



The Pennsylvania Department of Aging's Health and Wellness Programs aim to promote healthier lifestyles among older Pennsylvanians. All programs are free and taught by certified instructors. These programs are evidence based and lead to healthier lifestyle changes.

See classes and schedule for Lehigh County below!

Healthy Steps for Older Adults (HSOA) is a fall risk prevention workshop designed to raise awareness while providing tools necessary to reduce your risk of falling and improve overall health. Participants will learn the basics of home safety, managing medications, how to do things safely, exercise and balance training and much more. Upon completion of the two-day (two hours each day) HSOA workshop, an individual fall risk assessment is available to all participants.

Healthy Steps in Motion (HSIM) is the exercise portion of our fall prevention program. It is designed for older adults of all fitness levels and is endorsed by Silver and Fit. Regular physical activity is the best protection against disease and disability. Participants learn the value of a comprehensive warmup, balance and coordination exercises, cardiovascular health, strength and stretching exercises, ending with cool-down activities. The program is a one-hour session, once a week, for 8 weeks and is taught by a certified instructor.

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 offered 2 ½ hours, one day a week for six weeks.

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 build participants' confidence in their ability to manage their health and maintain active and fulfilling lives. This workshop is an evidenced based program offered in 2 ½ 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.

Living a Health Life with Chronic Pain (Chronic Pain Self- Management Program- CPSMP) This 6-week workshop is developed for people who have a primary or secondary diagnosis of chronic pain. Pain is considered to be chronic or long term when the pain lasts longer than three to six months, or beyond the normal healing time of an injury. The program covers the following topics: Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep; Appropriate exercise for maintaining and improving strength, flexibility, and endurance; Appropriate use of medications; Communicating effectively with family, friends, and health professionals; Nutrition; Pacing activity and rest; and how to evaluate new treatments.

Healthy Steps in Motion Classes

Gross Towers

1339 Allen St. Allentown 18102

Fridays, January 9-February 6, 2026

Thursdays, February 19 and 26, 2026

11:30 am -12:30 pm * Spanish available*

Contact: Maria Miller 610-351-9082

B'nai B'rith Apartments

1616 Liberty St. Allentown 18102

Jan 16,23,30, Feb 6,13,19,26, Mar 6,2026

10:00 am -11:00 am

Contact: Jenn Leffler 610-821-0207

Coopersburg Senior Center

538 Thomas St. Coopersburg, PA 18036

Tuesdays, Jan 6 to Feb 24, 2026

10:00am-11:00am

Contact: Nan Beitel- Vessels 610-282-2330

AHEPA Senior Living

1810 S Albert St. Allentown, PA 18103

Fridays, February 6 to March 27, 2026

1:00 pm-2:00 pm

Contact: Patricia Fernandez 610-798-8320

West Turner Senior Residences

449 W Turner St., Allentown, PA 18102

Mondays, February 9 to March 30, 2026

10:00 am – 11:00 am

Contact: Dave Zinni 484-341-7150

Health Steps for Older Adults

Lehigh Valley Health Network- Fogelsville

Conference Room A

1431 Nursery St. Fogelsville, PA 18051

Fridays, February 20 and 27, 2026

10:00 am to 12:00 pm

Contact 888-402-LVHN (5846) or visit

LVHN.org/healthylife

Ridge Manor Senior Center

333 Ridge Street, Emmaus, PA 18049

Tuesdays, March 10-April 28, 2026

Contact: Colleen Markle 610-965-2171

Fountain Hill Senior Center

1101 Seneca St. Fountain Hill 18015

Thursdays, December 4-February 5, 2026

11:00 am -12:00pm

Contact: Toni Liadis 610-861-0816

Cedar View Senior Center

4230 Dorney Park Rd., Allentown, PA 18104

Wednesdays, February 4 to March 25, 2026

10:15 AM -11:15 AM

Contact: Sherri Brockel 610-398-1094

Lehigh Valley Health Network – Fogelsville

Conference Room A

1431 Nursery St. Fogelsville, PA 18051

Contact 888-402-LVHN (5846) or visit
LVHN.org/healthylife

Diabetes Self-Management Program

Chronic Disease Self-Management Program

West Turner Senior Residences

449 W Turner St., Allentown, PA 18102

Monday April 20 to June 1, 2026

10:00 am – 11:00 am

Contact: Dave Zinni 484-341-7150

Coopersburg Senior Center

538 Thomas St. Coopersburg, PA 18036

Thursdays, March 19 to April 23, 2026

10:00am-11:00am

Contact: Nan Beitel- Vessels 610-282-2330

Chronic Pain Self-Management Program

Phoebe Apartments Senior Center

1908 Linden St. Allentown 18104

Wednesdays, February 4 – March 11, 2025

10:00 am to 12:00 pm

Contact: Cristal Polanco 610-794-6262