



<b>CLASS NAME</b>	<b>CLASS OVERVIEW</b>
<b>My Life, My Health CHRONIC DISEASE Self Management</b>	Provides tools and support for individuals living with chronic health conditions such as Diabetes, Heart Disease, COPD, Asthma, Hypertension, Parkinson's, Arthritis and more. Topics covered include healthy eating and exercise, problem solving, ways to deal with pain, fatigue and stress, and working effectively with healthcare providers. Class meets 2.5 hrs per session, for 6 weeks.
<b>CHRONIC PAIN Self Management</b>	Provides tools and support for healthy living for individuals living with chronic pain such as Arthritis or pain due to injury. Topics covered include techniques to deal with problems such as frustration, fatigue and isolation; appropriate exercise, appropriate use of medications; and effective communication. Class meets 2.5 hrs per session, for 6 weeks.
<b>DIABETES Self Management</b>	Teaches techniques to help manage the symptoms of diabetes, appropriate use of medications, healthy eating, exercise for maintaining and improving endurance, and working effectively with healthcare providers. Class meets 2.5 hrs per session, for 6 weeks.
<b>A Matter of Balance FALL PREVENTION</b>	Designed to reduce the fear of falling, help prevent falls, and increase activity levels among older adults with exercises designed to increase core strength and balance. Class meets 2 hrs per session, for 8 weeks.
<b>Powerful Tools for Caregivers</b>	Provides tools and strategies to better handle the unique challenges faced by family caregivers. Topics covered include self-care behaviors, management of emotions, self-efficacy and use of community resources. Class meets for 1.5 hrs per session, for 6 weeks.
<b>SAVVY CAREGIVER</b>	Designed for people who are actively caring for a loved-one with Alzheimer's disease or dementia-related illness. Focus is on building knowledge about the disease and skills needed for effective caregiving, getting support, and practicing self-care. Class meets 2 hours per session, for 6 weeks.
<b>Tai Chi for Health</b>	Designed for beginners, Tai Chi for Health is a gentle practice that requires a small range of motions and can be done standing or seated. This mind-body practice has value in treating or preventing many health problems, including pain relief and reduced stiffness, leading to a better quality of life. Class meets 1 hour per session, for 8 weeks.

*All programs are facilitated by two trained lay leaders. For more information and a current schedule of classes, please visit [www.minutemansenior.org](http://www.minutemansenior.org) or call 781-221-7095.*

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