



## WORKSHOP OFFERINGS

### Living Well With Chronic Conditions



For adults with any type of ongoing health condition:

- Find practical ways to deal with pain and fatigue
- Learn better ways to talk with your doctor and family about your health
- Practice relaxation and other techniques to help you break the symptom cycle
- Discover better nutrition and exercise choices
- Get the support you need!

Join a 2.5 hour workshop, held each week for 6 weeks.  
Cost is free with option to purchase \$20 book.

### Healthy Living With Diabetes



For adults with Type 2 Diabetes, Pre-Diabetes or if you live with someone with Type 2 Diabetes:

- Learn about healthy eating, reading food labels, planning low-fat meals
- Practice fun ways to get active
- Discover how to prevent or delay complications, low blood sugars
- Learn about foot care
- Find tips for talking with your doctor and family about health.

Join a 2.5 hour workshop, held each week for 6 weeks  
Cost is free with option to purchase \$20 book.

### Stepping On



A fall prevention workshop that puts you back in control:

- Simple and fun balance and strength training
- Role vision plays in keeping your balance
- How medication can contribute to falls
- Ways to stay safe when out and about in your community
- What to look for in safe footwear
- How to check your home for safety

Join a 2 hour workshop, held each week for 7 weeks.  
Suggested donation is \$10.

### Walk With Ease



Walking made easy. Walking made safe.

- Reduce pain and stiffness
- Increase balance, strength and walking pace
- Build confidence and improve health

Join a 1 hour workshop, held 2 or 3 times per week for 6 weeks.  
Cost is free with option to purchase \$5 workbook.

## Tai Chi: Moving for Better Balance



Improve your balance and prevent falls with this ancient evidence based exercise that is gentle yet challenging.

For adults age 60 and above.

- Improve balance, muscle strength, flexibility and mobility.
- Learn a modified 8 form Yang style Tai Chi
- Modifications available for limited mobility including sitting and standing with assistance.

Join a 1hour workshop held 2 days per week for 12 weeks.

Suggested donation of \$10 with option to purchase a \$15 DVD

## Powerful Tools for Caregivers



An educational workshop for adults who are caregivers:

- Learn to take care of yourself as well as your loved one
- Learn to reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase your ability to make tough decisions
- Locate helpful resources

Join a 2 ½ hour workshop held weekly for 6 weeks. Meal provided.

## Arthritis Self-Management Toolkit



This toolkit is for individuals who are unable to attend workshops, and are motivated to improve their health through use of a CD and guidebook from the comfort of their own home.

The Arthritis Toolkit is a Stanford Evidence based program that focuses on helping those with arthritis better manage their pain. The toolkit is an independent program allowing participants to create an individualized plan to focus on their specific needs. The Arthritis toolkit contains: The Arthritis Helpbook, two exercise CD's, one relaxation CD, an illustrated exercise guide, information packets, and a self-test.

The Arthritis Toolkit is available for loan from your local Sheboygan County Meal site or through the ADRC.

**Call the ADRC at 467-4100 or 1-800-596-1919 to register for a workshop or to be put on the waitlist for upcoming workshops.**

**Pre-registration is required.**