

Prevention Programs



Living Well with Chronic Health Conditions---a six week workshop that offers a self-management program to address practical ways to deal with pain and fatigue. You will discover better nutrition and exercise choices, learn about new treatment choices and practice new communication styles, and more.



Stepping On---a seven week workshop that offers fall prevention techniques and strength building exercises. Professional speakers will address proper shoe fitting, medication management and strengthening exercises.

Arthritis Toolkit---a unique approach to managing arthritis pain in your home. Check out this “toolkit” like checking out a book from the library. You may keep it for 6-8 weeks. It provides a self-test which identifies how to use the book to make a unique program for YOU. It includes an exercise CD and relaxation CD, written information and The Arthritis Helpbook.



Powerful Tools—“Powerful Tools For You: Taking Care of the Caregiver”—A six-week course to help family caregivers build communication skills, make tough care decisions, set goals, lower caregiving related stress and learn about available resources.



A 6-week educational program to help family caregivers take care of themselves while caring for a relative or friend