

**Lehigh County's Health and Wellness program has gone virtual since July! While we can't connect in person there are huge benefits of connecting virtually! Check out the programs below currently being scheduled for the Fall and Winter over Zoom. If you have a smart phone, computer or tablet you can participate! There is no cost for any of these programs and they are intended for people age 60 and over.**

**Living a Healthy Life (Chronic Disease Self-Management Program—CDSMP)** developed by Stanford University, is a series of workshops designed to help adults with or without a chronic condition improve the quality of their life. Learn tools to combat pain, fatigue, depression, stress and much more. Research has shown participants experience more energy, less pain, and feel less tired and depressed. They are more confident that they can manage their own health thereby saving health care dollars. This workshop is an evidenced based program and is offered 2 1/2 hours, one day a week for six weeks. Contact Terri Unger-Gisolfi at [tungergisolfi@aol.com](mailto:tungergisolfi@aol.com) or 484-553-4559 for more information.

**Living Well with Diabetes (Diabetes Self-Management Program—DSMP)** This six-week workshop is proven to help people with Type 2 Diabetes or Pre-Diabetes better manage their condition. Learn about nutrition and meal planning, preventing complications, monitoring diabetes and blood sugar, exercise and relaxation techniques and much more. Mutual support and success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives. This workshop is an evidence based program and offered 2 1/2 hours, one day a week for six weeks. Family members and caregivers are also invited. Go to <https://www.selfmanagementresource.com/> for more information on this program. Contact Terri Unger-Gisolfi at [tungergisolfi@aol.com](mailto:tungergisolfi@aol.com) or 484-553-4559 for more information.

**Laugh and Learn with Nurse Lisa!** Lisa Lacko RN, MSN, a nurse with both teaching and geriatric experience, is offering short fun and educational sessions on a variety of topics. Topics include: bone health, immunizations, protecting your senses, enhancing brain health, emotional coping skills, healthy eating, medications, learning about your lungs, and more. The sessions are offered in Zoom format which is easy and allows for interaction right from your apartment! Contact Lisa Lacko at 484-358-1889 if you are interested!