LEHIGH COUNTY OFFICE OF AGING AND ADULT SERVICES

HEALTH AND WELLNESS PROGRAMS

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 warm-up, 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 1/2 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 builds participants’ confidence in their ability to manage their health and maintain active and fulfilling lives. This workshop is 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.

All programs are free and taught by certified instructors.

These programs are evidence based reflecting the most current research

Contact Monica Yastrzab-Kempf at (610) 782-3618 or email Terri Unger-Gisolfi tungergisolfi@aol.com with any questions, upcoming schedule, or if you would like to schedule one of our programs with your group