

# Health & Wellness Workshops

We are committed to improving the health and wellness of older adults in Milwaukee County. Together with our community partners, we offer wellness and prevention programs that promote healthy living.



- Healthy Living with Diabetes**
- Healthy Living with Chronic Pain**
- Living Well with Chronic Conditions**
- Mind Over Matter (MOM)**
- Stepping On: Fall Prevention Program**
- Tomando Control de Su Salud**
- Vivir Saludable Con Diabetes**

## For More Information

For a schedule of workshops in Milwaukee County : [county.milwaukee.gov/aging](http://county.milwaukee.gov/aging)

Or contact our Evidence Based Prevention Programs Coordinator: 414-289-6352



MILWAUKEE COUNTY  
**Department on Aging**

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**Committed to the Independence and Dignity of Older Adults Through Advocacy, Leadership and Service.**

## Stepping On Falls Prevention Program

This falls prevention program meets once-a-week for 7 weeks and is proven to reduce falls risk by 31%. This group program is for people age 60 and older who have had a fall or are worried about falling.

### What participants learn:

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

## Living Well with Chronic Conditions Program

This 6-week (once-a-week) program is for adults of all ages who have one or more on-going health problems such as asthma, arthritis, heart disease, high blood pressure and others. It's been shown to reduce emergency room visits by 28%.

*We also offer these program options:*

Better Choices, Better Health - Online program

Tomando Control de su Salud - Spanish-language program

Healthy Living: Work & Home - Employer-based program

### What participants learn:

- ◆ Short-term goal setting
- ◆ Exercise & relaxation techniques
- ◆ Healthy eating and nutrition
- ◆ Stress & depression management
- ◆ Communicating effectively with support and medical teams

## Healthy Living with Diabetes Program

Feel better and have more control over your diabetes with this 6-week (once-a-week) program. It's been shown to decrease emergency department visits by 53%!

We also offer a Spanish-language version of the program called Vivir Saludable con Diabetes.

### What participants learn:

- ◆ About diabetes and goal-setting
- ◆ Exercise & relaxation techniques
- ◆ Healthy eating and nutrition
- ◆ Stress & depression management
- ◆ Communicating effectively with support and medical teams

## Healthy Living with Chronic Pain

This 6-week (once-a-week) program is for people who have on-going, persistent pain and teaches skills and strategies to help participants' confidence in their ability to manage their pain and maintain active and fulfilling lives.

### What participants learn:

- ◆ About pain, medications & goal-setting
- ◆ Physical activity and nutrition
- ◆ Stress & depression management
- ◆ Communicating effectively with support and medical teams

## Physical Activity for Lifelong Success (PALS)

Designed to help older adults become more active, PALS meets 3 times a week for 10 weeks, followed by 6 months of coaching. Circuit exercises coupled with behavior change strategies improve participants' physical activity. PALS improves walking speed and walking distance.

### What participants learn:

- ◆ Strength & flexibility circuit exercises
- ◆ Setting goals & tracking activity
- ◆ Maintaining motivation & safety
- ◆ Healthy eating & stress management

## Mind Over Matter: Healthy Bowels, Healthy Bladder

Mind Over Matter (MOM) is a one month (once a week every other week) program designed to help older women prevent or improve their bladder or bowel incontinence. It is researched and proven to improve bladder leakage for 71% of women and bowel leakage for 55% of women.

### What participants learn:

- ◆ How to do pelvic floor muscle exercises
- ◆ How to adjust fluid and fiber intake
- ◆ How to set and achieve reasonable goals
- ◆ How to solve problems and cope with setbacks as a group