



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, TBA

12:30pm- 1:30pm

Contact: Barbara Shattah 610-437-3700

Cedar View Senior Center

4230 Dorney Park Rd. Allentown 18104

Thursdays, November 14 to January 9

12:30pm- 1:30pm

Contact: Sherri Brockel 610-398-1094

Gross Towers

1339 Allen St. Allentown 18102

Thursdays, December 10 to January 30

11:00am-12:00pm

Contact: Maria Miller 610-351-9082

Ridge Manor Senior Center

333 Ridge St. Emmaus 18049

Tuesdays, TBA

12:30pm- 1:30pm

Contact: Rachel Cubellis 610-965-2171

Coopersburg Senior Center

538 Thomas St. Coopersburg, PA 18036

Thursdays, February 10 – March 2, 2025

9:30am-10:30am

Contact: Nan Beitel- Vessels 610-282-2330

AHEPA Senior Living

1810 S Albert St. Allentown, PA 18103

Wednesdays, October 31-December 18

10:00 am – 11:00 am

Contact: Patricia Fernandez 610-798-8320

B'nai B'rith Apartments

1616 Liberty St. Allentown

Tuesdays and Thursdays,

November 12 to December 10

11:00am- 12:00pm

Contact: Jenn Leffler 610-821-0207

Fountain Hill Senior Center

1101 Seneca St. Fountain Hill 18015

Tuesdays, January 7 to February 25, 2025

12:30pm- 1:30pm

Contact: Toni Liadis 610-861-0816

Slatington Senior Center

425 Kuntz St. Slatington, PA 18080

Fridays, December 13 to January 31, 2025

10:00am- 11:00am

Contact: Stacy Creyer 610-767-1250

Lehigh Valley Health Network – Fogelsville

Conference Room A

1431 Nursery St. Fogelsville, PA 18051

Tuesdays and Thursdays

9:00am-10:00am

November 12 – December 10

Fridays January 10 to February 28, 2025

12:30pm-1:30pm

Contact 888-402-LVHN (5846) or visit

LVHN.org/healthylife

West Turner Senior Residences

449 W Turner St., Allentown, PA 18102

Mondays, December 2- February 3, 2025

10:00 am – 11:00 am

Contact: Dave Zinni 484-341-7150

Healthy Steps for Older Adults Classes

Coopersburg Senior Center

538 Thomas St. Coopersburg, PA 18036

Tuesday, November 5 and Thursday November 7

9:30 am -11:30 am

Contact Nan Beitel-Vessels 610-282-2330

Chronic Disease Self-Management Education Classes- In person:

CDSMP- Chronic Disease Self-Management

DSMP- Diabetes Self-Management

Chronic Pain Self-Management

Health Center at Fogelsville - LVHN- CDSMP

Conference Room A

1431 Nursery St Fogelsville, PA 18051

Fridays at 9:30 AM – March 7 to April 18, 2025

To register call 888-402-LVHN (5846)

Or visit LVHN.org/healthylife

Cedar View Senior Center - DSMP

4230 Dorney Park Rd, Allentown, PA 18104

Thursdays, February 13 to March 20, 2025

12:00pm – 2:30pm

Contact: Sherri Brockel 610-398-1094

Contact Anne Milne at 610-782-3253 for more information on our Virtual Classes