



Michigan Area Agencies on Aging

January - September 2024 On-Line Workshop Schedule

Evidence-Based Programs:

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

Wednesday Afternoon Series: January 17 – February 21, 2024 1:00pm - 3:30pm

TO REGISTER CALL (517) 592-1974 or email livingwellprograms@wellwiseservices.org

Wednesday Evening Series: April 10 – May 15, 2024 4:00pm - 6:30pm

TO REGISTER CALL (517) 592-1974 or email livingwellprograms@wellwiseservices.org

Wednesday Afternoon Series: August 7 – September 11, 2024 1:00pm - 3:30pm

TO REGISTER CALL (517) 592-1974 or email livingwellprograms@wellwiseservices.org



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.

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

TO REGISTER CALL (989) 358-4616 or email mainveilleb@nemscsca.org

Tuesday Afternoons April 16 – May 21, 2024 1:30pm - 4:00pm

TO REGISTER CALL (517)592-1974 or email livingwellprograms@wellwiseservices.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.

Monday Afternoons **January 22 – February 26, 2024** **1:30pm – 4:30pm**
TO REGISTER CALL (517)592-1974 or email livingwellprograms@wellwiseservices.org

Thursday Mornings **January 25 – February 29, 2024** **10:00am – 12:30pm**
TO REGISTER CALL 313.833.7080 EXT223

Thursday Afternoons **April 4- May 9, 2024** **1:00pm - 3:30pm**
TO REGISTER CALL 269-982-7759 or email julieschwarz@areaagencyonaging.org

Thursday Afternoons **July 11 -August 15, 2024** **1:00pm - 3:30pm**
TO REGISTER CALL 313.397.8227



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.

Tuesday Afternoons **March 5 - April 9, 2024** **1:00pm - 3:30pm**
TO REGISTER CALL 313.833.7080 EXT223

Wednesday Afternoons **March 6 – April 10, 2024** **1:00pm – 3:30pm**
TO REGISTER CALL 313.397.8227



Aging Mastery Program®

National Council on Aging

6-Session Webinar Series with two topics per session aims to help older adults and caregivers 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, caring for the caregiving, advance care planning, healthy eating, medication management, healthy relationships, and community engagement. Sessions meet on Zoom.



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.

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

Tuesday & Thursday Afternoons January 23 – February 15, 2024 1:00pm – 3:00pm
TO REGISTER CALL (517) 592-1974 or email livingwellprograms@wellwiseservices.org

Monday & Wednesday Mornings April 8- May 1, 2024 10:00am – 12:00pm
TO REGISTER CALL 313.833.7080 EXT233



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.

Wednesday Mornings **January 17 – February 21, 2024** **10:00am – 11:30am**
TO REGISTER CALL (989) 358-4616 or email mainveilleb@nemsca.org

Monday Afternoons **February 5 – March 11, 2024** **2:00pm – 3:30pm**
TO REGISTER visit www.tinyurl.com/AAA1BWorkshop or email wellnessprograms@aaa1b.org

Tuesday Evenings **January 9- February 13, 2024** **6:00pm -- 7:30pm**
TO REGISTER CALL 517-887-1465 or email histedc@tcoa.org

Wednesday Mornings **February 14 – March 20, 2024** **10:00am – 12:30pm**
TO REGISTER CALL 313.833.7080 EXT233

Thursday Afternoons **March 28- May 2, 2024** **2:00pm – 3:30pm**
TO REGISTER go to [upcap.org](#) and click on EVENTS, or dial 2-1-1



Savvy Caregiver: A 6-week on-line workshop using Zoom

If you are an active caregiver of a family member or friend with dementia living at home, The Savvy Caregiver Program will help you gain special skills and knowledge you will need to be successful. In this workshop you will learn how to manage daily life, take control and set goals, communicate more effectively, strengthen family resources, feel better about your caregiving situation, and take care of you!

Wednesday Evenings **January 31 - March 6, 2024** **5:30pm - 7:30pm**
TO REGISTER CALL Tri-County Office on Aging at 517-887-1465 or email histedc@tcoa.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



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 or email a.kanakaris@stpatsrctr.org



DEMENTIA CAREGIVING WORKSHOP

Tuesday Afternoons Feb. 20 & 27, March 5, 2024 1:00pm – 3:30pm

TO REGISTER CALL (517)592-1974 or email livingwellprograms@wellwiseservices.org

Thursday Evenings March 7 – March 10, 2024 6:00pm- 7:30pm

TO REGISTER email Marsa@valleyaaa.org by March 4

Tuesday Mornings March 19 – April 2, 2024 10:00am- 11:00am

TO REGISTER go to upcap.org and click on EVENTS, or dial 2-1-1