



Michigan Area Agencies on Aging Winter 2025 Online 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.

Tuesday Evenings: January 7 – February 11, 2025 5:30- 7:30 pm

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.

Tuesday Afternoons: February 4 -March 11, 2025 1:30- 3:30pm

TO REGISTER: Call 989.358.4616 OR mainvilleb@nemcsa.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.

Monday, Wednesday, & Friday Mornings: Ongoing 11:00-12:00pm

TO REGISTER: Call 313.833.7080 ext. 223 or email a.kanakaris@stpatsrctr.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. We

Wednesday Afternoons: January 15 -March 5, 2025 1:00- 3:00pm
TO REGISTER: Call 989.358.4616 OR mainvilleb@nemcsa.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 1.5 hours via Zoom.

Wednesday Evenings: January 8- February 12, 2025 6:00- 7:30pm
TO REGISTER: Call 517-887-1465 or email histedc@tcoa.org

Thursday Evenings: January 23- February 27, 2025 6:00 – 7:30pm
TO REGISTER: Email wellnessprograms@ageways.org or call (833) 262-2200

Monday Afternoons: February 3 - March 10, 2025 1:00- 2:30pm
TO REGISTER: Call 989.358.4616 OR mainvilleb@nemcsa.org

Wednesday Afternoons: February 26 - April 2, 2025 11:00am – 12:30pm
TO REGISTER: Go to upcap.org and click on EVENTS, or dial 2-1-1.



DEMENTIA CAREGIVING SERIES

A 3-part webinar for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Friday Afternoons: January 24, 31, and February 7, 2025 2:00- 4:00pm
TO REGISTER: Call 989.358.4616 OR mainvilleb@nemcsa.org



DEMENTIA FRIENDS

Everyone can benefit by better understanding dementia and how to interact with people who have this disease. This is a great introductory session for all employees, board members, new staff, and the general public!

Call your local Area Agency on Aging for upcoming classes.



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

Take charge by learning practical skills for living a healthy life with chronic pain. Each participant will receive a kit for the workshop by mail.

Wednesday Afternoons: April 2 -May 7, 2025

1:30- 3:30pm

TO REGISTER: Call 989.358.4616 OR mainvilleb@nemcsa.org



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 topics including exercise, fall prevention, sleep, financial fitness, caring for the caregiver, advance care planning, healthy eating, medication management, healthy relationships, and community engagement. Sessions meet on Zoom.

Fridays Afternoons: February 28- March 28, 2025

1:00- 3:30pm

TO REGISTER: Email wellnessprograms@ageways.org or call (833) 262-2200



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.

Tuesday Afternoons: February 4 – March 11, 2025

2:00 – 4:00 pm

TO REGISTER: Call 517-887-1465 or email histedc@tcoa.org