



Help Yourself to Better Health



Do ongoing health problems or the fear of a fall keep you from doing the things you want to do?

If there was something you could do to take control of your health — and your life — would you? **There is!** Sign up for a health promotion workshop near you.

Stepping On Falls Prevention Workshop

When: Thursdays, 1:00 - 3:00 p.m.
February 14 - March 28, 2019

Where: Eastridge Estates
3504 Hoover Avenue, Altoona

Cost: FREE

This falls prevention program meets once-a-week for 7 weeks and is proven to reduce falls by 31%. If you're 60 or older and have fallen or are afraid of falling, this program is for you!

What you'll learn:

- ◆ Balance & strength exercises
- ◆ How medication & vision affect your fall risk
- ◆ How to get up safely if you do fall
- ◆ Ways to remove falls hazards at home and navigate safely outside

Walk With Ease

When: Mondays, Wednesdays & Thursdays, 9:30 - 10:30 a.m.
January 14 - February 28, 2019

Where: Good Shepherd Senior Apartments
3304 14th Street, Eau Claire

This six-week walking program is developed by the Arthritis Foundation. Classes meet three times weekly for one hour. Proven benefits of Walk With Ease include:

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

Healthy Living With Diabetes

When: Tuesdays, 1:00 - 3:30 p.m.
March 12 - April 23, 2019 (no class Mar 26)
(plus Certified Diabetes Educator on April 30)

Where: Grace Lutheran Church
202 W Grand Avenue, Eau Claire



To register: Call the Aging & Disability Resource Center at 715-839-4735 or email adrc@co.eau-claire.wi.us.