



**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

### Lehigh Valley Active Life

1633 Elm St. Allentown, PA 18102

**Fridays, March 1- April 19**

12:30- 1:30pm

Contact: Barbara Shattah 610-437-3700

### Cedar View Senior Center

4230 Dorney Park Rd. Allentown 18104

**Tuesdays, February 20 – April 9**

10:00 AM- 11:00 AM

Contact: Anne Milne 610-972-4886

### Gross Towers

1339 Allen St. Allentown 18102

**Fridays, March 1- April 26**

10:00am-11:00am

Contact: Maria Miller 610-351-9082

### Ridge Manor Senior Center

333 Ridge St. Emmaus 18049

**Tuesdays, March 5- April 23**

12:30- 1:30pm

Contact: Rachel Cubellis 610-965-2171

### Coopersburg Senior Center

538 Thomas St. Coopersburg, PA 18036

**Tuesdays, April 23 – June 11**

9:30am-10:30am

Contact: Nan Beitel- Vessels 610-282-2330

### B'nai B'rith Apartments

1616 Liberty St. Allentown

**Tuesdays and Thursdays, May 7 – May 30**

11:00am- 12:00pm

Contact: Jenn Leffler 610-821-0207

### Fountain Hill Senior Center

1101 Seneca St. Fountain Hill 18015

**Thursdays, April 25- June 13**

12:30 PM- 1:30 PM

Contact: Toni Liadis 610-861-0816

### Lehigh Valley Active Life

1633 Elm St. Allentown, PA 18102

**Fridays, May 3- June 21**

12:30- 1:30pm

Contact: Barbara Shattah 610-437-3700

### Slatington Senior Center

425 Kuntz St. Slatington, PA 18080

**Fridays, May 3 – June 21**

10:00- 11:00 am

Contact: Stacy Creyer 610-767-1250

**Chronic Disease Self-Management Education Classes- In person:**

CDSMP- Chronic Disease Self-Management

DSMP- Diabetes Self-Management

Chronic Pain Self-Management

**Coopersburg Senior Center- CDSMP**

538 Thomas St. Coopersburg

Tuesdays March 12- April 23

9:30 am- 12 noon

Contact to register:

Heather Nicolella 610-782-3253

**Cedar View Senior Center – Chronic Pain**

4230 Dorney Park Rd. Allentown 18104

**Thursdays- March 7th to April 11<sup>th</sup>**

12:30-3:00 pm

Contact: Anne Milne 610-972-4886

**Cedar View Senior Center – DSMP**

4230 Dorney Park Rd. Allentown 18104

**Tuesdays, April 30- June 4**

12:30-3:00 pm

Contact: Anne Milne 610-972-4886

**Lehigh Valley Active Life – Chronic Pain**

1633 Elm St. Allentown, PA 18102

**Thursdays July 11th-August 15th**

Noon-2:30pm

Contact: Barbara Shattah 610-437-3700

**Coopersburg Senior Center- CDSMP**

538 Thomas St. Coopersburg

**Tuesdays July 2- August 6**

9:30 am- 12 noon

Contact to register:

Heather Nicolella 610-782-3253

**Virtual Option!**

**DSMP**- starts April 2

1:00- 3:30 pm

Tuesdays for 6 weeks

Contact Heather Nicolella at 610-782-3253 for more information on our Virtual Classes