HERE OR CALL (989) 358-4616 or email [mainveilleb@nemsca.org](mailto:mainveilleb@nemsca.org)

**Monday Evenings** November 13 – December 18, 2023 6:00 pm – 7:30 pm  
TO REGISTER, CALL (833) 262-2200 or email [mailto:wellnessprograms@aaa1b.org](mailto:mailto:wellnessprograms@aaa1b.org)

**Wednesday Mornings** January 17 – February 21, 2023 10:00 am – 11:30 am  
TO REGISTER, CLICK HERE OR CALL (989) 358-4616 or email [mainveilleb@nemsca.org](mailto:mainveilleb@nemsca.org)



**Arthritis Foundation Exercise Program** is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level. Weights, balls and TheraBand's are used in this class

**Classes are offered virtually on Fridays 11:00am -12:00pm**

TO REGISTER, EMAIL [marsa@valleyaaa.org](mailto:marsa@valleyaaa.org)



**Enhance Fitness** is an evidence-based group exercise and falls prevention program, helping older adults at all levels of fitness to become more active, energized, and empowered to sustain independent lives.

Classes are offered virtually on Mondays, Wednesdays, and Fridays

11:00am -12:00pm

[TO REGISTER, CALL 313.833.7080, ext. 223](tel:313.833.7080) or email [a.kanakaris@stpatsrctr.org](mailto:a.kanakaris@stpatsrctr.org)

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