



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.

Wellness Initiative for Senior Education (W.I.S.E program) This 6-week evidence-based substance use prevention and wellness program was developed by the New Jersey Prevention Network, and covers a range of topics including stress management, strategies for health living, medication management and prescription drug use. WISE uses an interactive approach to help seniors celebrate aging, make positive lifestyle changes, and feel more confident and in control of their own lives.

Healthy Steps in Motion Classes

Lehigh Valley Health Network – Fogelsville

Conference Room A

Wednesdays, July 8 to August 26, 2026

10:00 AM – 11:00 AM

11:00 AM – 12:00 PM

1431 Nursery St. Fogelsville, PA 18051

Contact 888-402-LVHN (5846) or visit

LVHN.org/healthylife

Fellowship Manor

Zentz Community Center

3000 Fellowship Drive, Whitehall, PA

Fridays, April 24 to June 12, 2026

10:00 AM to 11:00 AM

Contact: Laura Pascoe 610-769-4369

Phoebe Apartments Senior Center

Tuesdays, May 26 to July 14, 2026

11:00 AM – 12:00 PM

1901 Linden Street Allentown, PA 18104

Contact: Cristal Polanco 610-794-6262

Coopersburg Senior Center

538 Thomas St. Coopersburg, PA 18036

Tuesdays, June 2 to July 28, 2026

9:30 AM-10:30 AM

Contact: Nan Beitel- Vessels 610-282-2330

AHEPA Senior Apartments

1810 S Albert St, Allentown, 18103

Fridays, June 5 to July 24, 2026

11:00 AM to 12:00 PM

Contact Shannon 610-798-8320

Gross Towers Senior Center

1339 W Allen St Allentown, 18102

Thurs, June 18, 25 July 2 Fri, July 10 to Aug 7, 2026

10:00 AM to 11:00 AM

Contact: Maria Miller 610-351-9082

Upper Macungie Community Center

340 Grange Road, Allentown, PA 18106

Thursdays, August 13 to October 1, 2026

10:00 AM-11:00 AM

Contact: Emily Crosby-Piszczek 610-395-4892
x130

Diabetes Self-Management Program

Health Steps for Older Adults

Lehigh Valley Health Network – Fogelsville

Conference Room A

Wednesdays, June 3 and 10, 2026

Wednesdays, September 9 and 16, 2026

10:00 AM – 12:00 PM

1431 Nursery St. Fogelsville, PA 18051

Contact 888-402-LVHN (5846) or visit

LVHN.org/healthylife

Upper Macungie Community Center

340 Grange Road, Allentown, PA 18106

Tues, August 4 & Thurs, August 6, 2026

10:00 AM-12:00 PM

Contact: Emily Crosby-Piszczek 610-395-4892 x130

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 –12:30 PM

Contact: Dave Zinni 484-341-7150

Fellowship Manor

Zentz Community Center

3000 Fellowship Drive, Whitehall, PA

Fridays, July 31 to September 4, 2026

10:00 AM to 12:30 PM

Contact: Laura Pascoe 610-769-4369

Chronic Pain Self-Management Program

Fountain Hill Senior Center

1101 Seneca St. Fountain Hill 18015

Thursdays, May 7 to June 11, 2026

10:00 AM -12:30 PM

Contact: Toni Liadis 610-861-0816

W.I.S.E Wellness Initiative for Senior Education

Slatington Senior Center

Thursdays, July 16 to August 20, 2026

9:45 AM – 11:45 AM

Contact: Stacy Creyer 610-767-1250