

Michigan Area Agencies on Aging

WINTER 2022-2023 On-Line Workshop Schedule

Evidence-Based Programs:

- Cancer PATH
- Aging Mastery Program
- Chronic Pain PATH
- Matter of Balance
- Diabetes PATH
- Powerful Tools for Caregivers
- PATH: Personal Action Toward Health
- Arthritis Foundation Exercise Program
- Workplace PATH
- Enhance Fitness
- Silver Sneakers Stability Program



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.

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| Wednesday Afternoon Series: January 25 – March 1, 2023 | 12:30 pm – 3:00 pm |
| Tuesday Evening Series: March 14 – April 18, 2023 | 5:00 pm – 7:00 pm |
| Friday Morning Series: April 28 – June 2, 2023 | 10:00am – 12:30 pm |

TO REGISTER call (517) 592-1974 or email livingwellprograms@r2aaa.net

PROVIDER REFERRALS can be faxed to (517) 592-1975 Attn: Cancer PATH



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

An Interactive workshop that helps individuals with chronic pain improve how they manage their situation to cope and feel better. Topics include: pacing and planning for optimal energy, dealing with difficult emotions, managing pain and fatigue, getting better sleep, eating healthy, staying active, and positive thinking. 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.

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| Tuesday Mornings | October 27 – December 6, 2022 | 10:00 am – 12:00 pm |
| <u>TO REGISTER, CALL</u> (313) 833-7080, ext. 223 or email a.kanakar@stpatrctr.org | | |
| Tuesday Afternoons | February 21 – March 28, 2023 | 1:00 pm – 3:30 pm |
| <u>TO REGISTER, CALL</u> (517) 592-1974 or email livingwellprograms@r2aaa.net | | |



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 **November 8 – December 13, 2022** **1:00 pm – 3:00 pm**
TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.org

Wednesday Afternoons **November 16 – December 21, 2022** **1:00 pm – 3:00 pm**
TO REGISTER, CLICK [HERE](#) or call (989) 358-4616 or email mainvilleb@nemsca.org

Monday Evenings **January 23 – February 27, 2023** **5:30 pm – 8:00 pm**
TO REGISTER, CALL (517) 887-1465 or email histedc@tcoa.org

Wednesday Mornings **February 1 – March 15, 2023** **1:00 pm – 3:30 pm**
TO REGISTER, CALL (313)397-8227

Monday Afternoons **February 6 – March 13, 2023** **1:00 pm – 3:30 pm**
TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

Thursday Afternoons **February 9 – March 23, 2023** **1:00 pm – 3:30 pm**
TO REGISTER, CALL (313) 833-7080, ext. 223 or email a.kanakaris@stpatsrctr.org



PATH (Personal Action Toward Health): 6-week on-line workshop using Zoom

An Interactive workshop that helps individuals with any kind of chronic condition improve how they manage their situation to cope and feel better. Topics include: healthy eating, being active, managing difficult emotions, managing pain and fatigue, getting better sleep, and preventing falls. 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.



Workplace PATH: A 6-week on-line workshop using Zoom

An Interactive workshop for employees with any kind of chronic condition to improve how they manage their work/life balance to cope regain a sense of control over their life and health. Topics include: ways to reduce pain, fatigue, stress, and anxiety plus time management tips to maximize energy and balance demands at work, at home, and with their own health. Sessions meet 1 hour twice a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Send inquiries about costs and arrangements to livingwellprograms@r2aaa.net



Aging Mastery Program®

National Council on Aging

10-Session Webinar Series aims to help baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. Expert speakers present on topics including exercise, fall prevention, sleep, financial fitness, advance care planning, healthy eating, medication management, healthy relationships, and community engagement. Sessions meet twice a week for 3 hours on Zoom.

Tuesday Evenings

October 18 – December 20, 2022

6:00 pm – 7:30 pm

TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.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.

Monday & Wednesday Afternoons November 21 – December 14, 2022 1:00 pm – 3:00 pm

TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

Tuesday and Thursday Mornings January 12 – February 9, 2023 10:00 am – 12:00 pm

TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net



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 2 hours via Zoom.

Wednesday Mornings **January 11 – February 15, 2023** **10:00 am – 11:30 am**
TO REGISTER, CLICK HERE OR CALL (989) 358-4616 or email mainveilleb@nemsca.org

Wednesday Evenings **January 11 – February 15, 2023** **7:00 pm - 8:30 pm**
TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.org

Wednesday Afternoons **January 18 – February 22, 2023** **2:00 pm – 3:30 pm**
TO REGISTER, CALL (517) 887-1465 or email histedc@tcoa.org



Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level. Weights, balls and TheraBand's are used in this class

Classes are offered virtually on Fridays **11:00am -12:00pm**

TO REGISTER, EMAIL marsa@valleyaaa.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.

Classes are offered virtually on Mondays, Wednesdays, and Fridays **11:00am -12:00pm**

TO REGISTER, CALL 313.833.7080, ext. 223 or email a.kanakaris@stpatsrctr.org



SilverSneakers Stability is designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

Classes are offered: **Mondays** **10:00am-11:00am**

TO REGISTER, EMAIL marsa@valleyaaa.org