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**ADVOCACY. ACTION.
ANSWERS ON AGING.**

HEALTH PROMOTION PROGRAMS



The Area Agency on Aging is a service of the Western Piedmont Council of Governments, a regional planning organization which serves 28 local governments in a four-county area of western North Carolina. Members include Alexander, Burke, Caldwell and Catawba counties and the 24 cities and towns within those counties.

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Serving Four Counties:

Alexander | Burke | Caldwell | Catawba



**Western Piedmont
Council of Governments**

Area Agency on Aging



WWW.WPCOGAAA.ORG

**My Health Conditions are NOT
going to control me!**



A Matter of Balance

Are you trapped by a fear of falling?

Do you believe that falls are a result of aging?

Do you fear falling and find that your activities are restricted because of this fear?

A Matter of Balance (MOB) is designed to reduce fear of falling, stop the fear of falling cycle, and improve activity levels among older adults.

Participants enjoy:

- Two-hour workshops, once a week, for eight weeks;
- Practical strategies for learning ways to reduce the fear of falling and reduce fall risk factors;
- A personal Home Assessment Checklist.

Developed by the Roybal Center at Boston University, in Collaboration with MaineHealth.

Tai Chi for Arthritis & Fall Prevention

Does the pain from arthritis keep you from exercising?

Do you suffer from poor balance and arthritis?

The Tai Chi for Arthritis for Fall Prevention program is proven to help reduce falls by improving balance, stamina and awareness. It is also proven to reduce the symptoms of arthritis.

Participants enjoy:

- 10 weeks of group Tai Chi meeting twice a week;
- Improving balance, strength and flexibility;
- Improving relaxation while decreasing pain.

Developed by Dr. Paul Lam at the Tai Chi for Health Institute.

Walk with Ease

Does pain and discomfort keep you from exercising?

Do you have poor balance that effects your walking pace?

Do you want to improve your overall health?

Walk with Ease is designed to teach you how to safely make physical activity part of your everyday life.

Participants enjoy:

- Meeting three times a week for six weeks;
- Increasing balance, strength and walking pace;
- Improving overall health.

Developed by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina.

Living Healthy with Chronic Disease

Are you limited by your Chronic Disease?

Have you been told that you have a Chronic Disease?

Do you have Heart Disease, COPD, Asthma, Depression, High Blood Pressure, Fibromyalgia, Arthritis, or other health conditions?

Living Healthy-Chronic Disease Self-Management Program is where many participants enjoy:

- Six weeks of 2.5 hour workshops, one day a week;
- Learning proven ways to deal with frustration, fatigue, pain, and isolation;
- Maintaining stamina, improving strength, and managing use of medications;

- Learning effective communication skills with family, friends and health professionals.

Researched, developed and licensed by Stanford University through the Stanford Patient Education Research Center.

Living Healthy with Diabetes

Are you overwhelmed by Diabetes?

Do you or someone you love have Diabetes?

Would you like to learn ways to manage your Diabetes and take control of your LIFE?

Living Healthy with Diabetes is where participants enjoy:

- Six weeks of 2.5 hour workshops, one day a week;
- Learning healthier eating and developing personal Action Plans;
- Problem solving and medication management
- Learning new techniques for managing Diabetes symptoms of fatigue, pain, hyper/hypoglycemia, stress, anger, fear and frustration.

Living Healthy does not conflict with existing programs or treatment and is designed to complement your existing plans.

Researched, developed and licensed by Stanford University through the Stanford Patient Education Research Center.

Classes are FREE!

Participating in the workshops offered by the Health Promotional Programs will improve your quality of life with measurable results.

Take steps to bridge the gap between the YOU who struggles to manage your health issues and the new YOU who can take control and live a more fulfilling life.