



Michigan Area Agencies on Aging March 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: 1:00pm - 3:30pm August 7 – September 11
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.

Thursday Afternoons 1:00pm - 3:30pm July 11 -August 15, 2024

TO REGISTER CALL 313.397.8227



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 **1:00 pm – 3:00 pm** **July 16 – August 8**

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

Classes are offered on Wednesday Evenings 6:00pm- 7:00pm **August 14- September 18**

To register, email wellnessprograms@ageways.org or call (833) 262-2200.



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!



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.kanakis@stpatsrctr.org
