



EVIDENCE BASED HEALTHY AGING PROGRAMS - [Current Schedule](#)

Minuteman offers evidence based Healthy Aging classes throughout the year. These classes are perfect for older adults who want to learn how to better manage their own health in a fun and supportive environment. If you would like more information about upcoming classes, or if your organization would like to host a class, please contact Minuteman at 781-425-6089.

My Life My Health – Chronic Disease Self Management Program

This workshop, developed by Stanford University, provides tools for healthy living 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. The workshops are held for 6 weeks for two and a half hours per session. Sessions are facilitated by two trained lay leaders.

My Life My Health – Diabetes Self Management Program

This workshop, developed by Stanford University, is for individuals with type 2 diabetes. The classes teach techniques to deal with the symptoms of diabetes, appropriate use of medication, healthy eating, exercise for maintaining and improving endurance and working effectively with health care providers. Classes are highly participative where mutual support builds participants' confidence to manage their own health. The workshops are held for 6 weeks for two and a half hours per session. Sessions are facilitated by two trained lay leaders.

Arthritis Self Management Program

This program is designed for people who want to better understand their arthritis, learn ways to cope with chronic pain, and take a more active role in managing their condition. Class members gain confidence, motivation, and find the practical solutions they need to manage the challenges of living with a chronic condition. The workshops are held for 6 weeks for two and a half hours per session. Sessions are facilitated by two trained lay leaders.

A Matter of Balance – Fall Prevention Program

This program is designed to reduce the fear of falling, help prevent falls, help seniors handle falls, and increase activity levels among older adults with exercises designed to increase core strength and balance. The workshops are held for 8 weeks, meeting once or twice per week for two hours per session. Sessions are facilitated by two trained lay leaders.

Healthy Eating for Successful Living

This 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 health strategies that are important to preventing or managing most chronic health conditions and help maintain independence. The workshops are held for 6 weeks for two and a half hours per session. Sessions are facilitated by two trained lay leaders.