



Minuteman
SENIOR SERVICES

You Can! Take Steps to Healthy Aging!

- sign up for or sponsor a Minuteman healthy aging program

My Life My Health – A Chronic Disease Self Management Program

My Life My Health a six-week workshop developed by Stanford University that provides tools for living a healthy life for people with chronic health conditions, including diabetes, arthritis, asthma and heart disease. The workshop provides support for normal daily activities and dealing with the emotions that chronic conditions may bring about. The workshops are held for 6 weeks for two and a half hours per session. Sessions are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic diseases themselves.

A Matter of Balance – Fall Prevention Program

A Matter of Balance is a program specifically designed to reduce the fear of falling, prevent falls, help seniors handle falls, and increase activity levels among older adults through exercises designed to increase core strength and balance. Physical inactivity is a significant risk for falls and fall-related injuries in older adults. The workshop is conducted over eight sessions, meeting weekly or twice weekly for two hours per session. Meetings are led by volunteer lay leaders.

Healthy Eating for Successful Living

The Healthy Eating for Successful Living® workshop is for people who want to learn more about nutrition and how lifestyle changes can promote better health. The program stresses heart and bone healthy nutrition strategies that are important to preventing or managing most chronic health conditions and help maintain or improve wellness and independence. Classes are held for 2 hours once a week for 6 weeks.

You Can! Eat Better Move More!

A 12-week program to provide basic activity and nutrition education and encourage participants to be physically active and eat a more healthy diet.

If you are interested in attending or sponsoring one of these programs:

**Contact: Peg Mikkola RD, Healthy Aging Coordinator,
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Know us before you need us.

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